

# TRUMAN NEIGHBORHOOD NEWS

June 2020

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## Mark Your Calendar

### 2020 UPCOMING EVENTS

- ~~Jun 11:~~ TNA General Meeting ~~CANCELED~~
- Jun 13: Green Bag Pick Up
- Aug 8: Green Bag Pick Up
- Oct 10: Green Bag Pick Up
- Oct 22: Truman Neighborhood Association General Meeting and Helping Hands Project kickoff
- Dec 12: Green Bag Pick Up



See a time-lapse video of the construction of Vancouver Public Schools' Truman Elementary School by General Contractor Todd Construction: <https://vimeo.com/398286578>



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Whether you own or rent, all neighbors within our boundaries are welcome.  
(See page 7.)

## Truman Neighborhood Association Inspiration from your TNA Council Members

We are all dealing with the Covid-19 pandemic and it has touched our lives in one way or another. We all have our views and ways of getting through this situation and I want to pass on some comments from your Council.

**Cherryl Burkey, Chairwoman:** *Social distancing does not mean you cannot visit with your neighbors, it just means that you have to have more space between you. There are several of us girls who get together for wine & popcorn in the front or back yard with our chairs 6 feet apart (yes, the chairs have been sprayed with disinfectant). We visit for a couple of hours and go home feeling happy, rejuvenated, and with smiles.*

**Teresa Tweed, Secretary:** *It has been awesome to see so many neighbors taking advantage of this time by walking in the neighborhood. I especially love seeing all the young families walking and riding bikes or scooters past our house. And on my walks, I have really enjoyed seeing the vibrant colors of Spring blossoms in our neighbors' yards.*

**Margaret Snitzler, Treasurer:** *With more neighbors out walking rather than staying cooped up in their homes, I get to visit more while working in my front rose garden. The nice thing about the expandable dog leashes is that I can pet the pooches while staying 6 feet from my neighbor.*

**Lajuana Burnside, Member:** *Hi everyone: even though it feels so strange with this virus situation going on I have been keeping in touch with my neighbors and friends by phone and being supportive of each other. My husband and I have been working on jigsaw puzzles and watching a lot of old movies and tv shows. I miss going to church but been able to do bible studies with a good friend of mine by phone. We need to keep ourselves occupied by finding things we enjoy and count our blessings on what we can still do! Take care everyone.*

**Kathy Robertson, Member:** *I don't like this virus thing any more than the rest of you, but we need to make the best of it. I continue taking my walks and say hi to everyone I happen to see. Sometime I call a neighbor and have them step outside so we can talk, keeping our distance of course. The best thing anyone can do is just get outside (weather permitting). This time of year it is uplifting to see all the flowers and trees in bloom. I have also been working a lot of jigsaw puzzles when it is raining. We all have to find things that keep us busy.*

**Zane Buxton, Member:** *I think the odd thing about the required social distancing is that it has encouraged creative responses possible in this electronic age. For over two months now, I have either helped lead worship in a mostly empty sanctuary or participated in that worship with Karol, sitting in front of the computer monitor. And more folk seem to join us electronically than actually came to the church building on Sundays before the pandemic arrived. We have moved all meetings to the Zoom platform, which is actually more convenient for many than a trip into downtown Portland from the suburbs. We've added ways to reach out to church members and to support needy segments of the larger community. And, back in the neighborhood, it is a pleasure to chat with neighbors when I'm walking or when folks pass our yard.*

# Clark Food Project - Green Bag Collection

By Debbie Nelson



## Lending a Hand to Neighbors in Need

In simpler olden days, our grandparents helped neighbors in need by sharing extra garden produce or a bag of groceries. Life today is more complex, but the urge to help a neighbor in need is part of how we were raised. Even if you might not know neighbors by name, we all know that many have lost jobs, worry for their kids, and struggle to pay the bills so they can stay in their homes.

*Clark Neighbors Food Project (CNFP)* was started to make it simple for neighbors to share food with those in need. A few Truman neighbors started the nonprofit CNFP in August 2017 with 20 Truman households donating non-perishable food to the Truman Elementary school's family resource center and to a local food pantry. Instead of a one-time food drive the CNFP is a sustainable food drive. We ask our donors to donate food every other month in our reusable **green bags**. Neighborhood Coordinators pick up the green bags from front porches and deliver them to the FISH Westside Food Pantry and Truman Elementary.

This all-volunteer effort has grown countywide to 1000+ households donating 10,000+ pounds of food to 6 local food pantries every 2 months to help provide a sustainable food supply throughout the year. It just takes 2 types of volunteers: neigh-



## You want to help. We make it easy.

borhood coordinators to pick up the food and food donors to fill the green bags.

Our family moved into Truman Neighborhood because it looked friendly, well cared for, with a good elementary school. Truman is known for its neighbors who lend a helping hand, support school children by purchasing shoes and coats, help in bike safety fairs, neighborhood yard sales, neighborhood picnics. And now, with **green bags** set out on front porches, Truman is also known for sharing food with families in need.

Interested in learning more about our Clark Neighbors Food Project?

- Check us out at [www.clarkfoodproject.org](http://www.clarkfoodproject.org);
- See our videos, pictures and reviews on Facebook: Power of One Green Bag [www.facebook.com/clarkfoodproject](http://www.facebook.com/clarkfoodproject)

*Sign up:* to become food or cash donor or volunteer to help with collections, just email us at [clarkfoodproject@gmail.com](mailto:clarkfoodproject@gmail.com) or call 360-699-5441.

**Our next Green Bag Collection is  
SATURDAY MORNING, JUNE 13<sup>TH</sup>**

## To All You Industrious Vegetable Gardeners



Many of us grow our own vegetables and many more are starting to grow small gardens. Good for you, you are getting fresh air & exercise while eating healthier.

However, if you have never grown zucchini you may find that the 3 or 4 plants you have for only 2 people are starting to over run your refrigerator or kitchen counters.

If anyone finds that they have too much produce from their gardens, I hope that you will consider donating your extra to a food pantry. I would be happy to collect or have you drop off your extras to take to the FISH food pantry. I have a rather large garden and always plant extra to help those less fortunate. Last year I was able to donate 43 pounds of tomatoes and 10 pounds of green beans. 2 years ago, a neighbor had her plum tree harvested and donated almost 80 pounds.

I do this in conjunction with the Clark Neighbors Food Project and I am a Neighborhood Coordinator for my area as well as your TNA Chairwoman. You can reach me, Cheryl Burkey via email at [trumanneighborhood@gmail.com](mailto:trumanneighborhood@gmail.com) or by phone at 360-696-8562.

## Want to go on a treasure hunt for forgotten money?

By Teresa Tweed



Ever wonder what happens to refund checks, forgotten bank accounts, and utility deposits that were made years ago? If a business cannot locate the owner after some years, assets are turned over to the state in a process known as "escheat". Many businesses cannot use limited resources trying to locate folks, and find it easier to follow the escheat process.

As a probate paralegal, I have increasingly seen cases where a simple search for unclaimed property has turned up assets due an owner. In one recent case, I found more than 30 separate transactions in a decedent's name. Wouldn't it have been better to have found those funds while the person was still alive?

Each state has a department that administers that state's unclaimed property laws. In Washington, it is the Department of Revenue (DOR). DOR's unclaimed property website is [ClaimYourCash.org](http://ClaimYourCash.org). The site IS legitimate! This can be verified by going to the State of Washington's webpage ([access.wa.gov](http://access.wa.gov)) and clicking on the Unclaimed Property link at the bottom of the home page. The ClaimYourCash.org site has very clear instructions on how to search for unclaimed property, and how to file a claim if you find something in your name. Be sure to follow the instructions precisely, and provide the supporting documentation requested. If you are searching for someone else such as an elderly parent, you must also provide documentation proving your legal authority to claim the asset.

Keep in mind that assets are escheated to the state in which the owner lived or in which the holder of the funds does business. For folks living in Vancouver, there are often assets found in Oregon. Because there is no real central place to search all states, check ALL states in which you have lived. A simple Google search for unclaimed property and the name of the state (such as "unclaimed property California") should bring you to the appropriate site. And, there is a separate site to check for government funds such as income tax refunds ([usa.gov](http://usa.gov)).

Always remember, you NEVER have to pay to use official state or federal government unclaimed property sites. Don't fall for scams or give money to anyone saying they can help you claim forgotten assets!

Granted, the amounts found by searching are often small, but isn't a few minutes of your time worth the chance of finding a few dollars??

## TNA Annual Yard Sale

The Truman Neighborhood Assoc. Council has decided to cancel our event scheduled for July this year. We do not want to promote an event that would jeopardize our neighbor's health in anyway. Social distancing and ensuring the use of face masks would be almost impossible.

The Council has approved funds for some larger yard sale signs, which we will make & use for next year. In the meantime, you can post your items for sale on Nextdoor.com under the "Free & for Sale" category. It is easy to join Nextdoor (see how on page 9), and if you have any questions or problems email Cheryl Burkey, at [trumanneighborhood@gmail.com](mailto:trumanneighborhood@gmail.com).

## Face Masks

Along with washing your hands and practicing social distancing, please don't forget to wear a face mask when you're out and about. There seems to be some confusion as to why this is so important. Here's the thing, many people are carrying the virus without showing any symptoms. So, while they feel fine and are unaware that they've caught the bug, they can and are infecting others.

That's where the face masks come in. By helping to keep droplets from spreading every time we speak, we are protecting others.

Remember that cloth face masks should be washed after every use. You should also wash or sanitize you hands after removing your face mask. And ladies, don't put the used face mask in your purse.



## 2020 U.S. Census?

It has never been easier to take the census without ever having to meet a census taker: Self-respond online, over the phone or by mail!

Go to [www.my2020census.gov](http://www.my2020census.gov) or call 1-844-330-2020.

If you have not responded to the call to take the census yet, PLEASE DO.

It only takes a few minutes to ensure that Clark County and our Truman Neighborhood has full access to much needed funds for the safety and benefit of our community.

## Assistance

Sometimes we all need a little help, whether it is getting a ride to the store because you have a broken wrist (like I did 2 years ago) or finding someone to talk to when you are feeling down.

If your family is struggling to get enough food, you can apply for food benefits or get help covering the basics by calling 211 or go online to [211.org](http://211.org).



## The Full Moons of 2020

(info from Accuweather.com)

A full moon is a gift from nature and a great reason to pull away from a phone, TV and other devices to go outside. When the weather is right, it's an amazing show and one that is sure to mesmerize viewers of any age. (And if you miss a full moon, don't worry. The moon stays roughly the same size two nights in a row.)

March 9, the Worm Moon  
April 7, the Pink Moon  
May 7, the Flower Moon  
June 5, the Strawberry Moon  
July 5, the Buck Moon



August 3, the Sturgeon Moon  
September 2, the Corn Moon  
October 1, the Harvest Moon  
October 31, the Blue Moon  
November 30, the Beaver Moon  
December 29, the Cold Moon

# How to Cope With Uncertain Times

By Gustavo Razzetti, Posted Apr 07, 2020 in PsychologyToday.com

<https://www.psychologytoday.com/us/blog/the-adaptive-mind/202004/how-cope-uncertain-times>

**You can't change reality,  
but you can reframe it.**

A crisis is the single most difficult challenge for everyone, especially when it comes in the form of a virus that took the entire world by storm. It's a clear realization that no one is immune but, most importantly, that we are not in control.

These are difficult times. We are facing an unprecedented problem, and no one knows what the answer is. So, how do we cope in these uncertain times? Start by focusing on what you can manage. You cannot control the crisis, but you can control your response.

How we show up during challenging times is how we show up everywhere. To cope with this crisis, we must reframe our relationship with it. Here are five ways to get started.

## 1. What you're feeling is grief

It's okay to feel [anxious](#), sad, lost, afraid, or worried about losing your job or loved ones.

The fact that you continue to do your job or daily chores doesn't mean that you are not struggling deep inside (just like everyone else). Pause and reconnect with your emotions. How are you feeling?

As David Kessler tells [Harvard Business Review](#), we are all grieving on a micro and a macro level. Anticipatory [grief](#) is the feeling about what the future holds. Usually, it centers on death — we feel something is lost. As Kessler, co-author of [On Grief and Grieving](#) explains, anticipatory grief is the mind going to the future and imagining the worst.

Change is loss. Now, during a pandemic, that loss is even more confusing. We are experiencing anticipatory grief because we realize that something is gone, and things won't be the same once the crisis is over. Many people feel the loss of safety, others the sense of belonging derived from isolation. Most people grieve because they no longer feel in control.

Connect with your anticipatory grief. What are you grieving for? Name it so you can tame it. Understanding your emotional state is the first step to regaining some control.

## 2. Pause before you react

These are scary times. We live under the illusion that we have control over our lives, but we don't. Now, the realization is more evident than ever.

It's okay to feel afraid, anxious, or stressed out. Emotions are a natural response to external events, especially when we feel threatened. What is not okay is to let our emotions take over. We must manage how we respond.

When we react to an external stimulus, there's a 90-second chemical process that happens in the body, putting us in full alert. After that time, the body flushes those chemicals away. This means that for 90 seconds, you can observe the process happening — you can experience, feel it, and then see it how it goes away.

You can react to this chemical alert, or you can wait until it's gone before you act.

The *90-second rule* is a term coined by Dr. Jill Bolte Taylor in her

book, [My Stroke of Insight](#), to explain the nature and lifespan of an emotion. If you leave it uninterrupted by thoughts, you can quickly regain control of your response.

Next time you are experiencing an emotional reaction, pause. Practice deep breaths — you can stretch your body, too — during those 90 seconds. Enjoy that moment, and don't let emotions dictate your response. How do you feel using the 90-second rule to regain control of your reaction?

## 3. Reframe your words

Words are powerful. The way we talk about the crisis has a direct impact on how we perceive what's going on. Negative words create an adverse effect and the other way around. As [neuroscientist](#) Dr. Andrew Newberg explains, "The longer you concentrate on positive words, functions in the parietal lobe start to change, which changes your perception of yourself."

Use the chart below as a reference. For example, instead of using the phrase "social distancing," use "physical distance." Having to keep a distance of at least six feet, doesn't mean that we stop socializing with our friends or neighbors. That we work remotely doesn't mean that we must distance from our colleagues.

### Reframe the crisis: the words you use define how you respond

Social distancing	→	Physical distancing
Isolation	→	Protection
Pause = paralyzed	→	Pause = incubation
Boredom	→	Time for creativity
Crisis	→	Opportunity

Gustavo Razzetti, Liberationist

The same happens when we replace "isolation" (that has a negative perception) with "protection." We are not isolated from other human beings; we are staying at home to protect ourselves and others.

Become more aware of the words you use. Reframe negative ones into positive words.

## 4. Put the crisis in perspective

Every crisis is unique. This might feel the worst ever, but it's not. Putting things in perspective will help you lower anxiety and regain control. As human beings, we have fought many crises before, and we were able to thrive.

Consider past devastating crises. Back in the time, everyone felt it was the end of the world, but people survived and bounced back.

The Bubonic plague killed 31% of the European population; 18 million people died in 1347. During the Spanish Influenza, 1 out of 20 inhabitants was killed in Spain. 9/11 put New York City on its knees. Everyone got back on their feet, and humanity was able to thrive once again.

Continued on page 7

## How to Cope With Uncertain Times (Continued from page 6)

Think about your own crises. What were the worst experiences you ever faced? We've all lost loved ones or got fired from a job. Some people have to deal with severe health conditions. I've been very close to dying a couple of times, and here I am.

Crises put our characters to the test. It's our choice that a better version of ourselves comes out of the storm.

All crises are survivable. We will survive this. Putting things in perspective will help you focus on what you can control. Take precautions — protect yourself — without overreacting.

### 5. Build resilience by reframing the event

Why do some people break while others thrive in adversity?

The answer is [resilience](#) — our ability to bounce back. Luckily, resilience is not an innate trait, but something that you can develop. The way you perceive an event determines how resilient you are.

“[Potentially Traumatic Event](#)” (PTE) is a term coined by George Bonanno, the head of the Loss, Trauma, and Emotion Lab at Columbia University. According to the professor, an event is not [traumatic](#) unless we experience it as such.

Our perception of an *adverse* event can turn it into a traumatic one or not. Your mindset, your thoughts, and how you frame reality, define if you will be traumatized by a crisis, or not.

Reframing is a powerful tool to help you cope with [stressful](#) events. It's more than turning a crisis into an opportunity. Instead of thinking, “Why is this happening to me?” think, “What can I learn from this event?” By reframing an incident, you recover control by shifting your role from “victim” to “hero.”

Psychiatrist Steven Wolin defines resiliency as “[the capacity to rise above adversity](#).” When something goes wrong, you must manage to stay in control rather than let the situation take over. Your thoughts — not grit — shape your perceptions and behavior.

No one knows how this crisis will unfold, but you can, at least, manage how you deal with it.

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## No Fair! 2020 Clark County Fair Canceled

The 2020 Clark County Fair, the 152nd version of the Summer Classic that was scheduled for August 7-16, 2020, has sadly been canceled.

According to the Fair, “Based on information we have received from the Department of Health and Governor Inslee’s Safe Start Washington guidelines regarding COVID-19, our Fair Board has made the decision to cancel the Fair. This was a difficult decision that was made in the best interest of the community. It was one not taken lightly nor made quickly; but made to ensure the health and safety of our attendees, volunteers, exhibitors, vendors, sponsors, attractions, and staff.”

[ClarkCountyLive.com](#) is a great way to keep up with events that are happening or not happening in our area. Sign up for their newsletter and stay informed.

## TRUMAN NEIGHBORHOOD ASSOCIATION BOUNDARIES

**North:** NE 52nd St through to NE 51st St, ending at NE 56th Av

**East:** NE 54th Av (between SR-500 & NE 47th St), NE 47th St (between NE 54th Av & NE 56th Av), NE 56th Av north to NE 51st

St

**South:** SR-500

**West:** St. Johns Rd (following Vancouver city boundary)

**Map link:** [www.clark.wa.gov/county-manager/truman](http://www.clark.wa.gov/county-manager/truman)

## Grocery store hours for Southwest Washington Seniors & At-risk Folk with Underlying Health Issues



**WinCo:** Tues & Wed 5-7 am.

**Target:** Tues & Wed, the first open hour

**Walmart:** Tues 6-7 am.

**Safeway/Albertsons:** Tues & Thurs 7-9 am.

**Fred Meyer:** Mon & Thurs 7-8 am

**Costco:** Mon - Fri 8:30-9:30 am. Allowing priority warehouse access for Costco member first responders and healthcare workers.

**THEY SAID A MASK AND GLOVES WERE ENOUGH TO GO TO THE GROCERY STORE**

**THEY LIED, EVERYBODY ELSE HAD CLOTHES ON**



## Making plans for the weekend?

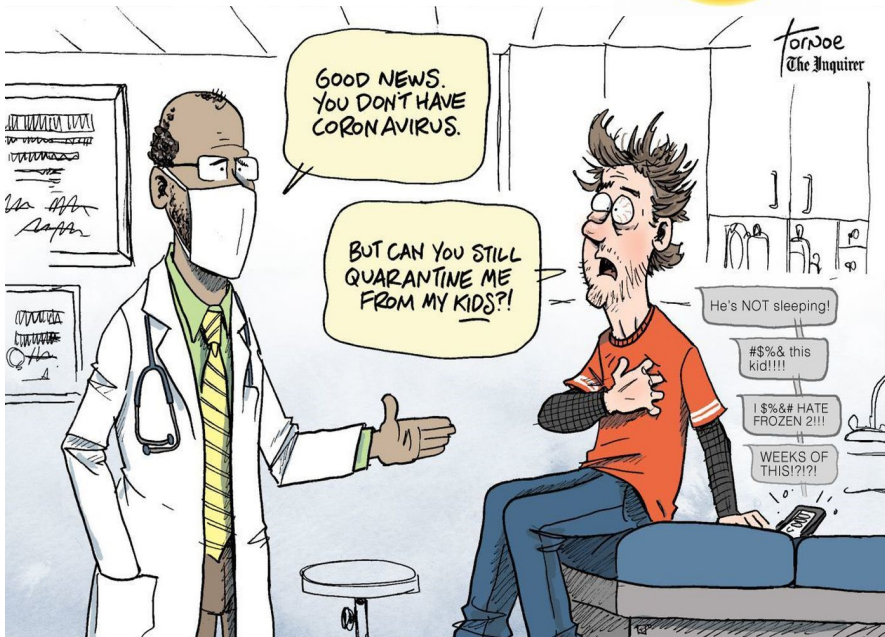
Use this simple calculation to help you work out the ideal place or activity for you!

- ? Step 1 - Choose a number between 1 and 9.
- ✗ Step 2 - Multiply it by 3
- + Step 3 - Add 3
- ✗ Step 4 - Multiply by 3 again
- + Step 5 - Add the two digit number you get together.



The Number you get is where you will be going!

- |                         |                             |                    |
|-------------------------|-----------------------------|--------------------|
| 1. Pub                  | 5. Fun World amusement park | 9. Stay at home    |
| 2. Cinema               | 6. Road trip to ooty        | 10. Swimming & GYM |
| 3. Meet up with friends | 7. Out for dinner           |                    |
| 4. Bandipur Jungle      | 8. Football                 |                    |





We publish 3-4 online newsletters a year at [www.clark.wa.gov/county-manager/Truman](http://www.clark.wa.gov/county-manager/Truman)

Please bookmark the link.

We hope that you find the TNA newsletter a valuable resource to help you stay up to date with neighborhood news.

Another great way to stay informed is by joining Nextdoor...

## Please join us on Nextdoor Truman

Babysitter needed

Free kids bike!

Garage sale this Saturday

Car break-in!  
See anything?

Anyone missing  
a dog?



Nextdoor is the free and private social network just for Truman neighbors. On Nextdoor, neighbors share crime and safety concerns, local events, recommendations, items for sale/free, ideas about how to make our neighborhood better, and more.

*Our neighborhood is using a private online network called Nextdoor. Please join us to build a better neighborhood!*

Please join us!

[www.nextdoor.com/join](http://www.nextdoor.com/join)  
Code: BCKTLD

## TRUMAN NEIGHBORHOOD ASS'N PURPOSE

1. To address community issues within our boundaries
2. To form a greater sense of community between residents
3. To generate a unified voice in local government.
4. To create a sense of neighborhood ownership for all persons residing within the boundaries
5. To organize social and community enhancement events to bring the neighborhood together

All persons 18 years of age or older and businesses residing within the boundaries will be considered members of the association. This applies equally to homeowners and renters, as this is a neighborhood association not a homeowner's association.

## CONTACT US

**Email:** [trumanneighborhood@gmail.com](mailto:trumanneighborhood@gmail.com) (To address an individual Council member, include his/her name in the subject line.)

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Vancouver, WA 98684

**Facebook:** Truman Neighborhood Association

**Website:** [www.clark.wa.gov/county-manager/truman](http://www.clark.wa.gov/county-manager/truman)