

Good morning. My name is **Mary Sipe**.

Let me give you an example of what this amendment would do.

If Hoyt Street uses the impact hammer at Block 23 adjacent to the kindergarten, this will give the Noise Review Board the authority to place conditions on the pile driving.

The board could require a sound barrier or a noise shroud or require them to cease pile driving activities during recess.

Without this amendment the board has no authority to place conditions on pile driving because it is exempt from the Noise Code.

- The research has been done.
- The evidence is clear that noise mitigation is effective.
- We do not need another 17 meetings to obtain “stakeholder input”
- We do not need another Task Force.
- Development will not be impeded or delayed.
- Pile Drivers will not lose work.
- The Noise Review Board will not be determining how buildings are built.
  
- Whether the impact hammer pile driver is used because of soil conditions or to reduce cost will not matter.
- Developers will continue to be free to select the pile driving method they wish to use.

When Paul Van Orden presented his Noise Control Program Update to City Council last August, one of the five priorities he presented to you was to bring forward the Noise Review Board proposal on pile driving. That was 9 months ago.

At a recent City Council Meeting you reappointed Kerrie Standlee to another 3-year term on the Noise Review Board.

As you noted, Kerrie has volunteered many hours to the Noise Review Board over the past 30 years. You all expressed your appreciation to Kerrie for his many years of service.

Kerrie was successful in persuading DeWitt to build the sound barrier and use a shroud on the impact hammer at Block 20. He assisted in the selection of acoustic materials and design of the barrier and the shroud.

These devices were successful in significantly reducing the noise and Kerrie subsequently proposed the amendment to Title 18 to remove the exemption & require a Noise Variance Permit...**just as Commissioner Fritz had done as part of her February 2016 proposal.**

It has been 20 months since the Noise Review Board voted unanimously to submit this proposal to City Council.

We have had multiple meetings with Paul Van Orden, David Austin and the new Livability Programs Coordinator, Kenya Williams to no avail. While they all say they support the proposed amendment they refuse to commit to reschedule this item on the City Council Agenda. All we get is double talk.

- It is time to honor the work of Kerrie Standlee, The Noise Review Board and the community.
- Please direct Mr. Van Orden to place this proposal back on the City Council Agenda within the next 30 days.

*While it has been residents of the Pearl District who have been most affected by the serious negative physical and psychological effects of the unnecessary use of the impact hammer pile driver, and Pearl District residents who have taken the lead to amend Title 18 to restrict the unnecessary use of the impact hammer pile driver, this effort has always been about protecting the residents of the entire City of Portland from this health hazard. As our city continues to grow with an emphasis on density, high-rise construction more and more residents are at risk of being subjected to this serious health hazard.*

## Noise Review Board

The Noise Review Board is unique in the United States in offering citizens and the business community a direct way to be involved in helping set the City of Portland's policies related to the environmental issue of noise pollution.

The five member board is comprised of three community at-large representatives, as well as from the construction industry professional, and a professional working in the field of acoustics. Volunteers serve on the Noise Review Board for three-year terms, with a maximum of two terms.

The Noise Review Board is responsible for advocating for the Portland Community in noise-related policy-making decisions. As Portland's population becomes denser, the need to address quality-of-life issues like noise is increasingly important.

One important part of the Noise Review Board work is to help establish the direction the City is headed in addressing emerging noise problems in the community.

The Board engages the community around issues related to construction, special events, and other issues, to strike a balance between noise-generating activities and the desire for livable communities.

The Board also reviews applications for complex noise variances, in which members of the public ask to vary the code for projects and special events.

The Board has two primary purposes:

- The first is to review complex requests for a variance from the noise code, Title 18 of the City of Portland.
- The second purpose is to help establish the direction the City is headed in addressing emerging noise problems in the community...

### **18.06.030 Responsibilities.**

The responsibilities of the Noise Review Board shall include:

1. Instituting a public education program regarding sound and noise, including the collection, publication and dissemination of appropriate literature and information, and the enlisting of cooperation by public, civic, scientific, and educational groups.
2. The reviewing of applications for variances, and the rendering of decision within the time specified, according to Section 18.14.
3. Evaluating the effectiveness of this Title, and the developing of recommendations for amendments, additions, or deletions to this Title.
4. Developing long-term objectives for achieving reduction of sound levels in the community, and developing a means for implementing these objectives into the long-range planning process.
5. The developing of rules relative to the conduct of its meetings and to other matters the Board considers appropriate to noise control.

### **18.06.040 Authority.**

The authority of the Noise Review Board shall include:

1. Acting on variances according to the procedures specified in Chapter 18.14 of this Title.
2. Holding hearings to obtain information relative to its responsibilities.
3. Recommending amendments, additions, or deletions to this Title

# DRAFT

## 18.10.060 Construction Activities and Equipment.

(Amended by Ordinance Nos. 159276 and 187272, effective July 29, 2015.)

- A.** Maximum sound levels: No person shall operate any equipment or appurtenances thereto in commercial construction activities which exceeds 85 dBA, when measured at 50 feet (15.2 meters) from the source. This standard shall not apply to trucks (see Section 18.10.020), **pile-drivers**, pavement breakers, scrapers, concrete saws and rock drills.
- B.** Night, weekend, and legal holidays limitation: From 6:00 p.m. to 7:00 a.m. the following morning, and 6:00 p.m. Saturday to 7:00 a.m. the following Monday, and on legal holidays, the permissible sound levels of Section 18.10.010 shall apply to all construction activities except by variance or for reasons of emergency. The exempted equipment of Section 18.10.060 A is not exempted during these hours. For purposes of this Subsection, construction activities on a public road within a zone shall be considered as taking place on private property within that zone.
- C.** The adjustments to permissible sound levels established in Section 18.10.010 B apply to Subsections A and B above.
- D.** All equipment used in commercial activities shall have sound control devices no less effective than those provided on the original equipment, and no equipment shall have an unmuffled exhaust.
- E.** All equipment used in commercial construction activities shall comply with pertinent standards of the U.S. Environmental Protection Agency.
- F. Pile Drivers:**
1. Notwithstanding Subsection B above, the permissible sound levels of Section 18.10.010 shall apply to pile drivers from 6 p.m. to 8 a.m. the following morning, and 6 p.m. Friday to 8 a.m. the following Monday, and on legal holidays.
  2. The owner of a site on which pile driving will occur shall cause a notice to be mailed to all residences within 500 feet of the site. Mailing will occur no fewer than 30 days prior to the commencement of pile driving. The notice shall list the expected starting and ending dates for pile driving and give a telephone number for further information.
  3. The use of any pile driving equipment within 1000 feet of a residential structure, school, hospital, nursing facility or city park shall require a Noise Variance Permit.

HEALTH

## Why car horns, planes, sirens might be bad for your heart

Lindsey Bever

***Washington Post***

The roar of a jet plane, the rumble of a big rig, that shrill scream from the siren of a speeding emergency vehicle: The common but loud noises that keep you awake at night and agitate you throughout the day may have a notable effect on your cardiovascular health, experts say.

Researchers say noise pollution may increase the risk of heart disease, such as coronary artery disease, hypertension and heart failure, according to a review paper published in the *Journal of the American College of Cardiology*. Why? The authors, who examined research on noise pollution and heart disease, say that loud sounds not only disrupt sleep, which can lead to health problems, but can also ignite the stress response, releasing a rush of hormones that, over time, can damage the heart.

"Ten years ago, people were saying that noise is just annoying, but now I think there's considerable evidence that noise makes you sick, and one of the predominate diseases is cardiovascular disease," lead author Thomas Münzel said.

The research does not prove that loud noises cause heart disease. But Münzel, with the cardiology center at the University Medical Center of the Johannes Gutenberg University Mainz in Germany, says that noise pollution — or unwanted environmental noise — is a risk factor for heart disease in the same way that high cholesterol and obesity may increase the odds.

Those confronted with noise pollution, which causes disturbances to communication during the day and sleep at night, may have increased stress hormone levels, he said.

Over time, Münzel said, it can take a toll on the body — increasing cholesterol, blood pressure and heart rate. "If this persists for years, then you have a risk of coronary artery disease, stroke, heart failure and arrhythmia," he told *The Post*.

Münzel added that long-term noise pollution may also be linked to depression and anxiety disorders as well as problems with cognitive development in young children.

But in researching the link between noise pollution and heart disease, experts warn that there are also factors that can complicate the findings. For instance, people who live in heavily populated areas more likely to be plagued by noise are also exposed to more particle pollution in the air, which can also cause heart problems. And, people who live in such areas may also have a different socioeconomic status, meaning they may not have the same access to health care or healthy foods.

Still, said Steve Kopecky, a professor of medicine specializing in cardiovascular diseases at the Mayo Clinic, noise and how it affects health is something to consider.

"I think it's something we need to pay more attention to in terms of our everyday living," he said.

The World Health Organization calls noise pollution "an underestimated threat" that can cause "sleep disturbance, cardiovascular effects, poorer work and school performance, hearing impairment."

"Though there is no set threshold to establish risk, we do know that anything above 60 decibels can increase risk for heart disease," Münzel said. A car measures 70 decibels, a jackhammer 100 decibels and an airplane takeoff 120 decibels, according to a World Health Organization decibel scale.

"We need more research to determine what duration of exposure to loud noise is harmful, but we do know that the risk comes from years and years of exposure, not days," he added.

Experts say that loud noises, especially when people are not expecting them, can trigger the stress response.

According to the Mayo Clinic, when a person senses a threat, "your hypothalamus, a tiny region at the base of your brain, sets off an alarm system in your body."

It states: "Through a combination of nerve and hormonal signals, this system prompts your adrenal glands... to release a surge of hormones, including adrenaline and cortisol. Adrenaline increases your heart rate, elevates your blood pressure and boosts energy supplies. Cortisol ... curbs functions that would be nonessential or detrimental in a fight-or-flight situation. It alters immune system responses and suppresses the digestive system, the reproductive system and growth processes. This complex natural alarm system also communicates with regions of your brain that control mood, motivation and fear."

Kopecky said people may not pay attention to certain sounds when they expect them — such as hearing horns honk while sitting in bumper-to-bumper traffic — but that same sound when it's unexpected — such as when a person is asleep — can trigger the stress response.

Kopecky said there are several ways that response can lead to damage: The rush of hormones causes the arteries to constrict, which can damage the lining of the arteries and lead to heart disease. It can also raise blood pressure or make the blood more likely to clot, which is a problem with heart attacks.

But regardless of where a person lives, Kopecky said, there are things that can be done, especially when it comes to sleep, such as using a white noise machine to help drown out unwanted sounds.

**Münzel is calling on lawmakers to change policies.**

**"Noise can be considered a cardiovascular risk factor," he said. "Importantly, this is a risk factor that cannot be managed by patients or by doctors; it just can be managed by politicians by making laws with low thresholds for decibel levels during the day and during the night to protect the people living very close to noise sources."**

## Moore-Love, Karla

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**From:** Anderson, Toni  
**Sent:** Thursday, March 01, 2018 7:33 AM  
**To:** Moore-Love, Karla  
**Cc:** Parsons, Susan  
**Subject:** FW: City Council Communications

Mary was unable to send this to you, but was able to get the email to me so I'm forwarding 😊

**From:** Mary Sipe [mailto:marysipe@gmail.com]  
**Sent:** Thursday, March 01, 2018 4:48 AM  
**To:** Anderson, Toni <Toni.Anderson@portlandoregon.gov>  
**Subject:** City Council Communications

Toni,  
I would like to reserve 5 communications spots for May.  
Speakers will be:  
Mary Sipe  
Stan Penkin  
David Mitchell  
Maryhelen Kincaid  
Molly Hanley Porter

The subject will be Noise Review Board Pile Driving Proposal

I have spoken with Carla about this request and she said to email my request to her this morning however, I cannot seem to access her email address or Susan's email address so I am sending this to you.

Thank you for your assistance.  
Mary Sipe  
503-575-5070



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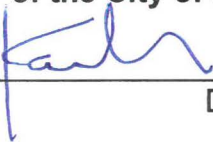
Request of Mary Sipe to address Council regarding Noise Review  
Board pile driving proposal (Communication)

MAY 02 2018

PLACED ON FILE

Filed APR 24 2018

**MARY HULL CABALLERO**  
Auditor of the City of Portland

By   
Deputy

| COMMISSIONERS VOTED<br>AS FOLLOWS: |      |      |
|------------------------------------|------|------|
|                                    | YEAS | NAYS |
| 1. Fritz                           |      |      |
| 2. Fish                            |      |      |
| 3. Saltzman                        |      |      |
| 4. Eudaly                          |      |      |
| Wheeler                            |      |      |