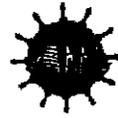




## Port Gardner Neighborhood Association News



**Next Meeting – Monday, February 8, 2016 - 7 PM**  
**Sequoia High School Cafeteria at 35<sup>th</sup> St. and Grand Av.**

**Schedule:** 6:45 Meet and Greet, 7:00 Police Report, 7:15 Steve Grupp, 8:00 Announcements

### **Steve Grupp to Speak on Washington Geological History... Volcanoes, Earthquakes, Tsunamis, and More**

Did you ever wonder where Washington came from? Would you like to know what the geological record might tell us about the past and forecast for our future? If so, come to our February meeting, and listen to what Everett Community College Geoscience Instructor Steve Grupp has to say. He specializes in seismology, and just might make you think about your backyard in a whole new way.

### **Looking Ahead to March**

This month's meeting will set the stage for our March meeting on the topic of neighborhood emergency preparedness. Cindy Barker from West Seattle Be Prepared will tell us how West Seattle has been addressing this issue for the last several years. We also hope to have Everett's Office of Emergency Management represented.

### **January Meeting Re-cap**

#### **Port of Everett**

Lisa Lefebber, Director of Public Affairs at the Port, spoke to us on two main themes going on at the Port. She started by telling us about progress the Port is making on developing Waterfront Place. This development will be divided into several districts, each with its own functions. These include the Millwright District, small and large commercial spaces and courtyards; Wharf's Edge, residential areas as well as retail and services; Esplanade, a long biking and walking trail accessing view plazas and overlooks, a children's playground, public restrooms, and Boxcar Park; the Craftsmen District, including Waterfront Center and the Port offices, marine shops, retail spaces, restaurants, history, and boat repair yards; and Fisherman's Harbor with commercial fishing and recreational boating facilities, guest moorage, shopping, and dining.

Of special interest to us is the upcoming move of the waterfront farmers market from its current location on W. Marine View Dr. by Lombardi's to its new location in Boxcar Park off 13<sup>th</sup> St. near the yacht club. The move is necessitated by the upcoming construction of the pedestrian and utility bridge that will start in Grand Ave. Park and land along W. Marine View Dr. Also moving to Boxcar Park this year will be the historic Weyerhaeuser Office Building which will be used as an outdoor performance venue and marina clubhouse. You can learn more about Waterfront Place at <http://www.portofeverett.com/real-estate/development-waterfront-place-central>.

Lastly, Lisa spoke about the plans the Port is making to prepare for the arrival of larger cargo vessels. The shipping industry is quickly trending to larger ships because of the soon-to-be-opened, expanded Panama Canal. Upcoming work will include cleaning up historic in-water contamination by dredging between South Terminal and Pacific Terminal. This will allow longer ships to berth at Pacific Terminal. Other work anticipates expanding and strengthening South Terminal, upgrading utilities there, and possibly acquiring two larger gantry cranes that will be able to reach higher and farther over the larger vessels. Those cranes would be rail mounted and painted smoke blue like the two cranes currently in use.

### **Trips and Falls Prevention – John McAlpine**

John McAlpine, from the Retired & Senior Volunteer Program (RSVP), talked to us about things we can do to avoid falls which can be so devastating, especially for older people. He divided his comments into four categories under the acronym HOME (Home, Optics, Medication, and Exercise).

*Home:* Over half of our falls take place at home. Controlling clutter can help. Throw rugs are dangerous. It's probably best to get rid of them, or secure them with double-backed tape. Wood floors can be very slippery. Don't wax them. Think about installing carpets. Furniture should allow seating that is about knee high so it isn't a struggle to stand up. Be aware of where pets are. If you wear slippers, use a type that covers the back of the heels, like moccasins. Put most often used cupboard belongings at a height similar to the baseball strike zone, between knees and arm pits. If you have to reach something high, don't stand on a chair. Use a stepstool with a back on it. Bathrooms can be dangerous. Use some kind of rubber, gripping pad on shower floors. Think about installing hand rails. Use night lights between your bed and the bathroom. Consider keeping your phone within reach...just in case.

*Optics:* We should get our eyes checked every year. Depth perception changes. That first step may be further down than it appears. A hand rail can be one of your eyes' best friends. Bright lights are better than dim ones.

*Medication:* It may increase the risk of falling. Medications have many different potential side effects including dizziness or sleepiness. A new medication may have an unwanted side effect when combined with a medicine you are already taking. Make sure your doctor and pharmacist know all of the medicines you take as well as drugs or alcohol.

*Exercise:* Keep your core as strong as possible. It will make a huge difference in your balance. One third of all people over 65 will experience a serious fall. You can make your odds go down, no matter how old you are. Find an exercise routine that is within your ability. Physical activity matters.

John gave audience members a great handout with 11 simple, but effective, exercises you can do at home. There are extra copies. If you'd like one, call Bob Jackson whose contact info is on the last page.

## Dean's Doodles

Welcome to February, month of valentines, presidents, and groundhogs. And welcome 2016. I missed writing a "Doodles" in January, partly due to being busy working on the fossil fuel issues in our state. There is a lot of news on this front. At least two major coal companies have announced that they are halting coal train shipments through our neighborhood. That doesn't mean there will be no more coal trains, but the numbers will be greatly reduced in 2016. So far this month, I have only seen two coal trains, and they may have been left from 2015.

The oil train shipments are a different story. In December, Congress passed a budget that included a provision lifting the ban on crude oil exports. That could possibly mean an increase in the numbers of those mile-long, Bakken Crude trains traveling to Anacortes, Cherry Point, or even Canada. Now, this is hard to imagine, given the extremely low world price of crude oil and the extremely high cost of fracking, but, if the oil price were to go up, this could change.

How will we drive in the future? Our American society is built on the automobile. Look at our cities and even our own neighborhood. What seems to be the most important part of city planning? Streets and enough parking for the many automobiles that people depend on to go to work, shopping, school, etc. Yet, scientists tell us that we have probably already pumped half the oil out of the Earth, and that prices, even if they are deceptively low now, will be much higher in the future. What are we to do?

Ford Motor Company has announced that it will offer 14 electric cars within 4 years: <http://investorplace.com/2016/01/ford-electric-cars-f-stock/#.Vp0K5za03eQ> Chevrolet offers the Volt and now the Bolt which has a better range of 200 miles and a new-car price around \$30K. Tesla offers more expensive electric cars. Germany reportedly plans to incentivize electric cars with two billion euros. These large companies don't do this without good reason.

My wife drives a Chevy electric hybrid Volt. We plug it in in our driveway every night. In the winter, the battery is good for 25 miles; in the summer 45 miles. After the battery is about 30 percent used, the car switches from all electric to being a hybrid. I couldn't tell when this happens were it not for the dash indicators. She works in Everett, so most days she uses no gasoline. Running on electric at the PUD rates today is like buying gas for \$1/gal. For us, since we have solar panels on our roof, most of the driving is, in fact, solar powered. We feed energy into the grid on sunny days, and draw it out at night to light our home and charge the car battery. I tell folks that we use the Columbia River as our battery. Over the course of a whole year, we capture more energy from the sun than we use. This is the future of both homes and transportation.

On January 15, in a Snohomish County court in Lynnwood, a jury acquitted five people, two of whom live in Everett, of obstructing a crude oil train at the BNSF Delta yard in Everett. They were convicted of trespassing on BNSF property for which they were sentenced to 90 days in jail (suspended) and fined. By not finding them guilty of obstruction, the jury sent a strong message to the railroad that citizens are not happy with the passage of dangerous oil trains through our cities. In the past two years, there have been ten major explosions and fires involving those trains. An explosion in a city could level many blocks of buildings and kill thousands of people. In 2013, in the small village of Lac-Megantic, Quebec, the core of the town was destroyed and 47 people were killed when one of these oil trains derailed and exploded.

The courtroom scene was dramatic. The judge allowed, then later disallowed, the use of the "necessity" defense. This is the argument that the "crime" had been committed to prevent a greater crime, namely the destructive release of pollution into the atmosphere resulting in climate change. The jury was allowed to hear the expert witnesses describe the dangers of fossil fuel burning, and then told to ignore it. Apparently, they couldn't.

After the trial, some of the jurors joined the defendants in the hallway outside with hugs and conversation. Even the judge admitted that he had learned a lot, and that he sympathized with the defendants. The whole trial was filmed inside the courtroom and will be released as a feature length film in about a year.

I'll keep you posted.

Dean

### **2016 Mini-grant Allocation**

PGNA's \$2,000 in mini-grants have been allocated as follows:

Depot Park - \$480  
Forgotten Creek - \$400  
Kiwanis Park Neighbors Night Out - \$300  
Rucker Hill Park Neighbors Night Out - \$400  
Easter Egg Hunt - \$400  
December Holiday Party - \$20

### **PGNA Executive Board**

Dean Smith, Chair and CON alternate	<a href="mailto:deansmith4@me.com">deansmith4@me.com</a>	425 328-9979
Andrea Tucker, Vice-Chair and CON representative	<a href="mailto:everettareahomes@gmail.com">everettareahomes@gmail.com</a>	425 870-6699
Bob Jackson, Secretary	<a href="mailto:bjacksonjmurphy@aol.com">bjacksonjmurphy@aol.com</a>	425 303-0127
Sheryl Becker, Treasurer	<a href="mailto:ss3becker@gmail.com">ss3becker@gmail.com</a>	425 259-2196
Victor Harris, CON representative and Government Affairs	<a href="mailto:victorcharris@hotmail.com">victorcharris@hotmail.com</a>	425 760-4064
<b>Webmaster</b> - Tim Ellis	<a href="mailto:the_tim@portgardner.net">the_tim@portgardner.net</a>	
<b>Police Liaison</b> - Sgt. Mike Braley	<a href="mailto:mbraley@everettwa.gov">mbraley@everettwa.gov</a>	425 257-8474
<b>Office of Neighborhoods</b> - Wendy McClure	<a href="mailto:wmcclure@everettwa.gov">wmcclure@everettwa.gov</a>	425 257-8717

Call one of us if you need a ride.