

Richmond Beach COMMUNITY NEWS

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SEPTEMBER 2023



Halloween Carnival returns this year!

By Allison Taylor

Mark your calendars for **October 28 from 3:00-7:00 p.m.!** Nothing symbolizes the start of the “real” (aka school) year more than assembling the planning team for the Halloween Carnival. This year we are lucky to have longtime

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The “Seed Lady” started a seed pantry and built a community



MONICA HAUGEN HOLDS BOXES OF SEEDS FROM HER GARDEN.

-PHOTO BY BETTY NGAN

By Betty Ngan

Four years ago during the pandemic, Monica Haugen started the Shoreline Seed and Starts Pantry. Haugen, an avid and experienced gardener with a lush vegetable garden in her backyard, wanted to do something that would create a sense of community. Indeed, the Shoreline Seed and Starts Pantry has become a wildly successful community; the pantry even has its own Facebook page with 1,900

See Seed Lady, page 4

Seashores Mini Mart - 20 years in Richmond Beach



-PHOTO BY FORREST TAYLOR

By Forrest Taylor

This year marks the 20th anniversary of Seashore Mini Mart, a family-run business owned by Mesfin Tenatme. In an interview, Tenatme described his motivation for starting this business as the fulfillment of his American dream. In 1999, he moved to Washington from his homeland of Ethiopia; and after years of hard work, scrimping and saving, had the opportunity to fulfill his dream of running his own store.

“The first years were good,” he said, but noted the level of commitment it has taken to run the store for the last two decades. The 2008 recession hit hard, as did the

See Mini Mart, page 7

Meet your new RBCA board members



By Allison Taylor

RBCA Vice President

In May, we welcomed new board members Lewis (Steve) Brown, Mitch Grafstein, Zack Holliday, Doris McConnell and Chris Youngs, bringing our board up from seven to its goal number of nine members. Since that time, Brown has been elected board president, and Grafstein is our new board secretary. All new members are incredibly enthusiastic and ready to support the purposes of the Richmond Beach Community Association, which are to:

- Keep residents aware and informed of issues by providing forums that create the opportunity for residents to form and express ideas, opinions and needs.
- Promote and produce social events and projects that generate a sense of neighborhood and enjoyment among residents.
- Nurture engagement among the Richmond Beach community, the city of Shoreline and surrounding communities.

Our August meeting included assigning ancillary regular work responsibilities to all board members—as you may imagine, it takes a lot of work to support the robust line up of community events and monthly newspaper that Richmond Beach offers. All five look forward to meeting you and hearing about your reflections on, and ideas for, the great neighborhood we live in. Please take time to join us at an upcoming meeting or event and welcome our new members.

See new board members, page 3

Celebrate Oktoberfest on September 23



By Chris Drake

The early arrival of pumpkin spice and pre-season Seahawks games can mean only one thing: Oktoberfest will soon be returning to Richmond Beach on **Saturday, September 23, 12:00-5:00 p.m.** in the Spin Alley/Vault 177 parking lot.

In what has become a favorite annual tradition, your Richmond Beach Community Association is once again partnering with our friends at Vault 177 for the 3rd Annual Richmond Beach Oktoberfest. Traditionally, in Germany, Oktoberfest is held mid or late September to around the first Sunday in October. This year's local event will take place on Saturday, September 23, from noon to 5:00 p.m. and promises to be even bigger and better than ever.

This family and pet-friendly event will once again be held outdoors with tents (rain or shine) in the parking lot of Spin Alley/Vault 177. Authentic German sausages, potato salad, kraut and a variety of locally produced and imported German beers will be available along with kids' meals, music and a variety of family-friendly activities for all ages.

All proceeds directly benefit RBCA and help support community events, the newspaper and the mission of the RBCA—to build and connect our wonderful community. So dust off your lederhosen and dirndls and join us for food, fun and festivities later this month! Raise a glass and help ring in the fall season. Prost!

Visit the RBCA website at richmondbeachwa.org to learn more about the event details and fun promotions.

Save the date!

Oktoberfest is coming in September!

Watch the sign at the top of the hill and our social media sites for the date. See you at Vault 177.

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

Start thinking about how you want to volunteer to make this happen! Soft opening at 2 p.m. for people with disabilities.

Thanksgiving day (November 23) means it is time for the Turkey Fun Run.

Watch your October and November papers for more details!

Being well

Making time for what's important

By Carol Frieberg

Clearly, for the lot of us, life is faster and more complicated than it actually needs to be. Finding calm and simplicity is a path we must choose daily and commit to over and over again. Most of us say we want simple; but for many of us, it's hard to slow down enough to actually find it.

Listed below are three key practices that when done consistently, may help you to simplify your life and focus on what really matters.

1. Start a morning ritual.

The idea here is to create space to take care of yourself before you have to take care of the world. Begin your day with one or more of the following activities:

- **Stretch.** Start your day with a couple basic stretches to wake up your body and your mind.

- **Meditate.** Sit quietly and simply pay attention to your breath. Take five slow breaths, exhaling twice as long as you inhale.

- **Read.** Set aside five minutes to read something uplifting or motivational.

- **Savor.** Drink your tea or coffee slowly. Sit down in a favorite place to slowly enjoy your breakfast.

- **Focus.** Identify the one thing that if accomplished, will make you feel good about your day.

2. Create some space.

You don't have to declutter your entire home to create a sense of calm. Create a small minimalist sanctuary by decluttering one small space in your home—perhaps a kitchen counter or your nightstand. Creating a small, clean space in your home environment serves to remind you how removing things can bring joy versus just adding more. The state of this space may also be a good reflection of how calm or crazy your life is. When things in that space start to pile up, it might be time to address what is piling up in other areas of your life.

3. Show up for those who are important to you. This is probably the easiest little thing you can do to find your way back to love and peace. Showing up is different than being in the same room. When you are with people you love, you are not attached to your phone or other digital devices. You listen to their words. You look at them with your eyes. You feel them with your heart. You are fully present.

The ideas in this article were adopted from the website marcandangel.com, a very worthwhile source of wellness and lifestyle information.

Welcome new contributors, Carol Frieberg and Lewis Brown



Carol Frieberg has lived in Richmond Beach for 12 years. An avid walker, she also enjoys gardening, cooking and travel. She has pursued her passion for good food and healthful living as a former food editor and spokesperson for Betty Crocker, a wellness consultant and mindfulness instructor for Aetna and an author of five Northwest cookbooks. Frieberg is very familiar with the wealth of literature and online sources on wellness and will be distilling and presenting ideas from these sources for our busy readers.

Lewis Brown is the new president of RBCA. See his picture and complete bio on page 3 of this issue.

August 20 Beach Blanket Bingo was a blast

By Chris Youngs

Over 100 Richmond Beach residents spread their blankets and daubed their way to fun and prizes on the evening of Sunday, August 20, at Richmond Beach Community Park, at our third annual Beach Blanket Bingo event. Sponsored by Christie Quigley of Windermere and presented by the RBCA, not even the haze from eastern Washington wildfires could dampen participants' enthusiasm for bingo.

Play consisted of 10 rounds of bingo, although multiple prizes were often awarded during the same game. As in previous years, every few rounds, Beanie Babies were launched from a giant slingshot to the delight of the youngest bingo enthusiasts. The event was organized and DJed by Brian Osborn, with Tom Peterson assisting as bingo caller.

As with years' past, participants loved the low cost to play: For \$1, a player could purchase a book of 10 games, and daubers were available for \$2 more. The Kool Kidz ice cream truck showed up to help everyone best the heat with frozen goodies.

Bingo prizes were generously donated from local businesses

See Bingo, page 5

Lewis at large in RB

Protecting your home

By Lewis Brown

I sat down with Detective Kieland, our Shoreline Community Engagement Officer, to chat about preventing crime against my property.

"Are property crimes common in Richmond Beach?" I asked. Detective Kieland explained that residential burglary and vehicle prowls are some of the most common forms of crime in Richmond Beach. Sometimes thieves take advantage of open windows and unlocked doors, particularly when we are not home.

I responded that I guess we have been casual about securing our homes because our neighborhoods are quiet. Detective Kieland replied that times have changed since the days when you could leave your house wide open. There are more people in the northern part of King County, including Shoreline. We don't have to be afraid, but we should be vigilant.

"What kind of things can I do to be vigilant?" I asked.

1. Don't get complacent. Build in safe habits. Lock your doors and windows even if you are leaving the residence for a short time. Windows and sliders are even safer with secondary locks on them.

2. Make sure the residence is secure before you go to bed at night. Are the outside lights on? Is the garage door closed, the car locked and doors and windows locked where your home might be vulnerable?

3. Get to know your neighbors. You can watch out for them, and they can watch out for you.

4. Keep landscaping tidy. Plants should not block your view. This way you can maintain clear lines of sight in your yard and around your house.

5. Make use of the numerous options for outdoor lighting and motion lighting. Do you have a security system? It should be easy to use.

I thanked Detective Kieland for these suggestions. I am getting to know my neighbors, and I am adding simple security habits to my routines, like locking up when we go out and maintaining my outdoor lighting. I will add more improvements as I take care of my home. I will do what I can to avoid being a target. Thanks for the help, Detective Kieland!

Would you like a simple way to review your security? To see the City of Shoreline Residential Security Checklist, go to shorelinewa.gov/home, click on "government," click on "Police Department," then click on "crime prevention" and see the residential security checklist in the box on the right side.

RICHMOND BEACH COMMUNITY ASSOCIATION

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

2023-2024 BOARD

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Doris McConnell
Patrick McNulty
Chris Youngs

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



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.

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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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From new board members, page 1

Collectively, the board can be reached at board@richmondbeachwa.org.

Here's a little more about each of our new members.



Chris Young moved to Richmond Beach with his family—wife Kristin and two kiddos—in the summer of 2019 from the Seward Park neighborhood of Seattle. He and his family have been amazed by the warmth and beauty of this community and feel fortunate to have found a neighborhood that truly feels like home. Youngs joined the board in May 2023, hoping he can help contribute to the success of the many RBCA events he and his family have enjoyed over the last four years. A lifelong Washingtonian, Youngs grew up in Puyallup and attended the University of Washington for both undergraduate and graduate school. (Go Dawgs!) He worked in game development for many years before joining Amazon in 2018, where he works for one of their customer service tech teams. Hobbies include driving the family minivan to countless kid activities, working in his vegetable garden, fishing, travel, reading and cooking.



Doris McConnell has been an active volunteer of this association since her family moved here in 1987. Her father had a 22-year career in the army; therefore, they lived in many places. By the time she graduated from high school she had attended at least six schools. She continued to move around for school or work until her family bought a home in Richmond Beach 36 years ago, where she continues to be happy to call Richmond Beach and its community her home. She raised two kids here, both who live nearby.

Her background of local volunteering started on the Klahaya Board as well as all the Shoreline PTA boards in the schools her kids attended. Currently, she is a Shoreline City Councilmember,

having served since 2008. Doris is not new to volunteering in the Richmond Beach community. She chaired the Halloween Carnival raffle table for over a decade as well as the RBCA Pizza Mia fundraiser lunch. She has chosen to join the board this year because this is something she has always wanted to do. Our incoming board is a mix of residents who all have the passion of volunteerism as their motivation in being on the board. She looks forward to seeing neighbors in this role as well as being involved in the planning and implementation of our awesome events. With a full board, we are looking forward in the coming year to a full slate of community events. Let's have a great year.



Zack Holliday moved to Richmond Beach in 2019 with his wife and now seven-year-old son. Originally from Bainbridge Island, Holliday attended Washington State University (Go Cougs!), then moved to New York City to pursue a career in advertising as an art director and creative director. Upon returning to the Pacific Northwest, Holliday and his family discovered Richmond Beach and fell in love with the community and everything the neighborhood has to offer. He can be found at the beach kayaking, paddle boarding and crabbing. Holliday looks forward to contributing his background in design and advertising to Richmond Beach events and the newspaper.



Lewis Brown is the new president this year for the Richmond Beach Community Association. He moved to Richmond Beach from Los Angeles. As part of his retirement, Brown joined the community association to be a part of a neighborhood and assist with many events as a volunteer. As president, Brown handles the paperwork and monthly board meetings. For Brown, though, the best is being a part of our community and sharing the events with you.

Brown was a specialty contractor in his first career in Southern California working throughout Los Angeles County for many years. His second career was as a public elementary school teacher for 20 years. Brown moved to Richmond Beach to be near family after he and his wife retired from teaching in the public schools in Southern California. He has experience representing his community. Brown represented his local neighborhood on the board of the neighborhood council in the San Fernando Valley of Los Angeles. His family background exemplifies service. His father was a pastor and professor, and his wife's father was a career Air Force officer. He and his wife are both college graduates with B.A. and Master's degrees. Their three adult children are married, and they have seven grandchildren, two in Shoreline and five in Maryland. Brown says "Family is one of our great pleasures in life. We can take life a little slower now and are enjoying the Pacific Northwest. I want to learn to fish for salmon, I love long walks and hikes in the forest and writing."



Mitch Grafstein moved to Richmond Beach in 2019 with his two school-aged sons, wife Jessica and their little Havanese pup named Figgy. They previously lived in the Ridgecrest and North City neighborhoods in Shoreline, and they love the community, natural beauty and quality of life that Richmond Beach provides.

Grafstein's professional career has included commercial real estate, B2B sales/sales enablement and project management. Grafstein obtained a Bachelor of Science in Psychology from UC San Diego. In his free time, Grafstein enjoys home improvement projects, gardening, cooking, travel, jazz music, recreation sports including water polo and volleyball, and learning to be a better parent. He and Jessica both value community building, environmentalism and tikkun olam, which is Hebrew for "repairing the world" (basically social action).

Returning members are Chris Drake, Patrick McNulty, Adam Star (treasurer) and Allison Taylor (vice president).

All photos on this page provided by new board members.

From Seed Lady, page 1



MONICA AND MIKE HAUGEN WITH THE NEW SEED PANTRY

-PHOTO BY BETTY NGAN

members. The pantry, located near Richmond Beach Saltwater Park at 1751 NW 193rd Street, Shoreline, is open from January to September.

Haugen is tickled when she is recognized as the "Seed Lady." Says Haugen, "I am happy to be a part of such a supportive and active community around growing food and beautifying our landscape. I didn't expect it to be as big as it is now, but I appreciate our users of the seed pantry." She says that the most rewarding part of the project is the many thank you notes and messages left by visitors to the pantry. One note said, "You are restoring my faith in people. Gardening brings us together. Thank you."

Haugen stocks the pantry with vegetable seeds and starts from her own garden. Besides supplying vegetable seeds and starts, the pantry has become a place for gardeners to exchange seeds, bulbs and other gardening material, which are often snapped up by other gardeners as soon as they are dropped off. Haugen's original focus was on vegetable seeds, but participants donate other types of plant seeds and starts to the pantry. The project has grown so much that Haugen asks volunteers to help sort and package seeds from her garden. At the beginning of the year, visitors can be seen lining up at the pantry to pick out new seeds. Haugen has even been contacted by people from outside of Shoreline seeking

advice on how to start a seed pantry.

Says Haugen about working in her garden, "I love being able to see the growth from a small seed to a large plant that is able to provide food for my family. It's a quiet time for me to think about the day, decompress and enjoy being part of the environment." Haugen started gardening when she was nine years old, learning from her grandmother in Quilcene, Washington. Haugen and her family have lived in Richmond Beach for eight years. She received her B.A. from the University of Washington with an emphasis in social work. For the past 24 years, she has worked at the City of Seattle, currently serving as a Senior Recreational Program Coordinator for Seattle Parks and Recreation, focusing on the reopening of center city parks.

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TOMATO PLANTS THRIVE IN THE STUNNING GREENHOUSE BUILT BY MIKE HAUGEN

- PHOTO BY BOB FORDICE



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Garden Tour wrap up



HISTORIC HOLLOWWAY HOUSE GARDEN

-PHOTO BY BOB FORDICE

By Kris Fordice

This year's Richmond Beach Garden Tour was one of the best, according to several guests enjoying the gardens. Between 350 and 400 people toured each of the eight gardens. The weather was perfect and the gardens were beautiful.

The hosts gathered at the end of the day to share stories and tour each other's gardens on Sunday. Thank you to all the garden hosts and volunteers who helped coordinate the event.

A special thank you to Denise Hastings for putting up all of the posters and also to Mary Ellen Stone and Gary Mahn for putting up and collecting all of the direction signs on Saturday. Thank you to Sky Nursery, Beach House Greetings and Vault 177 for distributing the tour maps.

This is an all-volunteer event sponsored by the Richmond Beach Community Association. Please become a member of the RBCA to keep events like this happening. We look forward to next year!

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Let's keep moving



- PHOTO BY ARNAB BANERJEE

Myth vs. truth

By Arnab Banerjee

Last month, I wrote about how simple movements, even for a few minutes a day, can have magical changes in a person's well being and mental health. The question remains, if that's true, why aren't more people being active and keeping their doctors away? Those who have been active for a long time in their lives generally stay that way as they understand the benefits, but for those who started and stopped many times (remember all those New Year resolutions?), it's a challenge. Life happens, we get busy—and we stop moving.

There are also some big myths out there that are not very helpful. Let's think about these and bust them forever. One of the biggest ones that I have heard—I don't have

time, exercising takes too much time and I can't afford it. I agree that there are days like that—even a period of life when we get super busy—but if you knew that even a few minutes of physical activity could make a huge difference, would you change your mind? The return on this investment (for being active) is huge—75 minutes per week can add almost 1.8 years to a person's life (as per a scientific study), which turns out to be 6 minutes of life for every 1 minute of exercising.

You may be saying now—ok, living longer is not the only thing we want. There is a famous saying, "Try not to just add years to your life, but to add life to your years." In that spirit, many do not want to waste valuable time by going to the gym (being a gym rat) or go for that hike that may take hours to drive to and walk. But what if we become creative? Do something simple—get outside for a

brisk walk or a quick run or climb stairs, or strength train or stretch in between your daily chores or, even better, transform some of chores into some forms of exercise—use a standing desk, walk up the stairs instead of using elevators or bike to your work. There are many ways to make it fun and part of your life—you just have to experiment and find it.

Another myth that discourages people is that exercise hurts and without that feeling of physical discomfort, there is no benefit—"no pain, no gain." This is also not true. When you start, for example, running, even one mile seems difficult, and you will be sore the next day. But as you make this a habit, the body adapts—your

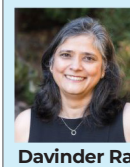
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From Bingo, page 2

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- Foyolicious Frozen Yogurt
- Virtue Cellars Winery
- Mollie Moon's Homemade Ice Cream
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We're incredibly grateful to our amazing sponsor and the businesses who volunteered their prize support, and we can't wait until next summer's bingo fun returns.



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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.

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Board Busy-ness

By Mitch Grafstein

The first half of 2023 has been a success for the RBCA largely thanks to contributions from its amazing community volunteers and our 2022-23 board members. Since elections in May, the 2023-24 board has been busy planning for our fall events, reflecting on the continued transformation of board operations and onboarding five newly elected members.

Basking in the success of the recent Strawberry Festival, we held a debrief with our invaluable coordinators, Bianca Williams and Sarah Hinnekamp. One of our biggest takeaways was how

critical community volunteers are to the success of our events. Large events like "StrawFest" require many hours of coordination and many hands to pull everything together. To keep delivering these great opportunities to connect as a community, we need help from you, our Richmond Beach residents.

As we transition from summer to fall, our next events are right around the corner, including Oktoberfest, the Halloween Carnival and the Turkey Day Fun Run. Once again, we will need volunteers to help make these events happen. Even if you can only spare an hour, we could use your help. To volunteer, email us at board@richmondbeachwa.org.

or complete the volunteer form at richmondbeachwa.org/volunteer. Thank you in advance. Volunteering is not only helpful, it's a great way to meet people in your neighborhood and a rewarding way to deepen your connection to the community.

Another recent topic among the board are the ways in which we engage with the community to both gather feedback and keep residents informed on what we are working on. Stay tuned for more details as we redefine our cadence for community meetings and launch additional efforts to strengthen our feedback loop.

We have also begun a project to repair the community sign at the top of the hill (the intersection of Richmond Beach Road and 8th Avenue NW). The sign sustained some damage in June that required us to replace the plexiglass front and repair some non-structural pieces. We're glad the sign now has a refreshed look, and we encourage you to keep an eye on it for announcements regarding upcoming events.

Finally, an update on our beloved Orca art installations. We're happy to report that the music-themed "Orca'stra" was recently recovered after being missing. Additionally, repairs are in the works on the "Wildflower" Orca, which recently sustained some damage. Sadly, the jewel-themed "Jewel of the Puget Sound" orca has recently disappeared. As Orca disappearances have been an ongoing and upsetting nuisance, the board is discussing solutions to mitigate these incidents.

Many thanks to our RBCA continuing board members from 2022-23: Allison Taylor, Patrick McNulty, Chris Drake and Adam Star. They have provided valuable continuity and support to the five new board members serving our Richmond Beach Community Association.

Kudos

Kudos to our Volunteers

By Lewis Brown and Allison Taylor

As Richmond Beach enters September and fall approaches, we want to thank some of the star volunteers who have helped the community in the last months.

We appreciate the **Richmond Beach Library staff** for their many kind acts of support for the community this summer. Many of us participated in events at the Richmond Beach Community Park, visited with our families to play or read. Thank you for always being there with a smile.

RBCA Board members **Zack Holliday and Mitch Grafstein** repaired our Richmond Beach event sign at 8th and Richmond Beach Road this summer. Thank you both for giving your time. They are updating the structure so we can all be in the know as more events come to Richmond Beach in the months ahead.

Grateful thanks to the Orca team, who install, take down, repair and store the Richmond Beach Orcas. Kudos to **Tom Mailhot, George Buswell, Jim Joki, Heinz Streng and Randy Ziegler**, who give their time and skills to display the eye-catching artwork at the Community Park, Kruckeberg Garden, Saltwater Park, Richmond Condominiums, Meadowbrook Apartments, Congregational Church, Wonderland Development Center and the corner of 8th and Richmond Beach Road.

Thanks to the **Shorelake Arts** for their wonderful drama and concert series here in Shoreline. They brought us events right to our Richmond Beach local gathering places this summer. Kudos to their efforts to make Shoreline an exciting place to be.

Kudos to those **businesses and organizations who advertise with us all year!** Our monthly newspaper, the Richmond Beach Community News, is free to each family here in the community. How do we afford to bring you the award-winning local newspaper? Many businesses and organizations advertise as their way of helping the community and letting you know about their services.

Kudos to our all-volunteer staff here at Richmond Beach Community News. We welcome **Chris Youngs, Patty Stewart and Zack Holliday** to the newspaper production team and continue to be grateful for the ongoing work **Betty Ngan and Sheri Ashleman** do to make it happen.

Our Richmond Beach Community Association is a neighborhood endeavor. Everyone is a volunteer! We sponsor events all year long. Join us with your time, energy and membership.

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GRADUATE CORRECTION:

In the "Recognizing Richmond Beach Grads" article published in the June issue of the newspaper, the pronouns used in Cameron Bell's announcement were incorrect. It should have read as follows:

Cameron Bell is graduating from Shorewood. She will be attending the University of Denver in the fall, studying public policy on the pre-law track. Cameron attended Syre and Einstein. She was involved in ASB, currently serving Shorewood as ASB President. She has also been active in SW Swimming and Water Polo and served as captain of both teams her senior year. Living in this community has prepared her well, and she is looking forward to new adventures!

From Seashores Mini Mart, page 1

2020 pandemic. But, he said, he has always been grateful for the community's support. "It can be difficult with a store like this," he noted. "People come and people go, but the community as a whole has been supportive even in the toughest of times." He names his biggest concern as shoplifting and the possibility of robbery. The area, he says, can be tough, particularly at night.

He is most excited this year that he will be adding freshly made sandwiches to the storefront again. He made sure to show me his oven, in which he will be baking the bread freshly each day. He likes being able to offer the individualized touch for his customers, he said.

Finally, to others pursuing their American dreams, and especially those who would like to own their own business, he has one big piece of advice. "If you want to run a business, you have to have resilience. Sometimes, it can take a while. You have to be prepared up here," he said, tapping his forehead. "You have to commit."

Tenatme's resilient commitment to quality and service has fostered a strong bond between the community and Seashore Mini Mart. The convenience the store offers, coupled with this commitment, has made Seashore Mini Mart an indispensable gem in our community.

From Myth v truth, page 5

strength and energy grow, and it becomes easy to run a mile without any pain. The truth is that it does not need to hurt; you can maintain your fitness by working out to the degree that is comfortable for you and extend it as you please.

The last myth that I want to bust is general perception about aerobics (run, bike, etc.) vs. strength training (lift weights, push ups, etc.). Some are afraid to do strength training as we don't want to bulk up muscle or it sounds too technical or hard. But the truth is, after a certain age, no matter who we are, we naturally lose muscle mass in our body without strength training. Strength training also helps us with bone and joint health, lose weight, increase mobility and flexibility and prevent injuries from aerobic activities.

In summary, let's not get bogged down by the myths that are deep rooted in our society. Explore a little, get creative and start moving every day—once you do, you will never look back.

From The seed lady, page 4



NEW SEED PANTRY (ABOVE); INSIDE THE SEED PANTRY (BELOW)

-PHOTOS BY BETTY NGAN

The Haugen garden, which was in the 2021 and 2023 RBCA Garden Tours, has many neat, raised beds dedicated to vegetables, including tomatoes, hot peppers, lettuce, spinach, carrots, kohlrabi, herbs, peas, beans, cucumbers, melon, broccoli, cabbage, asparagus, potatoes, blueberries, strawberries, raspberries, celery, eggplants, thornless blackberries and a variety of fruit trees. Tomato plants thrive in a stunning greenhouse built by her husband, Mike Haugen. Her son, Charlie, 10, sometimes helps sort seeds, and Henry, the dog, keeps rabbits and squirrels away. As a result of the garden tour exposure, gardeners often visit Haugen's garden to learn about her growing techniques.

Monica and Mike Haugen are a dynamic duo—she, the vegetable gardener, harvester and manager of the pantry, and he, the builder of raised bed frames and a greenhouse. Mike applied for and received a small grant from the city of Shoreline to replace the original rabbit hutch pantry. Monica is happy to share her knowledge or answer special requests for seeds when the pantry is not stocked. Contact her at monica.haugen@seattle.gov or join the Shoreline Seeds and Starts Pantry on [facebook.com/groups/33172354451646](https://www.facebook.com/groups/33172354451646).

How to play petanque



IN PETANQUE, THE PLAYERS TRY TO THROW THEIR BOULES CLOSE TO THE COCHONNET -PHOTO BY BETTY NGAN

By Bill Christianson

Never heard of petanque? We've got you covered.

Here is a brief overview of the popular French game petanque, pronounced "pay-tonk." It is similar to bocce, where two teams of players score against each other by tossing a ball closest to another smaller target ball.

The equipment: The balls used are called boules, which is French for "balls." Boules are metal, about three inches in diameter—about the size of an orange—and weigh about a pound. Each boule should be marked so each player can tell which boules belong to them.

The tiny target ball is called a cochonnet, which is French for "piglet." The cochonnet is made of wood and is about an inch in diameter.

The course: The surface used to play petanque needs to be flat and ideally on crushed gravel, with wooden boundaries. However, a baseball infield or any flat, dirt surface, without built-in boundaries, will do. Some Edmonds Petanque Club members have even played on the Puget Sound low tide near the Edmonds Ferry docks.

Teams and boules: You can play the game with two teams of one, two or three players on each side. With teams of one or two, each player has three boules. With teams of three, each player has two boules.

Start: A circle—about 1.5 feet in diameter—is drawn in the dirt. Every player must stand in the circle when they toss their boule. Both feet must stay together on the ground. Petanque means "foot fixed" or "foot planted" in the ground. The cochonnet is then thrown between 20-30 yards from the circle in any direction. Now the stage is set for the game to begin.

How to play: Once the cochonnet thrown, a player from the first team tosses their first boule, trying to get it as close as possible to cochonnet. Most throws are done with the palms down and usually the boule is thrown with some bit of backspin. Boules can also be thrown "roulette" style, where the ball is rolled similar to a bowling ball.

A player from the other team steps into the circle and tries to toss the boule closer to the cochonnet than the other team member. Another strategy is to knock the opponent's

boule farther away. The team with their boule closest to the cochonnet is called "holding the point."

Players from the team not "holding the point," then continue to throw their boules until their boule is closest to the cochonnet. When a team has no more boules to be tossed, the players from the other team throw the rest of their boules. Once all the boules are thrown, the scoring begins.

Scoring: The winning team scores one point for each boule that is closer to the cochonnet than their opponents' boules. Sometimes a measuring tape will be needed to determine who is closest. Only one team can score in each round—or what is called an "end" in petanque. A player from the team that won the end tosses the cochonnet from a new circledrawn and another end is played.

Finish: The first team to reach 13 points wins.

From Halloween Carnival, page 1

organizers returning to make the fun happen again! Julie Vaughn (games), Tasha Hulak (prizes), Sherry Edwards (volunteers), Liza Ragan (cake walk), and (hopefully) Brittany Gallaher (concessions) are all lined up to recreate the magic, along with me, Allison Taylor (board liaison).

We are looking for adults with younger kids (a Syre connection) to help us with some key pieces of planning and coordination. A raffle was missing last year; but, hopefully, this year we will have a volunteer to coordinate this popular component of our carnival. We'd also like to add ticket pre-sales to keep our lines shorter and are eager to add someone to our team who can fill that role. It is also time to start the process of sharing/handing off the event management to some new coordinators. Do you know someone who wants to join in this seasonal fun? If so, email me at rbca4at@gmail.com. I'll fill you in on all the options and find a role to fit your skills and availability.

We are thankful that Syre is yet again able to share their space for this fun community afternoon. We have applied for a mini-grant with the City of Shoreline to help offset expenses. As part of the grant qualification process, we are expanding our community outreach efforts this year and expect that our soft opening at 2:00 p.m. for people with disabilities/sensory sensitivities will draw even more attendees than previously. Making our event available and fun to all of our community members is a priority for us. See you at Syre on October 28!

Volunteers find out more here



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Anina's Corner

Beach critters

By Anina Coder Sill

I recently met a grunt sculpin, a really fascinating little fish at the Port Townsend Marine Science Center. It lives in Puget Sound's intertidal zone to a depth of 165 meters/540 feet and is relatively common, though I have never seen one in the wild.

It hides in crevices, seeking protection in vacant barnacles, hops along on its pectoral fin rays in a distinctive and amusing manner and emits a grunting sound when disturbed. I did not hear it, as picking up the animals in the exhibits is not allowed. This fish lives up to four years and eats zooplankton and fish larvae.

I went to Port Townsend for a puffin boat tour, and we did spot some of these charming birds during their migratory stop as well as marbled murrelets, rhinoceros, auklets, cormorants and many gulls. I also learned the name of a bird we see and hear in Richmond Beach—caspians. They have a very distinctive grating call which the Audubon Society Field Guide to North American Birds Western



GRUNT SCULPIN
-PHOTO BY NOAA ON UNSPLASH

Region describes as “kar-rreow or ga-ga-gaah” (I love bird call descriptions!). Sadly, a very large percentage of the colony I saw at Rat Island near Port Townsend have died due to avian flu.

The next time we have a really low tide, I will look for the unique grunt sculpin in tide pools. I'll have to restrain myself from scooping it up and holding it next to my ear! Whenever I meet and learn about creatures, they become “mine,” and I want to protect its environment and know we all have to become better stewards of earth, so I had better learn faster!

Shorewood Select Hoops tryouts coming

By Bill Christianson

The Shorewood Select Hoops (SSH) will be holding its 2023-24 tryouts for Shoreline area boy basketball players in Grades 4-8 the week of September 10.

Exact times, dates and locations are still to be determined. To sign up for the SSH interest form, visit [facebook.com/SWSelectHoops?mibextid=ZbWKwL](https://www.facebook.com/SWSelectHoops?mibextid=ZbWKwL) or email your contact information to thunderbirdsselecthoops@gmail.com.

SSH is a developmental select feeder program for boys who will attend Shorewood High

School. Established in 2007, SSH is a nonprofit, volunteer-based organization that provides an opportunity for boys in Grades 4-8 to develop basketball skills and to play in a competitive environment.

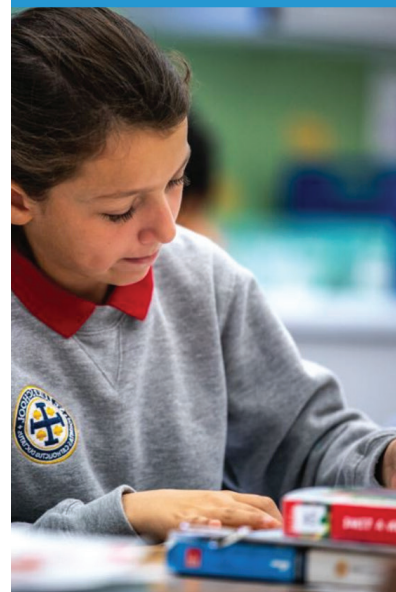
Tryouts are free with no commitment. A SSH board member will be on hand to answer any questions for interested families. Selected players will practice at Shoreline gyms twice a week, while games and tournaments will be held around the Puget Sound area during the weekend.

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