

Richmond Beach COMMUNITY NEWS

Four Time First Place Winner of Neighborhoods, USA (NUSA) Neighborhood Newsletter Award

NOVEMBER 2023

20th Avenue sidewalk and Richmond Beach Road mid-block crossing construction

By Tom Mailhot

New sidewalk on 20th Avenue NW

The city of Shoreline's construction of a new 8-foot-wide sidewalk along 20th Avenue NW, which started in July, may be finished in time for the Thanksgiving Day Fun Run.

As of mid-October most of the sidewalks have been poured and asphalt laid in the street. The new sidewalk on the west side of 20th will connect Richmond Beach Road to Saltwater Park. (See photo, page 2)

As part of the project, the city constructed rainwater infiltration systems on both sides of the street to collect rainwater and allow it to soak into the ground.

Also included is a raised crosswalk (speed table) at 20th Avenue NW and NW 193rd Street, which will slow traffic on 20th

Avenue NW. The speed table was included in the project based on the community feedback provided to the city.

The city worked with an arborist to identify existing trees that may be impacted by the project. The goal was to remove as few trees as possible.

Prior to commencing the project, some utility poles as well as gas and water lines had to be relocated. You can get more information on the project by going to shorelinewa.gov/government/projects-initiatives/sidewalks/new-sidewalks-project-20th-avenue-nw-190th-nw-195th-street.

Mid-block crosswalk for Richmond Beach Road near QFC

Also scheduled for construction this fall is a mid-block crosswalk on Richmond Beach Road between 3rd Avenue NW and 8th Avenue NW near QFC. This project will improve pedestrian safety along this part of Richmond Beach Road, where people often make dangerous crossings mid-block because the crosswalks at 3rd and 8th Avenues are so far away.

The new crosswalk will include a refuge island in the middle of Richmond Beach Road and rapid flashing beacons to alert traffic that a pedestrian is in the crosswalk.

Also included in the project is improved pedestrian lighting and curb ramps along this stretch of Richmond Beach Road, as well as a new crosswalk with flashing beacons further down the hill at 12th Avenue NW and Richmond Beach Road.

Celebrate National Cake Day November 26

See a delicious gluten free recipe for chocolate cake on page 7



-PHOTO BY MIKE MEEKS ON UNSPLASH

Last call for the annual Turkey Day Fun Run!



-SCOTT PITEO

By Chris Youngs

Thanksgiving morning, November 23, 9:00 a.m. sharp, starting at Richmond Beach Saltwater Park.

We're calling on all of Richmond Beach to come engage in some healthy living before we all overindulge in our favorite holiday eats before collapsing in a food coma on the couch. (Or maybe that's just us?) After all, getting out to sweat a little first thing in the morning just means you're entitled to that extra piece of pie, right?

As a reminder, this year's theme for the Fun Run is **Rock 'n Athletes**, so come as your favorite rock music star or your favorite athlete. Are you a Swifty? Great! We hope to see all your sparkles on Thanksgiving morning. Do you lean more to the athletic side and

miss your Supersonics? We hope to see that classic Payton jersey come turkey day. How 'bout repping your favorite team's gear (Mariners, Seahawks, Sounders, Storm, OL Reign).

If you really want to commit, embrace the mashup! Channel your inner 1990s Chicago Bulls and New Kids on the Block fandom as Michael Jordan Knight! Want something more contemporary? Give us your best Travis Kelce-as-a-Swifty look and give all your fellow runners your best rendition of "Run" while tackling the course.

Whatever your speed, all runners and walkers of all ages, sizes, and abilities are welcome to come enjoy the morning with your neighbors.

We can't wait to see you all on Thanksgiving morning rain or shine!

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Save the date!



Turkey Run is on Thanksgiving Day

9:00am at the Saltwater Park entrance

Tree Lighting

December 2nd at 4:30pm. Location TBD

Being well

Reminders to make calm your center

By Carol Frieberg

Adopted from an article by Angel Chernoff (marcandangel.com)

What if you made it your goal to grow so strong on the inside that nothing on the outside can affect your inner peace of mind without your conscious permission. That said, being calm and mindful is easier said than done. Many of us who struggle with work, family, health, financial or personal issues find it difficult to find a sense of peace and calm. Instead, we often feel depleted and ineffective.

The good news is that with some practice, we can actually learn to change our focus. We can do this by choosing to engage in thoughts, actions and rituals that help us to remain calm and in control from the inside out. The biggest and most complex obstacle we will ever overcome is our own mind. We must practice not to overreact or take things personally. It's up to us to keep our thoughts clean and our hearts at peace.

Below are some simple, powerful five-second reminders to help support positive thinking. To kickstart a strong and healthy mindset, challenge yourself to read these every morning. You may want to copy one or two onto a post-it note and place it where you can be reminded throughout the day.

- Happiness is letting go of what I assume my life is supposed to be like and appreciating it for everything it is.
- I am enough. I do enough. I have enough.
- Calmness does not mean I am in a place where there is no chaos, trouble or hard realities. Calmness is to be in the midst of all those things and still remain strong.
- When lost in worry, I will not mistake my worries for reality; instead, I'll recognize that they are simply my thoughts.
- The happiness in my life depends on the quality of my thoughts.
- If I don't like someone's behavior, I will choose to stay away from them, but not hurt them. I will not be disrespectful. How I react says more about me than about them.
- I won't always be a priority to others, but I can choose to be a priority with myself.
- I forgive myself for the bad decisions I have made, for the times I lacked understanding, for the choices that hurt others and myself.
- Think of all the hundreds of little steps (and missteps), chances and coincidences that have brought me here, to this beautiful moment.
- Today, I will keep my head up and my heart open. I'm exactly where I need to be.

Call for writers and contributors

By Betty Ngan,
RBCN Production Manager

This newspaper could still use a few more writers and contributors. If you have a hobby or interest that you would like to share or have a story about the community or the people around you, please consider submitting an article for the paper or contacting us about an interesting story.

Our community is made up of many remarkable people, and we would like to feature them in the paper.

You can become an occasional contributor or a regular member of our staff of writers. You will be working with a group of dedicated volunteers to make this newspaper successful.

The award-winning Richmond Beach Community News is published from September to June of each year by the Richmond Beach Community Association. Our deadline for submissions is usually the 13th of the month (except during the holidays when the deadline is November 9 and December 9).

We publish stories of general interest about our community and upcoming neighborhood events. Our paper is uniquely one of the few neighborhood newspapers that have survived in the age of the internet. It helps make Richmond Beach a special place.

Please contact editor@richmondbeachwa.org to learn more.

RICHMOND BEACH COMMUNITY ASSOCIATION

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 Tree Lighting – December 2



By Zack Holliday

This December, we are looking forward to ringing in the holiday season with the annual Tree Lighting event. Our neighborhood tradition will take place on **December 2** with fun for the whole family. Location and time are coming soon; please look for updates over email and on the RBCA website (richmondbeachwa.org).



VIEW OF THE NEW SIDEWALK CONSTRUCTION LOOKING SOUTH TOWARD RICHMOND BEACH SALTWATER PARK ON OCTOBER 20.

- PHOTO BY BETTY NGAN



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 October 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.

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Third annual RBCA Oktoberfest wet but not washed out

By Chris Drake

For three years now, our friends at Vault 177 have been hosting our own neighborhood Oktoberfest event. This was the first year we've experienced rain, but that didn't stop more than 150 hearty Richmond Beach neighbors from enjoying authentic German sausages from Leavenworth, homemade German potato salad and sauerkraut, pretzels, five different Oktoberfest themed beers and a variety of kids activities and meal options.

Student volunteers hosted a face painting station and kids were kept busy with a large bouncy house, pretzel necklace making, crafts and a variety of game stations.

We also premiered a new t-shirt design at this year's Oktoberfest. If you missed it, look for the t-shirts at upcoming RBCA events.

Richmond Beach Oktoberfest has fast become a favorite fall tradition for our community and an important fundraiser for your Richmond Beach Community Association, which will also be putting on the annual Halloween Carnival (October 28) and annual Turkey Day Fun Run on Thanksgiving Day.

A special thanks to our student and community volunteers and especially Joe Montero and Rose Werelus from Vault 177 who helped sponsor the event, prepare the food and drinks and volunteered so much of their time and energy to the event. See you all next year!



150 NEIGHBORS ENJOYED GERMAN SAUSAGES, POTATO SALAD, BEER; AND FUN KID ACTIVITIES AT THE RBCA SPONSORED OKTOBERFEST EVENT ON SEPTEMBER 23.

-ALL PHOTOS BY BOB FORDICE

See more Oktoberfest pictures, page 7



We are home to the Richmond Beach Contract Postal Unit (formerly housed in Spin Alley)

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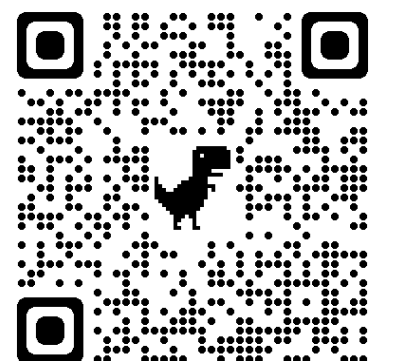
Share your most memorable Richmond Beach holiday memories

By Chris Youngs

We're always on the hunt for more Richmond Beach news to share in the monthly newspaper; but for our December issue, we'd love to hear from our friends and neighbors about their favorite holiday memories of time spent in Richmond Beach. Our neighborhood is such a wonderful place to spend the holidays, and we're sure many of you have a wonderful tradition or favorite memory tied to the community.

You don't need to be a wordsmith or write a novel—anything is welcome! Please share your thoughts and memories, credited or anonymously, with editor@richmondbeachwa.org or board@richmondbeachwa.org. We'd love to include your stories!

BE A RBCA
VOLUNTEER
GO TO THE RBCA WEBSITE



Lewis at large in RB

ShoreLake Arts brings visual and performing arts to Richmond Beach

By Lewis Brown

Art events are in our neighborhood and in our area—Shakespeare’s The Tempest at the Richmond Beach Community Park; the sounds of mellow steel drums by The Toucans at Kruckeberg Gardens; the Battle of the Bands at Pfinst Animal Acres Park in Lake Forest Park; the 6x6 NW Art Exhibit and Sale at Shoreline Community College and the Underground Holiday Market at Shoreline City Hall.

I began to wonder who was sponsoring and organizing these great opportunities in our city. I had to find out about ShoreLake Arts.

I visited with Teresa Pape, the Arts and Culture Program Manager for ShoreLake Arts. This nonprofit, community-based organization enriches the life of every resident in Shoreline, including Richmond Beach, and Lake Forest Park by working in partnership with organizations who want to promote

public awareness of the arts and want to make the arts available in all its forms. The organization started in 1989, when a group of volunteers seeking to enhance our community formed the Arts Council to support, present and encourage the arts in Shoreline and Lake Forest Park.

I discovered Teresa Pape is very familiar with Richmond Beach. She remarked, “When I was the Executive Director of the Richmond Beach Community Association, I worked with ShoreLake Arts on blending the RBCA’s community programs with ShoreLake Arts’ events. I enjoy working in the community and creating events that everyone can enjoy. I know Shoreline and Richmond Beach very well, and I love seeing so many friendly faces at Shakespeare in the Park, the concert at Kruckeberg Botanic Garden and all the shoppers at the Underground Holiday Market. One of my favorite events is Battle of the Bands where I have the privilege of working with the world-famous Robert Lang Studios, based in Richmond Beach.”

Lewis Brown (LB): What else does ShoreLake Arts do to encourage the arts?

Teresa Pape (TP): “We sponsor arts education programs and have a year-round gallery and gift shop that sells local artists’ work. Our programming has evolved alongside our community. We’re offering more youth art classes and after-school enrichment opportunities and working to partner with other organizations to produce events that engage our community.”

LB: An Art gallery? Tell us about the Art gallery.

TP: “The ShoreLake Arts Gallery is in the Town Center at Lake Forest Park and opened in 2009. The gallery exhibits and sells works by 100+ local PNW artists representing all mediums from paint to fiber, photography and sculpture. We have more than 7,000 visitors each year. It is a perfect place to buy a gift. It is also home to the Little Free Art Studio, a place to share, donate and

See Shorelake Arts, page 5



SHAKESPEARE IN THE PARK—THE TEMPEST AT RICHMOND BEACH COMMUNITY PARK -PHOTO BY TERESA PAPE



LEWIS BROWN AND TERESA PAPE, EXECUTIVE DIRECTOR OF SHORELAKE ARTS, AND FORMER EXECUTIVE DIRECTOR OF RICHMOND BEACH COMMUNITY ASSOCIATION -PHOTO BY BOB PFEIFFER

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Board Busy-ness

Volunteering is hard to do!

By Lewis Brown

The hard-working board of the Richmond Beach Community Association is comprised of working parents! Only one out of the nine board members is retired, and six members still have children in Shoreline schools. Richmond Beach has been changing over the last decade, as younger owners have taken up residence. Our board is reflecting on the ever-changing demographics of the neighborhood. Only 990 of our 3,335 community members are over 65 years.

As we reach out to find others to volunteer with us on projects and events, we realize most households have two working adults. Taking care of business and work, home and family, while still protecting time for recreation and self-care, is challenging. Time and energy are at a premium in today's society, and volunteering is hard to do.

Over the year, we host eight or more events, with a combined annual attendance of over 6,000 people. These events depend on the over 150 adult neighbors who faithfully volunteer in some way. However, that number is less than 6% of our adult population!

The population of the immediate Richmond Beach neighborhood was 3,335 total, as of the 2020 Census. The board has studied our connections with the community and found we were providing the Richmond Beach Community News to about 2,700 households. We are sending our email newsletter to over 1,300 emails. We have about 500 neighbors (about 18% of our adult population) supporting us with annual memberships (\$20 per person) as part of the Richmond Beach Community Association.

It would make for lighter work if we had more hands and more resources to help. The board members have discussed how to include more neighbors in the association and our events many times in our meetings.

Here are several ways you can easily participate:

1. Neighbors could participate as families. Once a youngster is old enough to help with setup, cleanup and helping during the event, the family could take a shift or a role at an event. Over 200 of our younger 625 residents volunteer (0-19 years, 2020 Census), so we obviously are doing something right in modeling this commitment to community!
2. Neighbors could take a small job, or a brief role, to be involved and keep it fun. You would participate without losing entire days or suffering burnout. Use it as a chance to get to know your neighbors and your community and do something entirely different from your weekly activities.
3. Neighbors can participate financially with a membership or two as a family. A \$20 or \$40 membership from even half of our community households would mean a lot to support the many expenses of our events.

How do I volunteer?

You can visit our website to sign up as a potential volunteer at richmondbeachwa.org/volunteer.

How can I support the RBCA with a membership?

You can sign up for an annual membership at richmondbeachwa.org/membership.

Question? Email your community association board at board@richmondbeachwa.org.

Kudos

By Lewis Brown

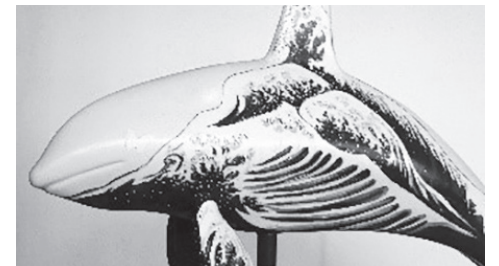
This month's kudos go to **Joe Montero and Rose Werelus**, the owners of Vault 177 restaurant and Spin Alley Bowling Center. They generously hosted our fabulous third annual Oktoberfest on their property, sharing their equipment and kitchen with the Richmond Beach Community Association and our entire community.

We set up the canopies and tables outside their entrance. The bouncy house ran on their power; the drinks stayed cold with their ice. As our neighbors arrived to participate, we used their parking lot.

Montero and Werelus not only participated in the event, but they also provided their expertise and advice throughout the event. They are indeed special sponsors, truly believing in and sharing in our community. Thank you again, my friends!

Also a big thanks to **Young Ritzo**, RBCN's graphic artist, who stepped in to do the layout of the October issue and create the Halloween graphic. We're glad you were able to lend your talent and skills to the creation of this paper while our production manager was out of town.

Beach orcas start winter migration



ORCA BY MELISSA KOCH
-PHOTO BY WAYNE PRIDEMORE

By Tom Mailhot

You have probably noticed that your favorite beach orca is no longer out around our neighborhood. In anticipation of increasingly bad winter weather, a few weeks ago our Orca Council stalwarts **Jim Joki, Randy Ziegler** and **Heinz Streng** helped herd the orcas back to our storage unit.

This was the seventh year the beach orcas have been displayed around Richmond Beach. Over the last several years, both some of the artists and our own Orca Council members have done repair work on a number of the orcas as they are beginning to show their age.

The RBCA board has had some discussions about retiring these orcas and creating a new set, but no actual plan has been developed yet. Whatever course forward the RBCA board decides on, expect our orcas to make at least one more return to their Richmond Beach summer viewing grounds next spring.

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Anina's Corner

Richmond Beach Cooks!

From Oktoberfest, page 3



EVIE PHILLIPS
-PHOTO BY ANINA CODER-SILL

Eve Phillips—library volunteer extraordinaire

By Anina Coder Sill

Eve Phillips, long-time library volunteer, is retiring at the end of October. Since 2001, she has hosted the highly successful Talk Time programs for English language learners at the Richmond Beach and Shoreline libraries.

Eve and her late husband, Joe, became Richmond Beach Library advocates in the mid-1960s. In 1967, the Friends of the Richmond Beach Library hosted the first annual library art show, and they participated as artists, board members and volunteers. They offered their time and talent to maintain the former library at 2402 NW 195th Place and to support the construction of the Richmond Beach Library in the park, built in 2001.

Eve is embraced by her Talk Time students because of her warmth and enthusiasm, and she has vicariously traveled the world via her new friends. I have known Eve since I started working at the Richmond Beach Library 50 years ago—her warmth and enthusiasm fill the room.

Over the years, she has shared her artistic talents by teaching flower arrangement classes and creating beautiful bouquets for art show raffles. I equate Eve with her cheerful, bright flowers.

The community is so lucky and appreciative for all that she has done.

National Cake Day—Sunday, Nov. 26, 2023

By Betty Ngan

It's after Thanksgiving, your refrigerator is stuffed with leftovers, and you have had enough pie. Well, you can always eat cake—National Cake Day is on Sunday, Nov. 26, 2023.

This unofficial holiday was started as a grassroots effort to foster friendship and community. What better way to reconnect with friends than to invite them for a slice of cake. You don't even have to bake a cake; you can buy one.

The history of National Cake Day can be found on daysoftheyear.com/days/cake-day/.

In researching whether National Cake Day is real, I stumbled onto an amazing compendium of the history of cakes on foodtimeline.org/foodcakes.html by Lynne Olver. This site traces the history of cakes from Greek and Roman times to modern times, including recipes for modern day cakes such as carrot cake, pineapple upside-down, angel food, red velvet, Devil's food, pound cake sponge, chiffon and Bundt cakes.

If eating cake so soon after Thanksgiving is too much, then you can celebrate National Fruitcake Day on December 27, 2023, or these other special cake days in 2024, including:

- National Chocolate Cake Day, January 27
- National Carrot Cake Day, February 3
- National Pound Cake Day, March 4
- National Coffee Cake Day, April 7
- National Devil's Food Cake Day, May 19
- National Strawberry Shortcake Day, June 14
- National Raspberry Cake Day, July 31
- National Sponge Cake Day, August 31
- National Cake Decorating Day, October 10

Cakes have evolved over the centuries from dense honey or fruit sweetened cakes to the lighter iced cakes we know today. Our dietary needs have also evolved, and gluten free cakes are now common. Many recipes for gluten free cakes can be found online.

In this issue we feature an easy gluten free mindful eating chocolate cake submitted by Carol Frieberg. So, you can have your cake and eat it too.

Mindful Eating Cake

By Carol Frieberg

National Cake Day is Sunday Nov. 26. To honor this, I am sharing one of my favorite desserts . . . Mindful Eating Cake. I tore the recipe out of a newspaper years ago, so I'm not exactly sure of the source. I was teaching mindfulness meditation at the time, so it got my attention.

What is a mindfulness cake, you ask? You may have heard of mindful eating, which is eating with attention and intention. This could translate into eating slower, eating less, eating without guilt or shame, eating quality calories or eating with intensive pleasure.

This cake is incredibly rich, yet decadently simple. You can't help to slow down and savor each bite.

Mindful Eating Cake

Prep time: 15 minutes
Cook time: 25 minutes

- 7 ounces 72% cacao chocolate, chopped
- 1/2 cup plus 6 tablespoons (1 3/4 sticks) butter, cut into 1/2-inch cubes
- 1 cup sugar
- 5 large eggs
- 1 tablespoon cornstarch
- Whipped cream, for serving

Preheat oven to 375 degrees. Butter an 8-inch round cake pan and line the bottom of pan with parchment paper; butter the parchment as well.

In a medium glass or ceramic bowl, place butter cubes and chopped chocolate. Microwave on high 30 seconds, stir and repeat until no lumps remain. Add sugar and stir well. Set aside 5 minutes to cool.

Stir in eggs, one at a time. Add cornstarch and mix well.

Pour batter into buttered pan and bake in preheated oven 20-25 minutes, until center of cake is barely set. Remove to a cooling rack for 15 minutes, then turn out onto a plate. Allow to cool completely before serving. Cut into 16 slices and serve with whipped cream.



-IMAGE BY SOPHIA FROM PIXABAY



ROCKING THE LEDERHOSEN ARE RBCA BOARD MEMBERS (TOP TO BOTTOM), PATRICK MCNULTY, CHRIS DRAKE AND ADAM STAR, AT OKTOBERFEST SEPTEMBER 23

-ALL PHOTOS BY BOB FORDICE

Let's keep moving

Possibilities

By Arnab Banerjee

I hope everyone had a great summer in Richmond Beach. There is so much to enjoy here in summer—endless daylight, warmth of sun, that afternoon breeze from the sound. As long as it does not get too hot or smokey, it's the place to be. I would say we have been relatively lucky this year with a dry and warm summer in this area, but not so with other parts of Washington, where forest fires are still burning.

I'd like to share a personal story in this article and then talk about some learning. I ran an ultramarathon, called Cascade Crest 100 miles, back in July this year. It's one of the most well-known ultras in the country and organized by a passionate community of runners just east of the Snoqualmie Pass area. The entire course is in the rugged mountains and through pristine northwest forests, and a part of it is on the famous Pacific Crest Trail that runs all the way from Canada to Mexico. It was an amazing experience to run this very difficult race in the heat of summer—it took me almost 33 hours to finish it, but it was totally worth it.

As we talk about health and fitness here, this is an example of pushing your physical and mental ability to the extreme. Ultra marathons were invented for that—to let humans explore what's possible. Don't get me wrong—running a marathon is hard enough, but running 50 or 100 or even 200 miles through the mountains and all the natural elements just take things to an epic

level. While I enjoy both—road and trail/ultra running, I absolutely love the trails more as I get older.

One of the most interesting things I learned when I ran these seemingly impossible distances is that we generally don't really know what we are really capable of. If one can dream and prepare physically and mentally for a tough task, we all can achieve what we didn't know was possible for us. I never imagined doing such long runs even a few years back, as the longest I could run was around 10 miles at that time.

Another interesting thing that is applicable to everyone is that getting fit and healthy is not just about being physically active for an hour or so every day. To really make a change, you need to look at holistic lifestyle—diet, daily habits (such as how long you sit in a day or how much sleep you are getting), ikigai (ikigai is a Japanese concept which essentially means purpose of your life) and the connections/friendships that you develop and nurture with others. People who live longer and lead enjoyable lives generally practice all of the above.

The last thing that I want to mention is that we are all creatures of this society—work and family always seem to be more important than our own selves. But please take some time and energy to start investing in yourself—your own well being, new learning and aspirations, because unless you are healthy and happy, you can't be there for others. The summer is gone, but let's enjoy the season of autumn in our beautiful neighborhood and make some positive strides towards our future.



ARNAB BANERJEE ON THE PACIFIC CREST TRAIL

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