



February 2010

# Laurel Hill Valley Citizens

N E W S L E T T E R

## Inside This Issue

**Our Sustainable Laurel Hill Valley**

**News From Our Neighbors at the Northwest Youth Corps**

**I-5 Willamette River Bridge Update**

**Update on Our Sponsored Camper Neighbors**

**Laurel Hill Valley Citizen's Facebook Fan Page**

**Results of Food Drive**

**Start Your Seeds Now**

**Dessert Contest Recipes from Laurel Hill Valley Citizens' Picnic, Summer 2009**

**New—Laurel Hill Valley Classified Ad Page!**

**Looking Ahead—Neighborhood Meetings in 2010**

## Annual Neighborhood Winter Potluck

by Johanna Mitchell and Deborah Kelly

**Thursday, February 18, 2010**

### NOTE: DIFFERENT MEETING LOCATION!

Comfort Suites Hotel Community Room  
3060 Brackenfern Road, 541-343-7000

*(Comfort Suites is the new hotel that is one block from the Glenwood on and off ramps for I-5 and just north of Laurel Hill Drive near it's intersection with Moon Mountain Drive.)*

**Potluck begins early at 6:30 pm**

**Announcements at 7:15 pm**

**City Council Report** from Alan Zelenka at 7:30 pm

**Presentation on the Sound Wall** by ODOT staff at 7:45 pm

**Time to visit and enjoy the media swap** beginning about 8 pm

**Special guests, Mayor Kitty Piercy and David Piercy**

Once again we gather to celebrate our neighborhood by sharing a meal together.

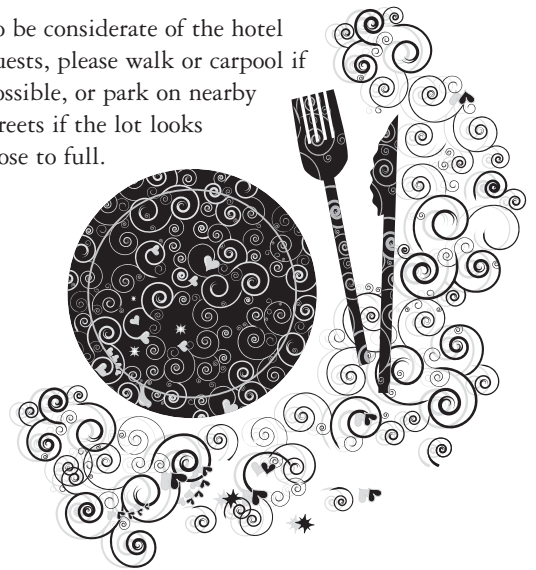
Please bring a potluck dish—all are welcome: it can be a warm casserole, salad or a favorite dessert. One year we had some amazing soup.

Please label your food with ingredients in consideration for those who have food sensitivities.

We will provide our usual plates, cups, bowls, napkins, glasses and silverware (which are reusable and kind to the environment).

Coffee and tea will be provided. No time to cook? Please come and bring your appetite. We always have plenty to share.

To be considerate of the hotel guests, please walk or carpool if possible, or park on nearby streets if the lot looks close to full.



## By Popular Request: Media & Book Swap at Winter Potluck Meeting

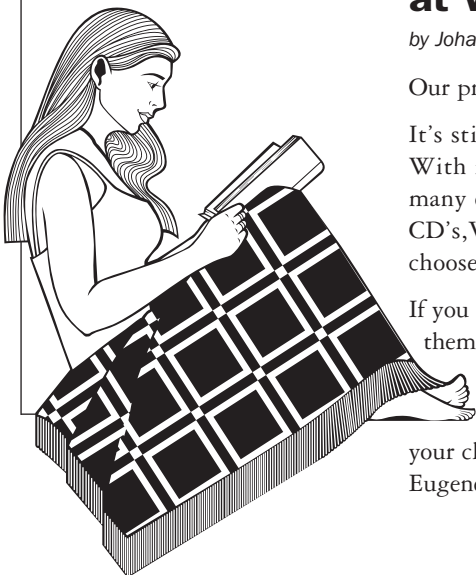
by Johanna Mitchell

Our previous book swaps have been so successful that we are expanding the offerings.

It's still dark and cold and we so appreciate time in front of cozy fire or under a warm quilt. With no opportunity to garden you may have the luxury of some leisure time. If you're like many of us you may feel the need to reduce clutter. So here is your chance. Bring any books, CD's, VHS tapes or DVD's you would like to pass on. We will have tables available so you can choose from all the donations.

If you have children, ask them to choose a few items they might be willing to part with and bring them along. You can choose from all the free things donated by your neighbors or if your children come to the meeting they will have wonderful entertainment.

This is a great way to foster relationships with the people in your neighborhood, reduce your clutter and find a few new titles to entertain you. All unclaimed items will be donated to the Eugene Public Library.





# Our Sustainable Laurel Hill Valley

by Sally Manifold

Sustainability is a catchword these days. What does it mean for our neighborhood? As a new member of the city-wide Committee on Sustainability (COS) of the Neighborhood Leaders Council, I aim to share ideas from all sources, especially from among ourselves. You are invited to participate in several ways.

Over the last two summers, COS members have sponsored many neighborhood Green Bike Tours—roaming visits to homes and gardens which show how to reduce waste, produce food and energy, save water, restore wildlife habitat, and create vibrant communities. Next year, Laurel Hill Valley can show off our efforts, too.

If you would like to be featured on a Green Bike Tour, or have ideas to share with your neighbors in our newsletters about what you are learning on your property, contact me at smanifold@bespin.org or at 541-344-0169.

## **Wildlife Habitat in Our Yards— Take Out the Invasive Species**

Our neighborhood offers abundant forest cover and wild areas for wildlife. Native trees, shrubs and wildflowers provide the best habitat for our native birds and butterflies. Suburban yards landscaped with natives can invite wildlife closer to our homes for our enjoyment and their survival in a crowded world.

However, many of our wooded patches are infested with English ivy, holly, laurel and other non-natives that provide little for wildlife. Mature ivy vining up trees not only can smother tree leaves, but can grow so massive that the tree breaks or is uprooted by wind. Tree trunks covered with ivy are excluded from the regular patrols of woodpeckers hunting for boring insects, leaving the tree vulnerable.

When the berries of ivy, holly or laurel are eaten by birds their seeds pass through the bird's gut and are deposited in parks and natural areas, spreading these invasive species even further.

Winter is the best time to remove invasive exotic plants from forest areas before dormant native wildflowers start to grow in spring. Friends of Hendricks Park  
<http://www.friendsofhendrickspark.org/>

volunteers.htm) work monthly at ridding the park forest of invasive plants that have originated from fruiting plants in our yards.

At home, start by *saving your trees from ivy vines*. Cut the ivy stems off above the ground, removing a 3-foot section so you can see what's been cut from a distance. Do not cut or bruise the tree bark. Pull the ivy from the ground around the tree so it does not immediately start growing back up. It's not hard to fill a Sanipac yard waste container with ivy or holly branches. All you need is a sturdy hand pruner and maybe a saw. Long-handled loppers are good for cutting up prickly stems.

To rescue your woods from *ivy on the ground*, start at the outer edges of a patch and pull, roll and clip it into piles. These can be left to die on top of other ivy, or carried out to your yard waste container for composting. Try to leave the native trailing blackberries, which should be the primary ground cover. Persistence is needed, as ivy will sprout from missed rooted stems.

Cut *holly and laurel* off near the ground. The stumps may sprout, but can be hacked to discourage dormant buds and killed eventually with regular removal of leafy stems. For *Himalayan blackberries*, start at the tips and chop the stems into short pieces as they stand, working down toward the ground. Leave a foot of stem for a handle, and dig out the knobby root. The stem pieces will dry and die and become mulch.

For information about plants to replace invasive species, you can download a booklet, *GardenSmart Oregon: a guide to non-invasive plants*. It offers native and ornamental substitutes for dozens of shrubs, vines, ground covers and flowers. Website: <http://oregoninvasiveshotline.org>.

A *free tour of gardens* featuring native Pacific Northwest plants will be sponsored by the Emerald Chapter of the Native Plant Society on Mothers' Day, May 9.

## Water Quality Tips

Storm drains flow directly to the Willamette River, so it is best to use a commercial car wash, where the soapy wastewater is treated. Clean up your dog droppings to prevent E. Coli contamination in the runoff from winter rains.

## Helpful Books

Link, Russell. 1999. *Landscaping for Wildlife in the Pacific Northwest*. U. of Washington Press. Everything from yard design ideas to species lists and bird boxes.

Tallamy, Douglas. 2007. *Bringing Nature Home*. Timber Press, Portland OR. Extensive information about the urgent need to use natives in our home landscapes, as well as the connection between native plants and native insects as food for native birds.

## LINKS to more information:

Sustainable Landscape course  
(2-day class, \$50, April, June, October, December)  
<http://extension.oregonstate.edu/lane/>

Home energy analysis (online)  
<http://www.eweb.org/energyanalysis>

Eugene/Springfield Bike Map  
<http://www.eugene-or.gov/portal/server.pt>

Gardening with native plants  
<http://www.emeraldnpso.org/>





# News From Our Neighbors at the Northwest Youth Corps

by Natalie Whitson

## Upcoming volunteer opportunities

Please consider joining NYC staff and AmeriCorps on an upcoming service day project: Cesar Chavez Day, April 3rd Day of Caring, April 23rd and possibly May Service Day, May 15th.

These dates are tentative, lunch is usually provided, but please bring your own gloves. NYC will usually offer a ride to the project from the NYC Campus on Augusta Street. To learn more and to RSVP, please contact Andrew King, NYC AmeriCorps Program Manager, (541) 349-5055 ext. 213, or [AndrewK@northwestyouthcorps.org](mailto:AndrewK@northwestyouthcorps.org).

## NYC Farm Update

The Laurel Valley Educational Farm will be offering CSA shares again this summer. Each week, you can receive a box of fresh, organic produce grown in your own neighborhood. A share for 5 months costs \$300.00 and runs from Mid-May through Mid-October. Enjoy tomatoes, basil, salad, melons, peas and much more each week! Stop by the farm at 2621 Augusta St. or contact Rosie or Soma at [lvef@nwycorps.org](mailto:lvef@nwycorps.org) or call us at 541-349-5055. *Thanks!*

## Volunteers needed

If you have interest in working with the soil and learning more about growing food, please contact Rosie or Soma (contact information above.) Also NYC needs office volunteers for one-time projects. Please contact [ElizabethK@northwestyouthcorps.org](mailto:ElizabethK@northwestyouthcorps.org).

## NYC Begins Roof Replacement

In our effort to better serve our participants, this spring NYC will begin to replace our roof, starting at the south end of our facility. This project will give NYC an opportunity to eliminate low spaces where rain can gather, allow for natural light and increase energy efficiency. If you have questions about this project, please contact [nataliew@northwestyouthcorps.org](mailto:nataliew@northwestyouthcorps.org)

## NYC Opportunities for Youth

**Challenge Yourself, Join The Team.** YouthCorps programs combine outdoor adventure and education with paid environmental work experience for ages 14 to 19. Crews camp in the field for several weeks, traveling from project to project. If you know someone looking for outdoor adventure this year, direct them to the NYC website: [www.northwestyouthcorps.org](http://www.northwestyouthcorps.org) or Phone: (541) 349-5055. E-mail: [nyc@nwycorps.org](mailto:nyc@nwycorps.org).



**YouthGrow.** In today's fast paced world, healthful eating is more important than ever. What each of us chooses to eat affects our home, Earth. Sadly, it's not always easy to tell where our food comes from. Learning to grow your own food is fun, good for your health, and good for the environment. YouthGrow gives young people ages 9-13 the opportunity to make friends, work hard, play games, and have fun learning a new and important skill.

Participants travel to various School Garden Project garden sites, community gardens in the area, and NYC's own Laurel Valley Education Farm. Three-week sessions run from June 28-Aug. 27. To apply, email [youthgrow@northwestyouthcorps.org](mailto:youthgrow@northwestyouthcorps.org) or call (541) 349-5055.

**Outdoor Oregon.** Do you want to be a part of the NYC experience, but also sleep in your own bed at night? Maybe Outdoor Oregon is for you! Earn money as you learn how to build trails, enhance natural habitats, remove invasive species, and develop many other valuable outdoor skills in your own Lane County community. Return home at the end of the day with new skills and pride in a job well done. Contact us for more information: Phone: (541) 349-5055. E-mail: [nyc@nwycorps.org](mailto:nyc@nwycorps.org).

## ODS Newsletter Article About Array

Students in our Outdoor School wrote an article about NYC's new solar array:

### **SOLAR POWER AT THE OUTDOOR HIGH SCHOOL**

Green energy is on the rise and the Outdoor School has been part of that since October 6th. At that time, the Outdoor School and Northwest Youth Corps' new solar power system was activated. Yes, the green school has gone even greener.

The Bonneville Environmental Foundation gave NYC and ODS six solar panels and the rest of the equipment to make a fully functional solar power system that integrates the power gained into the NYC power grid, being used for all of the different electronic functions. This system cost about twenty eight thousand dollars, but thanks to a grant from the Bonneville Environmental Foundation, NYC got it for free! This solar power system was installed by the Advanced Energy Systems Company. Since its activation at NYC, this photovoltaic system has saved over 88 Kilowatt hours of electricity and 264 lbs. of carbon dioxide, which also spared us \$1.28 (that's enough to buy a doughnut!). But still, this is a very positive step in conservation, and that's what the Outdoor School is all about.



## I-5 Willamette River Bridge Update

Jyll Smith, Public Affairs Representative  
Oregon Department of Transportation  
503-986-3985, [jyll.e.smith@odot.state.or.us](mailto:jyll.e.smith@odot.state.or.us)

The Oregon Department of Transportation will build a sound wall adjacent to the Laurel Hill Valley neighborhood as part of the Interstate 5 Willamette River Bridge replacement. The sound wall will reduce noise expected from projected traffic increases on I-5 over the next 20 years.

ODOT has developed design enhancements for both sides of the sound wall. The design concept creates a representation of a sound wave as it travels from the foothills to the valley floor, constructed with masonry unit blocks. Sculpted concrete elements will appear in the most visible areas on the neighborhood-facing side. They will be inspired by local geologic forms such as Judkins Point, Coburg Hills, Mount Pisgah and the Laurel Hill area. Images and more information about the sound wall design are available at [www.willamettebridge.org](http://www.willamettebridge.org).

ODOT will ask for approval of the proposed design enhancements from the project's Citizen Advisory Group and Project Development Team in early February.

ODOT staff will attend the Feb. 18 neighborhood meeting to present these concepts and answer questions you may have about the wall design and bridge construction. Construction of the sound wall will begin as early as this summer.

Also as part of the I-5 Willamette River Bridge project, ODOT investigated creating a bike lane along a part of the existing I-5 ramp to westbound Franklin Boulevard, starting at the intersection of Riverview Street and the I-5 ramp. This would have included a connector across the railroad tracks to the existing bike trail system.

The study determined that the off-ramp cannot accommodate a bike lane that would meet state safety standards. The bike lane would be level with vehicle traffic, potentially causing conflicts. In addition, portions of the lane would cause bicyclists to travel against the direction of vehicle traffic.

Based on these safety challenges, ODOT cannot build the bike lane extension as part of the bridge replacement project. This decision does not preclude a future project to study the possibility of a bike lane extension.



## Update On Our Sponsored Camper Neighbors

by Betty Hosokawa

Bob Richter and Shelly Hamar, our St. Vincent de Paul camper neighbors, are reporting good news. Bob recently got word that his application for SSI has been approved. When they have been able to save up for the expenses related to moving into one, they will be looking for an apartment. Bob has assured us that he will make every effort to try to recruit good neighbors for our camper site.

They did not have an easy winter. Shelley was hospitalized with pneumonia at one point and during the days of bitter cold they needed to stay elsewhere. (The trailer is not well insulated and propane is expensive.) Bob and Shelley have asked me to thank everyone in the Laurel Hill Valley neighborhood who has made them feel so welcome.

**Note:** Bob has discovered that his cell phone gets very poor reception when he is at the trailer. You may need to try more than once if you are trying to reach him by phone to alert him about a potential problem in the area. His cell phone number is 541-606-3111.

## Laurel Hill Valley Citizen's Facebook Fan Page

by Sean Ferrarese

Become a fan of your neighborhood on Facebook. It is an easy way to share ideas, photos, information, goods, services and more. There are opportunities to discuss issues that affect our neighborhood as well as important dates for meetings and other events.



## Results of Food Drive

by Johanna Mitchell

159 pounds of food were collected at the November neighborhood meeting and delivered to Food for Lane County. Your donations for those in need in our community are greatly appreciated. Thank you for your generosity!

## Start Your Seeds Now

by Johanna Mitchell

—for our May meeting's annual plant and seed exchange. We are adding a Gardening Swap to this popular event. Look around for any supplies, clothing, pots, equipment you are no longer using and would like to pass along to a neighbor—even those ubiquitous black plastic pots that accumulate may become someone's treasure.

Details will be in the May newsletter.





# Dessert Contest Recipes from Laurel Hill Valley Citizens' Picnic, Summer 2009

by Stephanie Midkiff

First place winner was Lyn & Fred's Chocolate-Dipped Macaroons submitted by Elaine Toper. Elaine's recipe appeared in the November 2009 newsletter. This newsletter features the third place winner— Stephanie Midkiff's Pecan Pie.\*



## Pie Crust\*\*

1 stick unsalted butter, cubed

1 ¼ cups white flour

½ teaspoon salt

1 teaspoon sugar

Blend in food processor for 10 seconds (no more) until mixture is like coarse meal.

1/4 cup ice water

Add slowly to running food processor. Blend until mixture holds together (no longer than 30 seconds).

Turn dough onto floured surface & pat into a disk. Wrap in parchment paper & refrigerate 1 hr.

After 1 hr., remove dough from fridge & parchment paper & place disk on floured surface. With rolling pin, roll dough from the center to the edge, periodically applying flour to rolling pin. Sometimes I even turn the dough over & re-flour the surface to ensure that surface is lightly covered with flour.

When you have rolled out to desired thickness & area, place inverted pie pan in center of dough. With a dinner knife, lightly score the dough 2 inches from the edge of the pie pan to allow sufficient coverage. Strip away extra dough; then fold the remaining circle into fourths; unfold in a floured pie pan. Crease edges if desired.

Use extra dough for cinnamon sticks.

\*\* Adapted from *The Colophon Café Best Recipes*.

## Abby's Famous Pecan Pie

1 9-inch unbaked pie crust

1 cup light corn syrup

1 cup firmly packed dark brown sugar

3 eggs, slightly beaten

1/3 cup butter, melted

1/3 teaspoon salt

1 teaspoon vanilla

1 heaping cup pecan halves

Heat oven to 350°.

In large bowl, combine corn syrup, sugar, eggs, butter, salt & vanilla. Beat on medium speed with electric mixer ~ 5 min. Pour filling into unbaked pie crust; sprinkle with pecan halves.

Bake at 350° for 45-50 min. or until center is set. If crust or pie appears to be getting too brown, cover with foil for remaining baking time. Toothpick inserted in center will come out clean when pie is done. Cool. Serve with ice cream, whipped cream or au naturel!

**\*Note:** Sam's chocolate cake won second place but I neglected to get Sam's contact information. If you're out there, Sam, send me your recipe and I'd be glad to put it in the May newsletter.

Stephanie Midkiff smidkiff2004@yahoo.com



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**Laurel Hill Valley Citizens**  
c/o Neighborhood Services  
99 W. 10<sup>th</sup> Avenue  
Eugene, OR 97401

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Visit Neighborhoods on the Web: [www.eugene-or.gov/neighborhoods](http://www.eugene-or.gov/neighborhoods)

## New—Laurel Hill Valley Classified Ad Page!

by Julie Rossberg

If you have a room for rent, something to sell or trade, are looking for a babysitter, or what have you—the Laurel Hill Valley Neighborhood website could be for you! This resource is one way you can easily communicate with the whole neighborhood. In order to make it work, people need to make submissions to the classifieds page, and also visit the page periodically to see what is being offered/sought.

(You can find the website at [www.lhvc.org](http://www.lhvc.org) where you will also find the schedule for the LTD bus which serves our neighborhood, a map showing parks in the area, and the charter and bylaws for our neighborhood association.—*editor*)

## Looking Ahead— Neighborhood Meetings in 2010

**Thursday, May 20:** LHVC Spring Meeting, 7 p.m.

**Summer Picnic:** a Sunday in August, 5 p.m.

**Thursday, Nov. 18:** LHVC Fall Meeting, 7 p.m.

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## Executive Committee Members

|                                     |                       |
|-------------------------------------|-----------------------|
| Sandy Tilcock, <i>Chair</i>         | Deborah Kelly         |
| Betty Hemmingsen, <i>Treasurer</i>  | Sally Manifold        |
| Stephanie Midkiff, <i>Secretary</i> | Johanna Mitchell      |
| Jake Bradshaw                       | Sherwood Reese        |
| Sean Ferrarese                      | Marianne Rudek-Larson |
| Betty Hosokawa                      | Jan Wostman           |

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All uncredited material by the Newsletter Editor: Deborah Kelly. Please send letters, articles, comments and concerns to [dskharp@yahoo.com](mailto:dskharp@yahoo.com).  
Newsletter design by LHVC neighbor Katherine Getta, [www.gettadesign.com](http://www.gettadesign.com)

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Laurel Hill Valley Citizens is Eugene's oldest neighborhood organization, chartered by the City Council in 1974. General Meetings are held quarterly to learn about and discuss issues relating to the quality of life in our neighborhood. The LHVC Executive Committee meets at other times to discuss and represent the interests of the neighborhood.

For more information: Sandy Tilcock, LHVC Chair, 541-465-9079, [stilcock@gmail.com](mailto:stilcock@gmail.com)

[www.lhvc.org](http://www.lhvc.org)