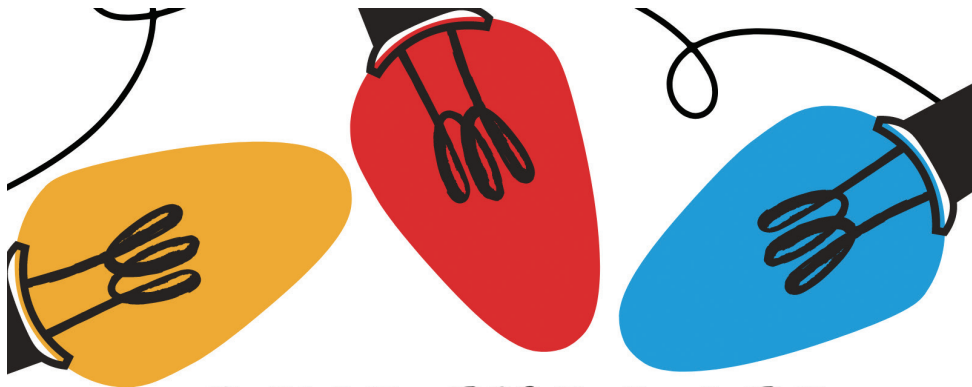


# Richmond Beach COMMUNITY NEWS

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DECEMBER 2022



## SAVE THE DATE

### RICHMOND BEACH TREE LIGHTING



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**WHAT: FAMILY FUN AND A  
VISIT FROM SANTA**

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## INSIDE DECEMBER 2022

Richmond Beach Cooks!; Student Life

Page 2

Student volunteers

Page 3

Holiday craft idea

Page 4

Library art project pictures

Page 5

Board busy-ness

Page 6

Exploring resilience; Kudos

Page 7

Anina's Corner

Page 8

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## Santa wants to see you at the Richmond Beach tree lighting event



SANTA AT 2021 TREE LIGHTING  
- PHOTO BY VOLUNTEER

By Kathryn Mueller  
RBCA Vice President

Santa is coming to town! It's almost time to light our Richmond Beach community tree. Bundle up and join us on Saturday, Dec. 3, at 4:45 p.m. for our annual Richmond Beach Tree Lighting event at the Fire Safety Center adjacent to La Petit Paquet.

We are incredibly grateful to our amazing sponsor, Jill Langer—Managing Broker and Realtor with Windermere Real Estate/North, Inc. Jill is helping to make our beloved event extra festive and fun.

“Being a part of this community is incredibly special to me, and I’m delighted to sponsor our tree lighting again,” said Jill. “It was so much fun last year to see so many people gather, enjoy each other’s company and experience the joy of Santa’s arrival in a fire truck with lights flashing!”

We’ll have hot chocolate, cookies and a special visit from Santa. Get ready for holiday cheer and a family friendly community event filled with joy!

We’ll have a mailbox where children can deposit letters. We’ll be sure to get them to the North Pole.

Special thanks to the Shoreline Firefighters who will be escorting Santa to the tree. You won’t want to miss Santa riding atop the vintage fire truck, sirens blaring, cheerfully through the neighborhood.

The tree will stay up for all to enjoy throughout the holiday season.

## Richmond Pediatrics moves to new location

By Brian Osborn  
RBCA Secretary

After 58 years in Richmond Beach, the team at Richmond Pediatrics has moved their practice to a new location in Mountlake Terrace.

The practice opened in 1964 with a vision to bring outstanding pediatric care to residents of Richmond Beach and the greater North King County/South Snohomish County area. Today the Richmond Pediatrics team serves over 7,500 patients and 2,500 local families, now including the children and grandchildren of some of their original patients. The current practice features 28 team members—nine pediatric MDs and several medical assistants, front office staff and clinic administrators. Despite the health care industry’s typical high turnover rates, Richmond Pediatrics proudly features several providers and team members that have been with the practice for a decade or more—Dr. Giselle Falkenberg even celebrated her 30th anniversary this year!

The reasons for the move were twofold—the property had been sold to new ownership requiring current tenants to vacate, and Richmond Pediatrics had simply

See **Richmond Pediatrics**, page 6

## Something to be thankful for—RBCA supporters!

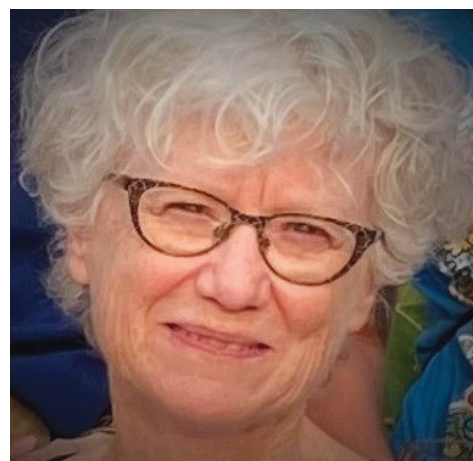
By Allison Taylor  
RBCA President

This October saw the return of the Halloween Carnival at Syre, and it was an event to remember! The school was packed with happy families and willing volunteers—it was pretty amazing to see the level of support our community gave to the event.

Some of the notable contributors were Tasha Hulak (prizes organizer), Julie Vaughn (games organizer), Sherry Edwards (volunteer coordinator), Brittany Gallaher (kitchen/food coordinator), Liza Ragan (cake walk coordinator), Jack Malek (gold level event sponsor) and Roz Vaughn (graphic designer). Additional carnival kudos go to the Syre employees who gave up their weekend time to make the school and its resources available

See **Carnival thanks**, page 7

## Artist Ann Blanch and community members create wonderful worlds at the Richmond Beach Library



ARTIST ANN BLANCH  
- PHOTO BY CAROL ZEMANEK

By Leslie Carter, Librarian  
Richmond Beach Library

Have you noticed how the large mural in the children’s section of the Richmond Beach Library is a changing landscape of wonderful worlds? Thanks to professional artist and longtime community member Ann Blanch, library patrons participate in creating the visual treat through her periodic art mural workshops, which are sponsored by the Friends of the Library.

Blanch has a BA of Fine Arts from the University of California, See **Ann Blanch**, page 4

## Richmond Beach Cooks!



- PHOTO COURTESY OF SUZANNE MCMURRY

### The perfect winter pasta

By Suzanne McMurray

Serves 4. Prep time is 15 minutes. Cook time 1 hour.

Crispy pancetta, roasted delicata squash tossed with caramelized onions, creamy goat cheese and healthy kale. Delicata squash skin is tender and delicious!

#### Ingredients:

- 2 medium delicata squash halved, seeded and cut into ½ inch slices. No need to peel!
- 3 sprigs of rosemary or sage
- 2 tbsp. olive oil
- 4 oz. pancetta or bacon
- 1 lb. bite-sized pasta, any shape
- 2 tbsp. butter
- 1 medium yellow onion, thinly sliced
- 1 bunch of kale, stems removed and thinly sliced
- 4 oz. goat cheese
- Salt and pepper

#### Instructions:

1. Preheat the oven to 400. On a baking sheet, drizzle the squash with olive oil, salt and pepper. Roast for 20 minutes, then remove the tray from the oven. Scatter rosemary (or sage) and pancetta over the squash. Put the squash and pancetta back in the oven, continue roasting for 20-30 minutes, until the squash is tender and caramelized and pancetta is crispy.
2. While the squash is roasting, melt the butter in a large pot over medium-high heat then add in the sliced onions. Cook, stirring occasionally until onions are soft and starting to turn translucent, about 5 minutes; season with a good pinch of salt. Reduce heat to medium-low and continue to cook the onions, stirring every few minutes to prevent them from sticking. Continue stirring and cooking the onions until they are golden brown and caramelized.
3. Meanwhile, bring a large pot of salted water to a boil. Cook the pasta according to the directions on the package. Go on the low end of the cooking time for al dente pasta. Reserve 1 cup of pasta water before draining.
4. Add the reserved pasta water to the caramelized onions; add in the chopped kale. Let simmer until the kale is wilted to al dente or to desired taste, about 5-10 minutes. Serve deconstructed for a kid-friendly option (see picture), or mix in the pasta, roasted squash and pancetta to the large pot of kale, caramelized onions and pasta water. Crumble in the goat cheese; stir to combine. Taste and season with salt and pepper as necessary. Divide between bowls, serve immediately.

#### Alternative options:

**Vegetarian:** Omit pancetta, add in shitake mushrooms (seasoned with tamari and/or salt and pepper) and/or extra firm tofu.

**Vegan options:** Follow the vegetarian option above. In addition, omit the goat cheese; add in vegan ricotta or a sprinkle of some nutritional yeast for a nutty, parmesan type flavor.

**Gluten free option:** Exchange pasta above for Trader Joe's brown rice, quinoa fusilli pasta or gluten free egg fettuccine.

Store leftovers in the fridge for up to four days; reheat in the microwave.

Suzanne McMurry, ND, FABNO, is a naturopathic doctor, specializing in integrative cancer care, seeing patients by telemedicine in Richmond Beach. If you'd like more healthy tips, you can visit her blog at [ndcancertx.com](http://ndcancertx.com). In her free time, she loves coaching her kids in soccer, running around the neighborhood or Macgyvering a yummy meal.

## Student life

### Five tips for seniors applying to college

By Finley Stroh

College apps for seniors are among us! For some, November 1 deadlines have passed and others are still in the midst of the busy time for high schoolers.

1. Utilize any and all resources, and check for scholarships. Here are some online resources: school website, specific college websites or tools: **Naviance Supermatch, Big Future College Board, Buyers and Sellers, Career Bridge, College Data, College Insight, College Results Online, College Scorecard, College Navigator, CollegeXpress, Corsava and Niche.com.**

2. Reach out and communicate with your counselors and career counselors. They are there to help with the big and the small questions. I always come out with having had a deeper conversation and being more supported and confident in my decisions, in a time when college applications are such an individual process that can put a lot of pressure on you to do this big thing all alone! There is such a large support system; and after talking or asking questions of my college counselor, I always feel better.

3. Narrow down your major college preferences, but stay open to change and options. There's always a balance to find.

4. Do what's best for you, don't compare your colleges or academic pathways with others. When we were younger, you thought you would be so grown up and mature when you applied to college and know exactly what you want; but now that the time is here, it's hard not to feel that uncertainty and start comparing yourself with others. There is so much information on applying to college that can be overwhelming and can make you feel like you are never doing enough! Focus on narrowing down your own wants and needs in a college and then narrow down "your" resources and "your" to-do list for applying to colleges.

5. "There's no such thing as a great school, just a place that you make great." The college experience consists of so many different components that each person values at different levels. So ditch the stereotypes and get ready seniors to blaze your own trail . . . as a college essay would say.

## RICHMOND BEACH COMMUNITY ASSOCIATION

[www.richmondbeachwa.org](http://www.richmondbeachwa.org)  
PO Box 60186, Shoreline, WA 98160-0186

The mission of the Richmond Beach Community Association Board is to promote the well-being of the Richmond Beach community.

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*Richmond Beach Community News* volunteer staff is listed in the newspaper masthead on the next page



RICHMOND BEACH COMMUNITY ASSOCIATION

### Become a RBCA Member

You can help build community together by joining the Richmond Beach Community Association today! Support community events, neighborhood enhancements, communication and fun!



# Richmond Beach COMMUNITY NEWS

The Richmond Beach Community Association publishes the *Richmond Beach Community News* monthly September through June. Printing and free mailing to all Richmond Beach residents is financed by advertising revenues and RBCA membership dues, and all work from advertising sales to editing and design to distribution is done by volunteers.

Opinions expressed in the Richmond Beach Community News do not reflect the views of the Richmond Beach Community Association or its board.

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**SUBMISSIONS**

The RBCN welcomes submissions including articles, letters to the editor and kudos. Submissions must be relevant to our community, copyright-free and submitted by the 13th of the month prior to publication. Electronic submissions are preferred.

For verification purposes only, submissions must include name, address, email address and phone number. Submissions are subject to editing.

**Send submissions to:**

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## Local student volunteers step up BIG



150 STUDENTS FROM SHOREWOOD, SHORECREST AND EINSTEIN VOLUNTEERED FOR THE HALLOWEEN CARNIVAL AT SYRE ELEMENTARY SCHOOL.

By Sherry Edwards

*Note from the editor: Who doesn't like to hear about our kids doing something wonderful? What follows is a letter of gratitude written by the Halloween Carnival Volunteer Coordinator. It was sent to area schools and worthy of reprinting here!*

HAPPY FALL! This email is intended to celebrate your students!!!

October 22 saw the return of a beloved community event—the Richmond Beach Community Association's Halloween Carnival at Syre Elementary School. The carnival hosts hundreds of our Shoreline students, including one hour reserved for students with special needs and their families.

I'm writing today to acknowledge the work our high school, middle school and elementary school students performed during the event.

In order to make the carnival happen, more than 150 students from Shorewood, Shorecrest and Einstein joined us for set up, the event and tear down. Between them all, nearly 600 hours of volunteer time was performed! 600 hours—in two days!

They were amazing, and we have never, ever had so many spots filled so quickly! Many signed up for more than one shift—some signed up for ALL of the shifts! A few donated 11 hours of their Friday and Saturday!

Major kudos to our youngest volunteers from Syre Elementary School and their families, who took on the huge job of staffing a booth for the whole carnival!

We received many acknowledgments from the community and carnival staff about what a good job they were doing! And “the little kids” just love to see “the big kids” running the show! It's truly a special time, and there is positively no way we could do it without these youth volunteers. I've been doing this part of the carnival

for about 15 years, and I cannot remember a more positive, flexible and celebratory bunch!

Special recognition to SW Football, SW Drill and SW Cheer for representing Shorewood in their jerseys and uniforms! One young student asked, “Are they really football players?” How fun to be able to say that yes, they are, and then point out the drill team (out in the rain) and cheerleaders (filling in everywhere). Also, special acknowledgement to students from Shorecrest (many from TSA) who staffed our cotton candy booth for nearly eight hours while making and selling nearly 700 bags of cotton candy. At one point, they were making about two bags per minute!

A side note—from my best count, nearly half of the student volunteers are seniors. While this is sad for me because they won't be back, I was mightily impressed that they were all there despite the fact that they don't “need” the hours for graduation!

Truly our deepest thanks and highest praise. They made us proud!



STUDENTS FROM SHORECREST MADE NEARLY 700 BAGS OF COTTON CANDY IN EIGHT HOURS.



ABOVE TASHA HULAK WITH ONE OF MANY BAGS OF CANDY PRIZES



Look for Turkey Day Fun Run pictures in the January issue of this paper..



- ALL PHOTOS ON PAGE 3 BY JULIE VAUGHN

**Calling Richmond Beach Cooks!**

This is a great time to share your favorite family holiday recipe. Send it to [editor@richmondbeachwa.org](mailto:editor@richmondbeachwa.org). Please tell us why your recipe is a favorite and provide a little info about yourself.

If you have tweaked a recipe taken from another source, please give attribution to the source. Photos from the internet cannot be printed without permission. Submissions are subject to space limits and editing.



# HOLIDAY CRAFT IDEA

## Salt Dough Hand Ornament



### WHAT DO YOU NEED?

#### Ingredients

- 4 cups all purpose flour
- 1 cup salt
- 1 1/2 cups water

#### INSTRUCTIONS:

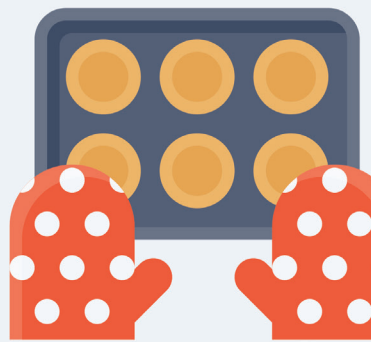
- Knead the mixture
- Roll the dough
- Place handprint in the dough
- Cut out the dough around the handprint
- Poke a hole in the dough above the handprint

#### Bake

- Place the dough ornament on a baking sheet
- Bake for 1-2 hours at 250 degrees

#### Decorate

- Paint the handprint using acrylic paint



#### From Library art projects, page 1

Davis, and specializes in mixed media abstract painting. She and her family moved to Richmond Beach from Alaska 33 years ago. She raised two sons here and worked at the library for several years. Blanch began gracing the library with her art when it moved to its location adjacent to the park. Some readers may remember a giant dragon reading to children, library mice and "Olive," a life-size giant pacific octopus created in collaboration with Lynn Ahnen-Turnblom and Sue Williams, whose tentacles reached over the children's section.

For each new mural, Blanch imagines a theme and creates a multimedia background. Her curated workshop supplies include recycled items from everyday life along with traditional art and hobby materials.

Workshop participants use their imaginations to create 3D art objects based on the theme. Some of the past themes include "Birds, Wings & Other Things," "Fantastic Future City," "Bug Out in the Jungle" and "Forest Home for Whom?"

When asked about her approach to the workshops, Blanch replied, "Set the stage, provide materials and let everyone create. Art is limitless . . . there are no rules."

Saturday, Dec. 10, will be the next opportunity to create art for our next installation: "Who Lives Here? Peeking Under the Earth Art Workshop." Join us on **Saturday Dec. 10, at either 10:30 a.m. or 11:15 a.m.**

Please register at [kcls.org](http://kcls.org). Sponsored by the Friends of the Richmond Beach Library.



THE "SPACE" MURAL

-PHOTO BY LESLIE CARTER

  
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PAST COMMUNITY ART INSTALLATIONS AND MURALS PICTURED ON PAGE 4 AND 5 WERE ORGANIZED BY ANN BLANCH AT THE RICHMOND BEACH LIBRARY. ON THIS PAGE TOP - THE GIANT PACIFIC OCTOPUS "OLIVE" AND BOTTOM - THE "FOREST HOME" MURAL -PHOTOS BY LESLIE CARTER






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*Merry Christmas and Happy New Year... See you in 2023!*



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## From Richmond Pediatrics, page 1

outgrown the space as they expanded to meet the needs of the growing number of families in the area.

Puget Sound Kidney Center is in the late stages of constructing their new dialysis clinic and plans to remodel and repurpose the space previously occupied by Richmond Pediatrics for their own operations.

According to Practice Manager Stephanie Paige, the team at Richmond Pediatrics will miss their longtime location at the top of the hill very much, even as they eagerly embrace the improvements their new location in Mountlake Terrace offers. She noted how fantastic it's been to work with the pharmacy teams at QFC and Rite Aid and credited the team at Gourmet Latte with keeping their team caffeinated over the years. The team will also miss the proximity to the water and views at our scenic parks, though they'll hopefully continue to host their annual company picnic at Richmond Beach Saltwater Park.

The new location at 23511 56th Avenue W, Suite 105, Mountlake Terrace, WA 98043, is a nine-minute drive northeast from their previous location. Among the highlights of the new location is its proximity to the Mountlake Terrace Transit Center, allowing many more families served by the practice to easily use mass transit options to get to the clinic. Similar to their original location, the new clinic is within walking distance of where many families served by the practice live, while also providing excellent access from I-5 and via mass transit. The new location is also much larger, boasting nearly twice the square footage of clinic space as the previous site.

One thing parents and kids alike will be thrilled to see has not

changed is the beautiful murals in the exam rooms. The practice was able to create full-size wallpaper versions of the vibrant murals from their original location, in addition to planning new murals to be installed as well. To see an example as well as other photos of the new location, visit the website at [richmond-pediatrics.com](http://richmond-pediatrics.com) and click the Facebook page icon in the upper right-hand corner and scroll their posts.

As Richmond Pediatrics settles into their exciting new space, our community can support them in multiple ways. First and foremost, families served by the practice can simply offer patience and understanding as they work through the inevitable challenges in opening a new clinic. Secondly, we can continue to refer new patients. Those wishing to enroll their children in care with the Richmond Pediatrics team can call (206) 546-2421 or visit their website at [richmond-pediatrics.com](http://richmond-pediatrics.com).

The practice is currently hiring, too. They're looking to add medical assistants, a front office receptionist and a clinic operations supervisor (must be LPN/LVN or RN). They are also always looking for locum tenens physicians and are happy to discuss possible future opportunities with new pediatric MDs as well. If you or someone you know may be interested, please contact Practice Manager Stefanie Paige at [stefaniep@richmond-pediatrics.com](mailto:stefaniep@richmond-pediatrics.com).

Want to send a card or email of appreciation for 58 amazing years of service in our neighborhood? Cards can be addressed to Stefanie Paige and mailed to their new address given above and emails can be sent to her address above, and she will share them with the team.

## Board Busy-ness

By Allison Taylor  
RBCA President

In case you were wondering what fun the board has been up to in the past month, here's some highlights!

Allison Taylor is still recovering from the Halloween Carnival, but also worked with Patrick McNulty on the permitting for the Turkey Day Fun Run and attended the monthly Shoreline Council of Neighborhoods meeting. Patrick is prepping for the run and the day of the event will be supported by Alicia Schoeder. Several of us will be delivering the door hangers for those households on the route. Kathryn Mueller is getting ready for the Holiday Tree Lighting. Brian Osborn just finalized a great new swag design/order—we'll have hats and gear available at the Turkey Day Fun Run and Holiday Tree Lighting! It's been a busy time for the treasurer—

besides having a blast serving up cold beverages at Oktoberfest, Adam Star has kept busy managing the finances and payments for our fall events, plus making sure the RBCA's end-of-year tax and administrative filings are all squared away.

In our lives outside our board work, Kathryn is settling into a new job with the Make-A-Wish Foundation, Alicia made some AMAZING Halloween costumes for her family (her annual tradition—see photo) and Allison went to her last parents' weekend at University of Portland—her youngest will finish his masters this spring.

We continue to recruit for an open board position—interested? Email [board@richmonbeachwa.org](mailto:board@richmonbeachwa.org).



ALICIA SCHROEDER AND FAMILY SHOW OFF THEIR FLINTSTONES COSTUMES  
-PHOTO COURTESY ALICIA SCHROEDER

### From Carnival thanks, page 1

to the community and to the City of Shoreline and Neighborhoods Coordinator Constance Perenyi—the mini-grant awarded to Richmond Beach was a primary source of funding for the event. This year’s carnival generated over \$6,000 in revenue, which will help finance many of the other amazing events offered to the community!

Volunteers who dedicated 40 hours or more to the event: Allison Taylor, Julie Vaughn, Sherry Edwards and Tasha Hulak.

Volunteers who dedicated 10-39 hours to the event: Aranya Banerjee, Brittany Gallaher, Carson Culp, Liza Ragan, Lola Mass, Mitchell Ichinkholoo, Nehal Rathee, Roz Vaughn, Tom Mailhot and Tom Petersen.

Following is a (mostly) complete listing of all volunteers—please forgive us if we have forgotten someone! Abbi Brueck, Abby Hulak, Abraxas Steinhagen, Adah Perry, Adam Star, Addi Daisley, Adrienne Houck, Alex Tapia, Alexa Graeff, Alexandria, Alexandria Gilchrist, Alexis Grigerman, Alice Suzuki, Alicia Schroder, Allison Taylor, Amelia Uran, Amy Hicks, Amy Honeywell, AnaLeah, Andrew Zeleke, Angelina Asefaw, Anna Gross, Anna Mathias, Anthony Reyes, Aranya Banerjee, Aria Grigerman, Aria Nair, Arsema, Ashleigh Greenwood, Ashley Sanders, Ashley Sandler, Becca Bojia, Becca Williams, Bianca Williams, Blake Gettman, Blakely Dumhillier, Brandon Gallaher, Brandon Tsai, Brian Osborn, Brittany Gallaher, Bryan Daisley, Caitrin Connolly, Cameron Bell, Carla Klein, Carolina Laitner, Caroline Taillie, Carson Culp, Cassidy Levinson, Chihiro Chew, Chloe Lockwood, Christian Stickelmaier, Cindy Hensel, Connor Macleod, Coren Murphy, Cristian Stickelmaier, Danielle Hunt, Devina Barker, Dieu-Donne Burn, Drew Bladek, Eilana Van Horn, Elena Warwick, Eliana Hensel, Ella Cimuchowski, Emi Suzuki, Emilina Naranjo, Emily Lin, Emily Shen, Emma West, Escher Crawford, Etta Honeywell, Evangeline Allen, Evelyn Fowler-Ratts, Evelyn Huang, Everly Long, Evie Lohman, Finley Hill, Finley Houck, Forrest Taylor, Gatsby Palmer, George Buswell, Giselle Greenwood, Grace Hidano, Grace McLaughlin, Gretchen Forsythe, Hadley Hamby, Hadley Hubbard, Hannah Call, Hartley Gallaher, Hayley Berkman, Heike Greenwood, Henry Gross, Isabel Diaz, Isabella Leitner, Jack Malek, Jan Manfredini, Jazmin Coleman, Jazmyn Jacobs, Jeff Leitner, Jen Gill, Jen Viau, Jennifer Maier, Jennifer Gettmann, Jenny Lohman, Jessica Jain, Joanna Brady Askevold, Joanna Levinson, Jocelyn Wirch, Joy Pruitt, Julia Nakayama,

Julie Pitzer, Julie Vaughn, June Pruitt, Kai Ayer, Karis- Elizabeth Gatata, Katherine Hunt, Katie Mason Sharrah, Kayden Cann, Kayla Garberding, Keira Graeff, Kiana Fenlason, Kris Fordice, Kristen Naranjo, Krysten Ruano, Kuba Howell, Landon Danphy, Laney Gallaher, Leah Call, Lily Levinson, Lily Wright, Lisa Niemi-Drumhillier, Liya Melaku, Liza Ragan, Lola Mass, Lucy Gill, Lucy Jeppsen, Lucy Wood, Lyla Daisley, Mable Daisley, Mae Lunde, Mahima Bhargava, Maisy Gallaher, Mamaki Sakya, Mandy Jeppsen, Mariely Salazar Hernandez, Marlow Daisley, Marty Hartman, Mason Maier, Maximillian Reed, Maylot Esayas, Megan Hulak, Melissa Hamburg, Michele Earl-Hubbard, Mikey Thomos, Mila Barton, Misgana Kiflom, Mitchell Ichinkholoo, Naomi Viau, Nehal Rathee, Olivia Schroder, Otto Earhart, Paola Strong, Peter Hunt, Purevdalai Bayartogtokg, Queen Weideab, Rachel Wolde, Reid Oliveto, Rhodas Esayas, Roz Vaughn, Ruby Gipson, Ryleigh Aker, Rylie Gettman, Samantha Reed, Samuel Hicks, Sarah Coen, Sarah Taillie, Scott Swartzwelder, Seth Maes, Shelly Fowler, Sherry Edwards, Shineun Moon, Simona Tapia, Snit Temnew, Sophia Serwold, Susan Chang, Susie Johnson, Tara Christophersen, Tasha Hulak, Thomas Barnes, Tom Mailhot, Tom Petersen, Tom Taylor, Tristan Enriquez, Tyler Klein, Valerie Cortez, Vanessa Hidano, Victoria Facilla, Whitney Porter Hicks, Zack Viah, Zack Viau and Zoe Alonzo.

Can’t wait to see how phenomenal the 2023 carnival will be. If you would like to be part of the planning committee, email [carnivalvolunteers@richmondbeachwa.org](mailto:carnivalvolunteers@richmondbeachwa.org). We are specifically looking for pumpkin patch and raffle coordinators!



THE ABOVE HALLOWEEN CARNIVAL POSTER USED IN RBCA PROMOTIONS WAS CREATED BY ROZ VAUGHN.

## Exploring resilience

By Kathryn Mueller  
RBCA Vice President

### Creative writing—exercises to help put pen to paper

Last month, we highlighted a few yoga poses to inspire mindfulness and get your body moving. As we explore various ways to build resilience, this month, we’re taking a closer look at writing. Put away your yoga mat and grab a pen—it’s time to get articulating.

Today, we’re going to explore creative writing. I’ve compiled a few writing prompts to help you put pen to paper (or keyboard) and clear your mind.

From a young age, I’ve enjoyed writing. Whether it’s journaling, poetry or bringing a fantastical world to life through words, writing has always been a therapeutic outlet in my life. I’ve also found a certain catharsis from creative writing. I strongly believe writing is an effective way to explore complex feelings and events and dive deeper into our subconscious.

Similar to painting, which creates beautiful works of art on canvas, writing can create a written window into places, experiences or characters of fiction or real life.

Every day, I try to carve out time to write. That’s not to say writing will be your cup of tea—just as yoga may not be the perfect fit either—but these various therapies are fun to try, and I hope one stirs your inner resilience.

So, let’s get writing! You don’t have to finish all the prompts. Choose the one that speaks to you.

#### Prompt One:

Find an object in your house. Describe the object in detail, and write how it came to be in your house. What is the story behind the object? How does it make you feel? Why have you kept it?

#### Prompt Two:

You are walking down Richmond Beach when you notice a mysterious bottle buried in the sand. You open the bottle to find a letter worn with time. What does the letter say? Who sent the letter? Imagine the individual who wrote it, and create a backstory.

#### Prompt Three:

Think of your favorite story. It doesn’t need to be an epic novel or literary treasure. We know the story of Nick Carraway or Elizabeth Bennet. Protagonists in our favorite stories are beloved. Instead, I want you to choose an ancillary character. Write a new story through their point of view.

#### Prompt Four:

Write a letter to your younger self. Would you offer yourself advice? What would you say to yourself if

you had the chance—5, 10 or 15 years ago?

#### Prompt Five:

Simply write whatever comes to mind. This is called stream of consciousness. Without thinking, start jotting down words, descriptors, feelings, thoughts, whatever pops into your head. Set a timer for 5 to 10 minutes, and let your pen take over. There are no right or wrong ways to do this exercise. Enjoy!

## Letter to the Editor

Dear Editor,

Thank you Shoreline residents. You stepped up and made a decision to keep the things we value about our city.

You said programs like RADAR are important. You said maintenance of our parks is part of keeping Shoreline a wonderful place for families and all who enjoy the outdoors. You said we need a city with adequate infrastructure to provide basic services that we all depend on.

You voted to enact Prop 1.

Mary Ellen Stone and John Thielke  
Shoreline

## Kudos

By RBCA Board

Carnival kudos go to the “carnival ladies”—our Halloween event would not have happened without the hard work of **Sherry Edwards, Brittany Gallaher, Tasha Hulak, Liza Ragan, Allison Taylor** and **Julie Vaughn**. We also are grateful for the set up/clean up/ticket sales support of former and current board members **Tom Peterson, Tom Mailhot, George Buswell, Brian Osborn, Susan Chang, Alicia Schroeder, Jack Malek, Jan Manfredini, Jessica Jain, Adam Star** and **Kris Fordice**.

As always, **Bob Fordice** took great pictures at the event. Syre employees **Vien Nguyen** and **Barbara Greig** generously gave up their Saturday to fulfill site staffing requirements. **Susie Johnson** wore both the hats of a former board member and Syre employee, helping us with access to the school and selling tickets. Many thanks to **Grant and Everly Osborn** for helping with the signs at the top of the hill and to **Mesfin Mengesha** and the team at **The Branding Iron** in Edmonds Harbor Square for their excellent service in printing Richmond Beach community activity posters and flyers.

A totally tubular thanks to the rad **Scott Piteo** for the bodacious Turkey Day Fun Run logo.

## Anina's Corner

By Anina Coder-Sill

### Almost Antiques Guild at the Richmond Beach Library

In November, I participated in this entertaining and educational program where guests enthusiastically shared their collections of shell dolls, vintage glassware (including dishes shaped like shells, and a "curious sherbet").

Eve Phillips, a longtime resident, brought a 1983 local magazine featuring a cover photo of herself.

A guest presented Seattle roadhouse collectibles and discussed a newly published book called *The Lost Roadhouses of Seattle* by Peter Blecha and Brad Holden.

I saw fossil fish, and a vintage 1941 promotional candy dish "Not glass. Not crystal. Plastic!" made by Chrysler to spotlight the fancy plastic instrument panels of their cars.

The Shoreline Historical Museum started this program in 2019 and has featured collections of buffalobilia, fishing lures, tie pins, glass frogs for flower arrangements, license plates, money featuring Queen Elisabeth, and more!

If you'd like to share your collection at the next program contact the museum at (206) 542-7111 or email [shm@shorelinehistoricalmuseum.org](mailto:shm@shorelinehistoricalmuseum.org) and check the Richmond Beach Library's program information at [kcls.org](http://kcls.org).

I had the chance to meet a teacher who taught at Richmond Beach Elementary School in 1964 (the site of the Richmond Beach Library), meet other collectors and visit with neighbors. It also nudges me to continue to share items of use to others—'tis the season!



EVE PHILLIPS AND COVER OF 1983 NORTHWEST EDITION,



NOVEMBER ATTENDEES OF THE ALMOST ANTIQUES GUILD

-ALL PHOTOS BY ANINA CODER-SILL

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### Shoreline Historical Museum HERITAGE CENTER @ SHORELINE

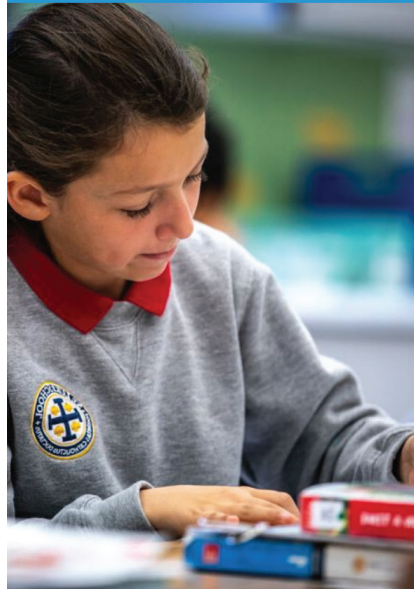
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