

Richmond Beach COMMUNITY NEWS

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

OCTOBER 2023

Vintage Spin Alley rolls out modern upgrades



ARDEN LANES OPENED NEARLY 65 YEARS AGO.

-PHOTO COURTESY OF SPIN ALLEY BOLWING CENTER



JOE MONTERO, OWNER OF SPIN ALLEY AND ROSE WERELUS, MANAGER, STANDING IN FRONT OF THE NEW PINSETTER MACHINES.

-PHOTO BY BILL CHRISTIANSON

By Bill Christianson

One of Richmond Beach's oldest establishments is rolling out cutting-edge upgrades. Spin Alley Bowling Center, which opened as Arden Lanes nearly 65 years ago, has recently installed modern bowling and entertainment enhancements, while maintaining its vintage vibe.

"We're embracing the vintage heritage of this place—the retro vibe," said Rose Werelus, who grew up playing at Arden Lanes and is now manager of Spin Alley. "But we are also intermingling with the modernization of bowling and arcade. We want it to be both."

The bowling facility replaced all 16 of its original pinsetter machines with top-of-the-line, efficient equipment along with eye-popping aesthetic upgrades. All of the old, dilapidated pinsetters were from the original bowling alley when it opened in 1960 as Arden Lanes. "We replaced all 16 of the 1960s era pinsetters—the main component of the bowling equipment," said owner Joe Montero, who bought the bowling center and restaurant in 2019. "Keeping them running properly was becoming cost prohibitive and becoming unreliable."

The nearly \$500,000 upgrade project also included new deck and pin lighting, along with a bumper system for each lane that can be activated with a touch of a button.

See Spin Alley, page 7



Join us at the RBCA Halloween Carnival!

By Allison Taylor

RBCA Board Vice President

Mark your calendars and get your costumes ready! Richmond Beach Community Association's Halloween Carnival is on **Saturday, Oct. 28, from 3:00 to 7:00 p.m., at Syre Elementary School (19545 12th Avenue NW)**. Children of all ages and abilities and their guardians can start the holiday off with some fun at the carnival where they will find traditional carnival See Halloween carnival, page 2

Whoomp! There it is . . . the Turkey Day Fun Run is back!

By Patrick McNulty

Booyah! It's time for RBCA's 17th annual Turkey Day Fun Run. The run takes place at Richmond Beach Saltwater Park at 9:00 a.m. on Thanksgiving morning—Thursday, Nov. 23.

The Fun Run is a free event put on by our community and a bomb list of volunteers.

We have a long history of creating hella themes, including superheroes, pirates and pajamas. Last year's theme was "The 80s." If you made it up the wicked hill finish, you certainly earned an extra slice of

pumpkin pie at dinner and got to veg out afterwards!

This year's theme is "90s Rock N' Athletes." Let's get jiggy wit' it!

Remember the 90s when your favorite superstars and pop icons playfully battled for 50 pointers? Don't tell me y'all forgot, as if!? Were you a "violator" or "bricklayer"? Leonardo DiCaprio was there. Will Smith was there. Luke Perry was there. Donnie Wahlberg and Jaleel White played in that first game. In the late 90s, Queen Latifah was there. Tiffani-Amber Thiessen, Jennifer Love Hewitt, Boyz II Men, P. Diddy, Redman . . . the list goes on and on.

Oh you want NBA All-Stars . . . Miller got crazy competitive in those games! Not to mention Magic Johnson, Spud Webb, Dan Majerle and Ron Harper!

Or was softball your jam? Those games were all that and a bag of chips!

Remember when players like

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Save the date!

The Halloween Carnival is October 28th,
from 3-7 at Syre Elementary

Soft opening at 2 for people with disabilities.

Turkey Day Fun Run is on Thanksgiving Day

Watch your November paper for more details!

Being well

Eating habits of the world's oldest living people

By Carol Frieberg

You may have heard of the New York Times bestseller titled *Blue Zones: Lessons for Living Longer by the People Who Have Lived the Longest*. Author Dan Buettner describes the habits of small sub-groups of people throughout the world who consistently live longer than everyone else. And by longer, an unusually high amount of these people live to see 100 and beyond. Buettner studied and surveyed members of these groups to catch the inside scoop as to how they live so long. What he found was that these pockets of individuals shared common traits like a sense of community, having purpose, being naturally active, prioritizing sleep and eating a healthy diet.

Here are some tips for eating like the oldest and healthiest people in the world:

1. Become a plant lover. A plant-based diet seems to win over a meat-centered diet as the better option for living a long life. As evidenced by many of the oldest living adults, over 90% of their diet consists of vegetables and fruits. The people who consistently live to see triple digits have diets that largely focus on leafy greens and vegetables that are locally sourced. Additionally, things like potatoes, beans, whole grains and fruit are common in their diet.

2. Consider a meat alternative lifestyle. If you want to align your life like the people who see 100, you might want to save meat for special occasions. Animal foods only make up about 5% of their diet. According to Buettner, Blue Zone folks eat a small portion of meat just five times *per month*. In contrast, American meals are often meat centric. You might consider substituting meat dishes with soy-based protein and focus more meals around fish, beans, grains and lentils. Challenge yourself to eat one or two meatless dinners a week or simply limit the quantity of meat that you consume at your meals, while doubling up on veggies.

3. Reduce your sugar intake. Those who live to see 100 eat sugar, but they eat it intentionally, and often consume it in its natural state, like fruit. Adding sugar to everything or purchasing foods laden with sugar is a quick way to sabotage one's health. According to the American Heart Association, women should limit added sugar to less than 25 grams per day and men to less than 39 grams of sugar per day. Start reading labels and you'll quickly understand how challenging this is. For starters, resist buying sweet foods you can't resist

and try consuming half portions of sugary food you really love.

4. Drink a lot of water and a little wine. Beverages like sugary drinks, soda, beer, liquor, fancy coffees, energy drinks and even diet soft drinks all have one thing in common—centenarians rarely consume them. Instead, those who live into their later years, drink mainly water during the day and perhaps a glass or two of wine at night. It's coffee (in moderation), tea, water and red wine that seems to be the preferred drink for the 100+ crowd. And what you may notice about each of these beverages is they contain no additives or processed chemicals. Plain water can be infused naturally by combining herbs and fruit (try cucumber mint or fresh basil with orange slices).

5. Eat less at night and only until you're 80% full. The old adage, eat breakfast like a king, lunch like a prince and dinner like a pauper rings true here. People in the Blue Zones tend to eat most of their calories earlier in the day rather than later. Their largest meal is breakfast, their smallest one is dinner and they don't eat late into the night. We know saving larger meals for the evening hours, specifically eating within two hours of going to bed, can make it harder for the body to metabolize the food and can make falling and staying asleep more challenging. In Okinawa, Japan (one of the blue zones), there is a common practice called "hara hachi bu," meaning eat until your belly is 80% full. We probably all could benefit a bit from this wisdom.

Adapted from an article by Michael Dinich (theladders.com).

Special note: For those interested in learning more about the Blue Zones, Netflix has a wonderful program running right now called "Live to 100: Secrets of the Blue Zones."

2023 RBCA Scholarship Winning Essay

By Sophia Calandrillo

My tiny footsteps quicken as I walk faster, begging the little girl in front of me to inch forwards so I can stand on #7, my lucky number. The music abruptly stops. "Find a square!" shouts the volunteer at the SYRE Halloween Carnival Cake Walk. "One per person!"

I quickly scramble to Square #7, locking eyes with my friends on Squares 5 and 13. Please, oh please, let it be one of us! I think.

The volunteer reaches into her bag and pulls out a number. "And the winner is... #6!" she announces enthusiastically.

I'm bummed, but not for long. My friends and I regroup, visiting the Balloon Pop, Haunted House, and Popcorn stations multiple times. We spend too much of our parents' money on tickets, doing the Cake Walk over and over again, until finally, we bring home a dessert in addition to our already overflowing bags of goodies.

For as long as I can remember, I have attended every annual SYRE Halloween Carnival hosted by the RBCA. Although it is by far my

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From Halloween carnival, page 1
games with prizes, inflatables, food and more. Tickets are 2/\$1 and can be purchased the day of the event, or you can skip the line and pay in advance (pick up day of the event at will call) on the RBCA website (richmondbeachwa.org/halloween-carnival). The partnership with Syre is invaluable, and we can't thank the district enough for their ongoing support.

The carnival is truly a community event and something that makes memories for the children of our neighborhood—once you are too old to play the games, it's time to start volunteering to run them! When you attend the carnival, please notice the volunteers from ages 8-80 helping continue the tradition of giving back. It's also a fundraiser for the Richmond Beach Community Association, helping generate revenue for future events. The carnival committee is always looking for enthusiastic volunteers—visit the website or click the QR code below to sign up!

Once again, we are proud to offer a soft opening for kids with special needs. Children who have a particular way of seeing, hearing, moving, feeling, thinking or perceiving the world are often not comfortable attending functions such as this due to the commotion of large crowds and noises. To make the carnival accessible, kids with special needs and their families will have the gym to themselves for one hour from 2:00 to 3:00 p.m. to play carnival games in a less busy environment while also allowing any modifications possible to meet their skills and abilities. Their parents and/or caretakers are encouraged to volunteer for this time and use the special skills and knowledge they possess to staff the carnival games.

Volunteers find out more here



RICHMOND BEACH COMMUNITY ASSOCIATION

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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 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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Orchards were once common in Richmond Beach

By Betty Ngan

We have two ancient apple trees in our garden that were on the property when we settled here in 1984. Curious about the age of our trees, my husband and I have done some research over the years and concluded that our two trees are part of an orchard that existed in 1936. The part of the aerial photo on this page showing the “x” streets in Richmond Beach is available on the King County parcel viewer. In the aerial photo, many squarish plots with evenly spaced trees can be seen in the Richmond Beach area. Using the 1936 aerial photo, we could see that our property was part of a large orchard, and our trees are probably more than 87 years old.

We have two varieties of apple trees in our yard. The “Tompkins King” tree has the best tasting eating apple and the other, the “20-Ounce” apple tree, produces large tart apples (this variety is named for their potential weight). Over the years, our trees have faithfully produced apples, and we have pruned and only used non-



LORI BAKKEN
-PHOTO COURTESY OF LORI BAKKEN

chemical methods to control pests. In the spring, we put nylon footies on the small apple buds to keep the apple maggots and codling moths from laying eggs on the fruit. Every fall around September and October, we harvest bags of apples that are used to make batches of applesauce and apple pies and pass them out to our neighbors.

Sadly, last year was a very bad year for apples, and our 20-Ounce tree only produced about

four apples. In this area, there are apple experts who will help you identify and take care of your fruit trees. One is City Fruit whose members try to identify the oldest fruit trees in Seattle and determine which ones were part of actual orchards and locate old versions of more common heirloom varieties to graft onto and new trees to preserve the varieties (see cityfruit.org).

Through the City Fruit website I found Lori Brakken, a fruit tree identification expert. Lori dropped by in May of this year to see our blossoming trees. Lori is also past president of the Seattle Tree Fruit Society, a nonprofit educational organization of home orchardists and fruit culture hobbyists in the greater Seattle area (seattletreefruitsociety.com).

Lori is frequently called upon to identify old apple trees; and she has created an extensive “library” of trees on her own property in Lake Forest Park, where she has 700 apple varieties grafted onto 500 trees. We took advantage of her knowledge to see what we could do for our “ailing” tree.

Much to our relief, Lori declared the two trees healthy and noted that the site had ideal drainage. She suggested a change in pruning method for the 20-ounce tree to increase the number of apples. (This variety bears fruit on the tips of its branches, and we were unwittingly pruning the tips off.) She said the huge 20-Ounce apples were often baked in pastry and served as a main course by working families. Lori will answer emails regarding the identification of their apples at lorineb@mindspring.com.

You will be astonished at the number of orchards that once existed in Richmond Beach. The photos on this page show many orchards all over the Richmond Beach area around the “x” streets and east of the “x” streets between 20th Avenue and 8th Avenue. (Look for the plots with evenly spaced dots.) Go to gismaps.kingcounty.gov/parcelviewer2 to determine whether your trees are part of these historic orchards. You can find the 1936 aerial map under the “base map” option on the top menu bar of the King County parcel viewer. (Unclick all the options in the boxes on the left toolbar to remove parcel info.) Thank you, Anina Coder-Sill, for directing me to this fantastic historical resource.



SCREEN SHOTS OF THE 1936 AERIAL PHOTO FROM THE KING COUNTY PARCEL VIEWER SHOWING ORCHARDS EAST OF THE “X” STREETS IN RICHMOND BEACH (ABOVE) AND WEST OF THE X STREETS (BELOW)



20-OUNCE APPLE
--PHOTO BY BETTY NGAN

Lewis at large in RB

A little local history

By Lewis Brown

As a newcomer to this neighborhood, I am very interested in its history; so I did a little research in Shoreline Memories Volume 1, compiled by the Shoreline Historical Society, where I found the following information and memories recorded by its early residents.

The old land records show that C. W. Smith and his wife, Angeline, purchased the land that is Richmond Beach in 1890. He surveyed the miles of timber-covered hills and planned for 10- and 20-acre tracts through the area. People kept finding their way to the area and building homes and businesses. By the time Hi and Goldie Crawford were married and lived in Richmond Beach (1910), it had become a charming beachside town.

She writes that, "We enjoyed the beautiful view of the mountains, water, sunrises and sunsets. We found Richmond Beach a very pleasant place to live and have many friends here.

Richmond was a thriving little town even then. We had a hardware store, three grocery stores and a dry goods store. We had three hotels, a barber shop, a shingle mill, a feed store, a drug store, a post office, a library and a shipyard on the Point. By 1917, we could use the Yost bus service to get to Seattle. It was sixty cents for a round trip."

The early Richmond Beach residents raised strawberries and chickens to sell in Seattle. Some worked in lumber, built homes and ran trucks to Seattle and back. They also fished for salmon and worked in the shipyard and for Standard Oil when they bought up the point and set up the oil transfer and storage there.

The North Truck Road and

the Seattle Everett Interurban ran north and south through the region up the hills above Richmond Beach. Of course, you know the North Truck Road as Aurora Avenue or Highway 99. Yes, after 1925, it was connected to a series of roads that ran the entire West Coast from the Mexican to the Canadian border, like Interstate 5 does now.

Folks worked hard to build homes and businesses back then, but they also enjoyed events in Richmond Beach. One of the early settlers in the Edmonds area writes about the dances she attended as a teen.

"We walked to upper Richmond Beach to pick strawberries, and we were paid 25 cents a crate. On Saturday night there would be 10 to 18 of us that would walk to Richmond Beach to the dance. The Hall was upstairs over a store run by Mr. and Mrs. Akins. The music consisted of an organ placed by George Holloway, a violin and a banjo. We would start dancing at 8 o'clock, dance until midnight, have coffee and cake and then dance until 4 a.m. We would all walk home together. It was real fun and quite romantic."

If you would like to take a walking tour of historic Richmond Beach, the Richmond Beach Community Association has collaborated with the Shoreline Historical Society to create a self-guided tour using the printable map and information page. Find it at shorelinehistoricalmuseum.org/richmond-beach-walking-tour/.

Visit the Shoreline Historical Museum at 18501 Linden Avenue N, Shoreline. Information about exhibits at the museum can be found at shorelinelinehistoricalmuseum.org.



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PHOTO COURTESY OF SHORELINE HISTORICAL MUSEUM



1904. YOST BROTHERS MOTOR COACH VEHICLE IN THE MUD ON RICHMOND BEACH ROAD
PHOTO COURTESY OF SHORELINE HISTORICAL MUSEUM



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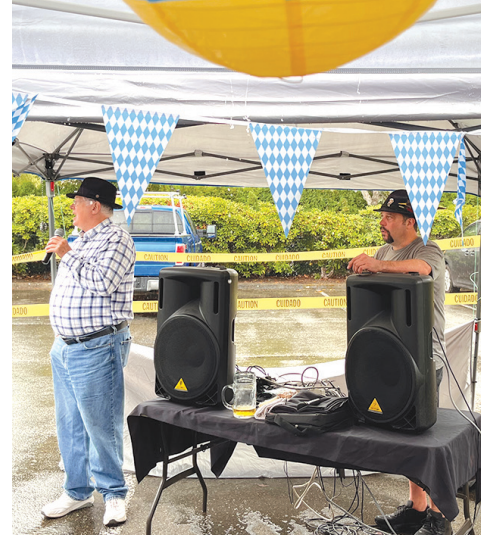
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Oktoberfest 2023 photos!



FRIENDS AND FAMILIES GATHERED FOR OKTOBERFEST ON SEPTEMBER 23 AT THE SPIN ALLEY PARKING LOT.

- PHOTOS BY YOUNG RITZO

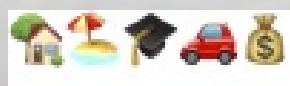
JACK MALEK

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Fall 2023

Interest rate hikes has reduced the numbers of homes for sale, and the residential market remains in favor of Sellers.

The Labor Day to Thanksgiving market is in full swing with a Shoreline median price of \$965K and 7 to 10 days on market. It's a great time to prep your home for sale or to renovate and add comfort and value.

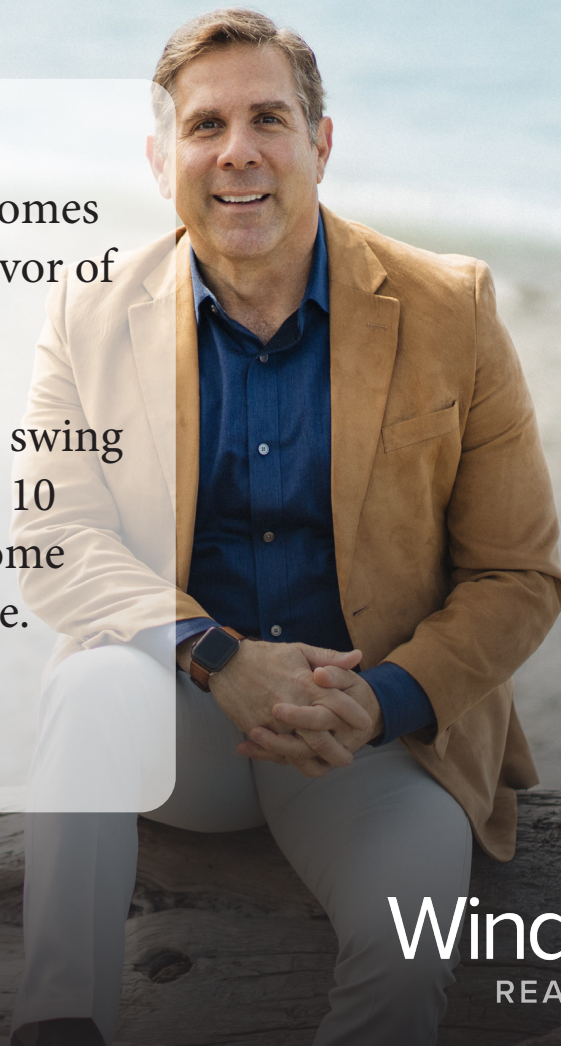


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Board Busy-ness

By Chris Youngs

As the school year ramps into full swing, your RBCA board turns its eyes toward the fall and an amazing slate of events for our community. After the “slower” days of summer, energy levels are high as we prepare for the third annual Oktoberfest, the Halloween Carnival, the Thanksgiving Turkey Day Fun Run and the Tree Lighting to cap off the year. Details on most of these events are already featured in this very issue, but suffice to say, events always consume a great deal of our time and attention this time of year. We’re also always

interested in feedback on our events so we can continue to make them better and involve more members of the community. Please drop us a note with your thoughts or your availability to volunteer at an upcoming event!

Another big topic of discussion at board meetings these days: Richmond Beach swag! We noticed a great deal of interest in Richmond Beach gear at Beach Blanket Bingo in August, and we took the opportunity to solicit input from a number of community members on what they’d like to see—whether new or classic designs or the type of clothing or other gear they’d

be most interested in. We’ve got some great ideas coming online—no spoilers, but I recommend checking out the merchandise table at your next RBCA event!

The Richmond Beach sign repairs (at the intersection of NW Richmond Beach Road and 8th Avenue NW) have been completed, thanks to the efforts of board members Zack Holliday and Mitch Grafstein. We’re excited that after the summer’s damage, we can once again use the sign to promote RBCA events, as well as welcome all residents and visitors to the neighborhood.

Lastly, your RBCA Board is looking for feedback on our community meetings. We haven’t hosted a community meeting since the board elections in June, and we’re looking for a way to both encourage turnout and focus the meetings in a meaningful and productive way. We’ll have more information soon, but if you have thoughts or questions about the community meetings, please let us know.

We hope to see you all at the next RBCA event!

Kudos

By Lewis Brown

Kudos to the many volunteers that make our community events so much fun. This month’s kudos go out to **Brian Osborn** and **Tom Petersen**.

These members of our community made the Beach Blanket Bingo event happen. The excitement and fun of gathering on the lawn at the Richmond Beach Community Park and playing games of bingo for prizes, while picnicking and cheering on the winners, was organized and orchestrated by **Brian Osborne**. The hilarity and commentary of the calling of numbers was masterfully done by **Tom Peterson**. Both men put time and energy into hosting an event that so many enjoyed.

Osborne volunteered to lead the team of neighbors who set up and staffed the event. He is the community leader who acted as the liaison for connecting with the library, the city of Shoreline and the RBCA Board. Osborne, aided by his family, has led this event for several years and loves it.

The Richmond Beach Community Association sponsors many family events every year, but the local neighbors who step up and lead are vital.

Our website lists the many events we sponsor. See richmondbeachwa.org/events. We have a form to fill out that tells us about your skills and interests. See richmondbeachwa.org/volunteer.

You can also contact your board members and join in the work of making great events and hosting the fun we all enjoy. Reach them at richmondbeachwa.org/leadership-team.

my sophomore year, I stayed active by volunteering in any way I could. Running for officer positions in my clubs, I became Interact Treasurer and Parliamentarian of the NHS, starting to organize my own community events. From putting on winter clothing drives to tutoring SYRE students via Zoom, I learned the power of participating in volunteer work not because of club requirements, but rather because of the meaningful change I saw myself making when homeless families had basic necessities and elementary schoolers’ eyes lit up upon receiving better grades. My love for volunteer work even led me to found my own tutoring company, HeadStart, where I now tutor students in grades K-12 both remotely and in-person. As Richmond Beach emerged from the pandemic, I once again immersed myself in volunteer work, recruiting

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From Spin Alley, page 1



The modern era machinery means all lanes will be functioning at top efficiency and no more manually raising the bumpers, Montero said. In addition, the ball return is much faster with the new improvements, “which means more frames per hour,” Werelus said. “There is more value to the customer because they can do more bowling,” she said. “The ball is back before the pins are even ready to go.”

In addition, the vintage arcade at the bowling alley has been recently upgraded, including the addition of the World’s Largest Pac-Man game, two new Super Bike games, Godzilla pinball and a virtual reality game, Synthryder. Montero said Spin Alley is already seeing a bump in business because of the new upgrades. The bowling alley features six leagues, including a senior and youth program. There is still time to join a league, which started in September and runs through June, Montero said.

With the new infrastructure in place, Werelus is hoping to expand the senior and youth programs. There are also plans to upgrade the reservation system for booking lanes and birthday parties online, she said. All of these modern upgrades were the latest in a list of improvements since Montero bought the facility in June of 2019.

Bowling plus more

Spin Alley is more than just a bowling alley, as it features the Vault, the evolving arcade and LED billiards room. A new photo booth is among the future plans for the entertainment area of the facility, Werelus said.

The first big change under Montero’s ownership came in 2020 right before the Covid shutdown, when a new digital scoring system was installed. Then during the shutdown, Montero and Werelus single-handedly renovated the restaurant. They built a brand new bar using reclaimed fence wood for the base and reclaimed bowling lane wood for the countertop—making it the centerpiece of the total remodel. The Vault, which features 32 beer taps, opened in September 2020. Montero pointed out all the food ingredients are fresh and hand-picked by himself or Werelus.

Since 2021, Spin Alley has upgraded the aging arcade with new vintage and popular games, including Walking Dead. Two LED billiard tables, which can be rented by the hour, were also installed in 2021, turning a former dining room area into a billiards

room. Then in August, the original pinsetters, manufactured in 1957, were replaced with brand new 2023 pinsetters—and now it’s all systems go. “It’s just a fantastic upgrade that we needed,” said Roxanne Turing, Spin Alley’s facilities manager and head mechanic. “We had like 16 broken down cars, but now they are all running real smooth.”

Rich history in Richmond Beach

Arden Lanes opened in October of 1960 with—at the time—state-of-the-art pinsetters and seating. In 1974, it became the first bowling facility west of Mississippi to have automatic scoring. In 1996, Harley O’Neil bought Arden Lanes, closed the facility for major upgrades and reopened it in 1998 as Spin Alley.

In 2019, Montero then bought the bowling alley from O’Neil; then shortly after, he renovated the restaurant to create the Vault. From there, constant improvements have been made to modernize both the restaurant, bowling alley and gaming areas. The recent infrastructure upgrade to the bowling facility adds even more modern touches to the vintage facility. “We have a commitment to continuous improvements, and we like the retro vibe,” Werelus said.

For more information about Spin Alley Bowling Center, go to spinalleybowl.com.

From Turkey Fun Run, page 1

Barry Bonds, Ken Griffey Jr., Frank Thomas, Gary Sheffield, Dwight Gooden, Mark McGwire, Jose Canseco and so many more put on a “Rock N’ Jock” uniform and slugged it out against a young Keanu Reeves, Pamela Anderson, Salt & Pepa, Ice Cube, Snoop Dogg, Richie Sambora, Heather Locklear, Tommy Lee, George Clooney, Pauly Shore and Roseanne Barr . . . this was must-see TV!

Back to our fun run . . . if you’re not familiar with the route, home skillet, neighbors don their best costumes and run, jog or walk through our Richmond Beach neighborhood on Thanksgiving morning, rain or shine. This crunk course for joggers/runners is 3.4 miles/5.5 km, and there is a 1.6 mile/2.6 km course for walkers, aiiight!?

For more information, please visit the RBCA event page on our website.

Don’t be a scrub—this isn’t a competition, so talk to the hand! Wear your best rock n’ roll or team threads (or both!) and let’s have some fun.

Find out about CityLearn and CityWise!

By Allison Taylor,
with information from the city of Shoreline

It’s amazing how many new neighbors we have in Richmond Beach—while we live in just one of the 13 neighborhoods in Shoreline, I encourage everyone to take advantage of the city-provided opportunities to connect more with our greater community.

The city of Shoreline is committed to creating a welcoming and inclusive city. An important part of that work is community engagement. This fall, Shoreline is excited to introduce CityLearn, the next step in resident engagement through a monthly series of hybrid meetings open to everyone who lives and/or works in Shoreline. CityLearn meetings start with council updates and feature presentations about timely issues from city staff and partner organizations. There will be an opportunity for participants to ask questions and discuss issues.

Save the date for these upcoming CityLearn opportunities. Meetings will be held from 7:00-8:30 p.m. in council chambers at Shoreline City Hall. Links for the virtual presentation will be available through the event listings on the city’s online calendar.

Wednesday, October 4: Shoreline Fire Department. Learn how the Shoreline Fire Department serves the city. October is National Fire Prevention Month, so expect safety tips for home and work.

Wednesday, November 1: Surface water plan update. The city’s surface water utility works to prevent flooding and protect our natural environment. Learn more about the utility’s projects and share your priorities.

CityLearn builds on the success of the CityWise Program, a yearly series of informational classes offered at the beginning of the year. Since 2017, 130 Shoreline residents have graduated from the nine-week CityWise program. Many of these graduates have become deeply involved in our community. One is now a city councilmember, and others have become members of the planning commission, different advisory committees and neighborhood associations. All cite their participation in CityWise as the reason they chose to serve our community.

Applications for the next session of CityWise open in January 2024. For now, residents can get a taste of the program by attending CityLearn meetings. There is no need to register for these monthly meetings.

For more information about monthly CityLearn meetings and

the nine-week CityWise program, contact Constance Perenyi, cperenyi@shorelinewa.gov.

Richmond Beach Cooks!



-PHOTO BY ALENA GANZHELA ON UNSPLASH

Brownies with a healthy twist

By Carol Frieberg

Here’s a simple recipe with a healthy twist—great for potlucks or a last-minute dessert. The black beans provide protein and fiber, and the chips add some yummy texture. I often ask if anyone can guess what the healthy ingredient is in these brownies . . . it’s a fun surprise. My favorite way to eat these is a la mode, but they’re good on their own too.

Black Bean Brownies

Ingredients:

- 1 (15.5 oz) can black beans
- 1 (18.3 oz) box brownie mix
- 3/4 cup mini or regular chocolate chips
- Use powdered sugar for dusting, if desired
- Serve with ice cream or frozen yogurt, if desired

Instructions:

1. Preheat oven according to box directions. Spray baking dish with nonstick cooking spray.
2. Drain can of beans and rinse well. Put beans back in the can and fill can with water.
3. Place beans and water in blender and puree until smooth.
4. In large bowl, mix together the pureed beans with brownie mix. (DO NOT add eggs or oil.)
5. Fold chocolate chips into brownie mix.
6. Cook brownies according to package directions.
7. Cool, then dust with powdered sugar. Cut and serve.
8. Top with your favorite ice cream or frozen yogurt.

Anina's Corner

Richmond Beach Telephone Directory 1942

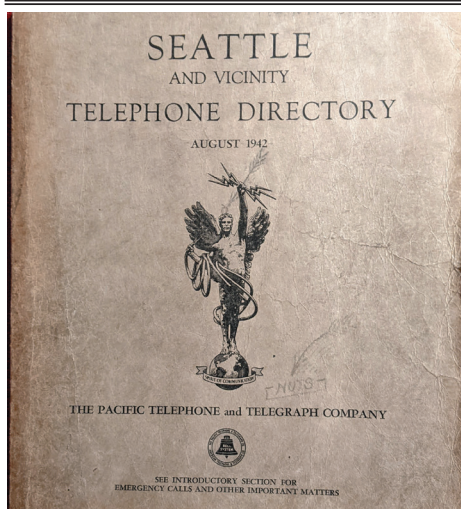
By Anina Coder Sill

A good friend adeptly searches and acquires interesting Richmond Beach historical photos and documents and generously donates them to our local Shoreline Historical Museum for consideration to include in their collection. I had the opportunity to look at her latest find: A Seattle and Vicinity Telephone Directory published in August 1942 by the Pacific Telephone and Telegraph Company. The entries for Richmond Beach only filled two of the 365 white page listings, and I enjoyed looking for "old" names I recognized: McGarvey, Johansen, Dalby, Colter, Cabin Tavern, Standard Oil, Richmond Beach School, Point Wells Plant, Umbrite and Vories.

Richmond Beach Library, which opened in the early 1900s, may not have had a telephone, so it was omitted. Colters, Johansens and Dalbys were our neighbors when my folks purchased their Richmond Beach house in the early 1960s, and Umbrites used to be a drug store on

195th and Market Street. The "old" Richmond Beach Library used to have a memorial historical plaque stating that Lena Vories was the first pioneer child born in Richmond Beach.

I remembered we had a Telephone Company building at 1845 NW 195th near Blackbird Cafe where Sandra Cribb's law office was located for so long (now Edge Design & Build). I enjoyed the instructions on "How to Use the Telephone," including how to dial, details to observe on party lines and how to make an emergency call in the dark. We're lucky that people preserved a bit of our local history and lucky to have people like my friend who unearth such treasures.



From Winning Essay, page 7

volunteers for the Turkey Trot and helping to run games at the kids' booth at the Strawberry Festival this May. Watching the next generation of kids indulge in strawberry shortcake and procure unique artwork at the festival made me realize how grateful I am to have lived in a community all my life that prioritizes making children feel like they are loved and belong.

Next year will mark the first time that I won't attend the SYRE Halloween Carnival. Instead of doing the Cake Walk with my friends and family, I'll be away at college, participating in a new kind of walk where I don't yet know where I'm going or what the prize

is. However, if my hours spent volunteering in Richmond Beach have taught me something, it's that my best memories and most fulfilling friendships have come from simply staying active in my community. I've taken the leadership skills I've gained from Richmond Beach and applied them to all aspects of my life, now serving as President of NHS and Co-President of Interact Club. Through volunteering in Richmond Beach, I've learned that no matter what community you live in, it is crucial to get involved in it. That way, when the music finally stops, no matter where you are, you're happy with where you ended up.

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