

Richmond Beach COMMUNITY NEWS

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

NOVEMBER 2022



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Richmond Beach Community News
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Get ready for a “rad” Turkey Day Fun Run

By Patrick McNulty
RBCA Board Member

Alright, alright, alright! It's time for RBCA's 16th annual Turkey Day Fun Run taking place at the Richmond Beach Saltwater Park 9:00 a.m. on Thanksgiving morning, Thursday, Nov. 24, 2022. This bodacious, free event is put on by our community association and a long list of volunteers.

We have a long history of creating choice themes. Previous themes included superheroes, pirates and pajamas. Last year's theme was “Sleep, Run, Eat, Repeat” . . . as if! 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!

If you haven't guessed yet, this year's theme is “The 80's”!

So, come adorned in your gnarliest spandex, leg warmers, freshest head bands and anything radical or totally neon.

We encourage you to walk/run to the start line. If you do drive, please arrive 15 minutes EARLY to park in the bottom lot. Don't be a turkey; drive carefully to avoid your neighbors! At 8:55 a.m.,

See Turkey Day Fun Run, page 4

Annual Oktoberfest returns



MANY THANKS TO ROSE WERELUS AND JOE MONTERO OF VAULT 177 WHO WENT ABOVE AND BEYOND TO MAKE OKTOBERFEST A SUCCESS. -PHOTO BY BOB FORDICE

By Chris Drake
RBCA Board Member

For the second year in a row, our friends at Vault 177 hosted another fun, festive and well-attended Oktoberfest benefit event. This year's event took place on another beautiful, crisp fall afternoon and featured authentic German sausages, homemade German potato salad and sauerkraut, music, kids meals and activities, and a variety of Oktoberfest themed beers.

See Oktoberfest, page 4

Halloween Carnival a success!



-PHOTO BY BOB FORDICE

By Allison Taylor

Based on our HUGE attendance numbers, most of you know that the Halloween Carnival was a fantastic success. RBCA hosted this long-standing event at Syre Elementary School on October 22. The event featured returning favorites like the cake walk, inflatables and carnival games. Early counts indicate we had over 150

See Halloween Carnival, page 5

Annual Richmond Beach Tree Lighting is back

By Kathryn Mueller
RBCA Vice President

Mark your calendars for December 3—the Richmond Beach Tree Lighting event back for another festive year! Be on the lookout for our towering tree to go up in front of Le Petit Paquet in the coming weeks in anticipation of the event. The dazzling evergreen will be adorned with lights and ornaments to spread holiday cheer. We want to extend a huge thank you to our returning sponsor for the event, Jill Langer of

See Tree lighting, page 2

Welcome to the neighborhood Richmond Beach Animal Hospital



DRS. KRISTI AND JEB MORTIMER
- PHOTO BY KATHRYN MUELLER

By Kathryn Mueller
RBCA Vice President

Walking the streets of Richmond Beach, you might notice the community is full of four-legged companions. On morning strolls, you are likely to see lots of friendly faces and panting pups walking side by side. Today, there's cause for celebration for dog and cat owners in the community!

Richmond Beach Animal Hospital is officially open and accepting new clients.

See RB Animal Hospital, page 6

SAVE THE DATE
RICHMOND BEACH
TREE LIGHTING

WHERE: FIRE SAFETY CENTER
WHAT: FAMILY FUN AND A VISIT FROM SANTA

DEC. 3
4:45

JILL LANGER
YOUR HOUSTIC REAL ESTATE ADVOCATE

Richmond Beach Cooks!

Welcome to the new "Richmond Beach Cooks!" column where we share family recipes from our readers. This month's recipe is from Adam Star's family. Enjoy.

Grandma Schiralli's Spaghetti Sauce and Meatballs

By Adam Star
RBCA Treasurer

Early fall for my family, with its roots in the southern Italian town of Bari, has always been a time to harvest and then jar fresh tomatoes. The tomatoes my grandma and aunts would jar, would fill up three extra-long shelves in the basement. Those tomatoes, in turn, form the base of Grandma's Sunday Spaghetti Sauce.

The recipe has been scaled up and down over the years depending on who was cooking. At one point a variation was used by my great grandmother on her farm to feed my grandfather, his six siblings and their families(!) every Sunday. All of us since that time have added our own twist on the base recipe, and it's always changing a bit. This version is my own and represents the best I've gotten thus far in all my attempts. Feel free to experiment yourself!

The key to all of this is time; the recipe takes a while to both assemble and then simmer. However, I've always found it to be a relaxing way to spend a few hours, particularly in the fall and winter with a football game on in the background. Win or lose, you'll have a great meal to look forward to sharing with your own family.

Recipe

Sauce

½ lb. pork ribs
½ lb. pork shoulder
1 lb. mild pork Italian sausage (links)
2 32-oz. Bell jars of preserved tomatoes (or substitute 2 28-oz. cans of crushed tomatoes)
1 6-oz. can of tomato paste
1 medium sweet onion (diced)
8 garlic cloves (sliced thin)
½ cup good, but not super fancy, dry red wine (perhaps a little bit more for yourself in a glass as you cook!)
⅓ cup chopped fresh basil
¼ cup chopped fresh Italian parsley
1 tsp. dried oregano
⅓ cup olive oil
Salt and pepper to taste
1-2 lbs. of spaghetti or rigatoni, depending on who's coming over for dinner

Meatballs

½ lb. ground beef
½ lb. ground mild Italian pork sausage
½ cup plain bread crumbs
½ cup ground parmesan cheese
¼ cup fresh chopped parsley
Salt and pepper to taste

Meatballs

Start with the meatballs as these will be added to the sauce when it's ready to cook.

1. Combine all the ingredients (ground beef, ground pork, bread crumbs, parmesan, parsley, salt and pepper) in a mixing bowl.
2. Roll into approximately 12-15 medium-sized (bigger than a ping pong ball, smaller than a tennis ball) meatballs and set aside on a plate

Sauce

1. Add enough olive oil to coat the bottom of a large (I use a 6.75-quart) Dutch oven, set to medium heat.
2. Season the pork ribs, pork shoulder and sausage links with salt and pepper, then start to brown them in batches for approximately 10 minutes. Then remove them to a separate bowl.
3. Add more oil again to coat the base of the Dutch oven, if necessary, and start to saute the onions and garlic until soft for roughly 5 minutes. Add in the tomato paste and a little more salt and pepper, then saute until the tomato paste just starts to brown on the edges, again for roughly 5 minutes.
4. Deglaze the bottom of the Dutch oven with the red wine until it burns off, then set the heat to medium low.
5. Add in the tomatoes, basil, parsley, oregano, browned pork and meatballs into the Dutch oven. Give it a good stir to combine, cover and set the heat to medium high until it just begins to bubble.
6. Set the heat to a simmer, with the lid partially covered. Cook for at least 3 hours, stirring occasionally and adding a little water if necessary to keep a smooth consistency.
7. When ready to serve, cook the pasta to al-dente and enjoy! In addition to having enough leftovers for a busy Monday, this sauce also freezes well.

Share your favorite recipe. Send your recipe to editor@richmondbeachwa.org. Please tell us why your recipe is a favorite and provide a little info about yourself. Recipes and photos from the internet cannot be printed without permission and attribution. Submissions subject to space limits and editing.

Student life

How to stay organized this fall

By Finley Stroh

School is in full swing! Whether you are an avid note taker or someone who just wants to get your school work done, staying organized and having habits to make balancing your schedule earlier is so important!

1. Use a planner or a to-do list that works for you. Although pretty much everyone knows this tip, finding a system that works for YOU, whether its list or an hourly schedule.

2. Utilize Google Calendar. It connects to many different programs that can automatically add events to your calendar. You can color code with different categories and create reminders, and it is a universal resource that you can access from all devices.

3. Color code your school notes by unit to find information easily, highlight key vocabulary words and keep all subject notes in one spot. Find a school work notes system that works for you.

4. Plan out study time each week. I recommend scheduling a day a week to block out for studying if you have a busy schedule, or block out time each day to study to keep focused.

Good luck this school year!

From Tree lighting, page 1

Windermere North.

The annual tree lighting brings the community together for hot chocolate, cookies, family fun and a very special visit from Santa! He'll switch on the tree, so it shines brightly throughout the month of December.

It's never too early to think about your wish list. We will have a mailbox where kiddos can send letters to the North Pole, a photo booth and more.

Don't miss out on this family event for kids of all ages!



- PHOTO BY TERESA PAPE

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 COMMUNITY NEWS

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SUBMISSIONS

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

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

Send submissions to:

editor@richmondbeachwa.org
 Richmond Beach Community News
 PO Box 60186
 Shoreline, WA 98160-0186

Return of the Richmond Beach Library Book Group

By Leslie Carter, Librarian Richmond Beach Library, KCLS

After a two-and-a-half-year hiatus, the Richmond Beach Library Book Group reconvened at the library in person on October 5. A multi-generational group of ten discussed *Eleanor Oliphant is Completely Fine* by Gail Honeyman.

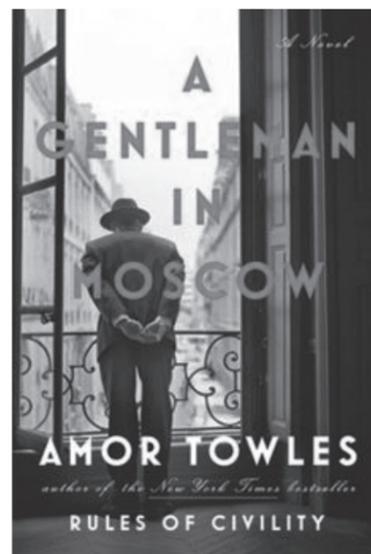
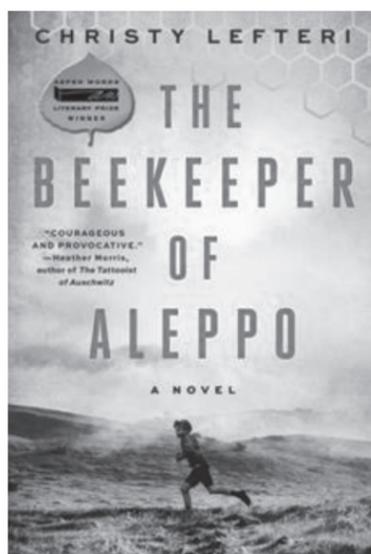
“The book discussion group at the library is a wonderful way for newcomers to our neighborhood to get acquainted and become part of our community,” noted Leslee Anderson, who was the volunteer facilitator for several years. “Before the pandemic, we had members who had been coming for 20 to 30 years,” she said. “Book discussion groups at the public library are great because everyone is welcome. It is also a no-commitment group—just come when you can.”

The evening’s youngest participant, Anna, said “Mom told me about it. I went, and it was really fun. Everyone was really nice, and they seemed pretty happy to see someone younger there. It was nice to meet new people and get their perspectives on the book we all read. Definitely going to the next one!”

Future book club discussions will include *The Beekeeper of Aleppo* by Christy Lefteri on November 2 and *A Gentleman in Moscow* by Amor Towles on December 7, both dates at 6:30 p.m. Copies of the current book selection are available for check out at the library. New participants are always welcome!



ABOVE—THE RICHMOND BEACH BOOK CLUB MET IN PERSON ON OCTOBER 5. PHOTO COURTESY LESLIE CARTER;
 BELOW—BOOK SELECTIONS FOR NOVEMBER 2 AND DECEMBER 7.



Letters to the Editor

Dear Editor,

Three reasons why I’m voting for Proposition 1.

First: Proposition 1 will allow Shoreline Police to expand the RADAR program making it available 24/7. RADAR pairs a mental health professional with law enforcement and is recognized as an effective way to help people with a mental health crisis. Shoreline citizens cite mental health and homelessness as top provides for our city, this is an opportunity to improve RADAR.

Second: Proposition 1 will allow the city to keep traffic enforcement in school zones and crime prevention programs in neighborhoods

Third: Proposition 1 will put needed funds into human services for seniors, youth and families.

Six years ago we voted to enact a levy lift of \$1.39 per \$1,000 of assessed value. This is the same rate we are being asked to approve now. It amounts to \$30 per month.

Supporting Proposition 1 is common sense. I hope we can show common sense and pass this measure.

Mary Ellen Stone
 Shoreline

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Dear Editor

Shoreline’s Proposition 1 on the ballot November 8, 2022, if passed by voters, would increase city property tax by nearly 50%! Prop 1 would also create a \$15 million dollar surplus for the city. At the end of 2021, the city already had a surplus of \$8.49 million dollars. “Surplus” is money beyond the budgeted items for covering costs for city services.

Please see: www.ShorelineLevy.info for more information.

The website is sponsored by Shoreline Citizens for a Fair Levy.

The website includes a “No on Prop 1” statement to respond to the Voters Pamphlet.

The city asked a 13-member volunteer citizen Financial Sustainability Advisory Committee in March-May 2022 for input. I served on that committee. Committee members did not agree and did not give a proposed levy rate. Committee members raised concerns about increasing city tax costs hurting Shoreline residents if the City Council set the levy lid lift rate too high. The levy rate in combination with property assessments makes Prop 1 nearly a 50% increase in city property tax! Unfortunately, City Council did choose to set the levy rate too high at \$1.39 with Prop 1.

Shoreline’s current property levy rate of \$1.13 per \$1,000 assessed valuation is already higher than: Lake Forest Park—\$0.84; Kenmore—\$0.89; Kirkland—\$1.11; Redmond—\$0.78; and Woodinville—\$0.72.

Voting NO on Prop 1 would allow city council to submit a new levy proposal with a lower levy rate to Shoreline residents that covers costs for city services and is more affordable.

As a Shoreline resident of over 30 years, I care about our community. I will be voting NO on Prop 1.

Lisa Brock
 Shoreline



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Orca migrate to new storage thanks to the Orca team



THE ORCAS ARE ALL NESTLED ON THEIR NEW STORAGE RACKS FOR THE WINTER THANKS TO HEINZ STRENG'S ENGINEERING SKILLS AND THE ORCA TEAM PICTURED L-R: RANDY ZIEGLER, JIM JOKI, HEINZ STRENG, TOM MAILHOT. -PHOTO BY GEORGE BUSWELL

By George Buswell

Once again, the Richmond Beach Orcas have departed our neighborhood and migrated north to their winter homes at a storage facility just off of Aurora Avenue.

This annual "migration" happens every year in October when the Orcas are moved into storage in order to protect them from the harsh winter elements. This year the Orca move was executed by the team of Randy Ziegler, Jim Joki, Heinz Streng, Tom Mailhot, and George Buswell.

In years past, the Orcas were stored in their own separate storage unit at the facility. Astute readers of these pages will remember that this

summer a new Orca storage system was designed and built by the team of George Buswell, Heinz Streng and Randy Ziegler. The previous system had each Orca stored away on its own stand placed on floor racks within the storage unit. This system worked for years, but it did take up a lot of space and was a bit cumbersome to use. It also required renting a separate storage unit that cost the community an additional \$1,700 per year.

The new storage system allows the Orcas to be located within one of the other units the Richmond Beach Community Association rents – thereby reducing our footprint and our cost. The new system consists

of two parallel racks attached to the interior wall of the storage unit. Each Orca rests on a separate post, nested together along the racks. This gets the Orcas off of the floor and is a big space saver. It also makes the storage process much easier to execute.

The new system is working well and the Orcas appear happy in their new digs. They will remain in storage for the winter months and then be placed back into the community in April 2023. We eagerly await their return.

From Oktoberfest, page 1

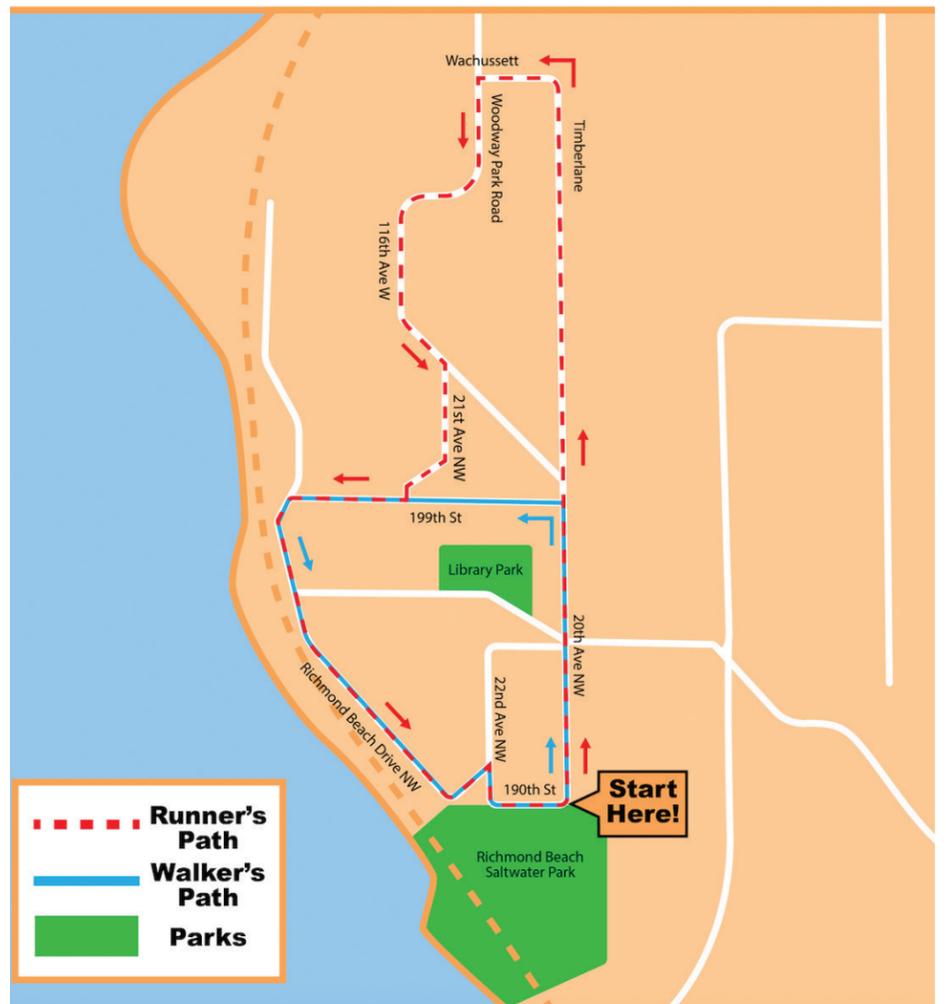
Nearly 150 of our community members enjoyed this family friendly event, which has become a fun new tradition and important fundraiser for your Richmond Beach Community Association. RBCA membership fees and fundraisers such as this help support events, our community newspaper, information resources and activities that help keep our community connected and engaged. If you were unable to participate in this fundraiser but would still like to make a donation to RBCA, please go to richmondbeachwa.org/donate to do so.

A special thanks to our board members, volunteers and especially Joe Montero and Rose Werelus from Vault 177 who volunteered so much of their time and energy to the event, including personally driving to Leavenworth to pick up sausages and working tirelessly until 2:00 a.m. preparing the night before the event.

We are already working on new ideas and planning for next year's event when we hope to see you all again.

See Oktoberfest pictures, page 5

RICHMOND BEACH TURKEY DAY FUN RUN MAP



From Fun Run, page 1

please gather in the upper lot for our annual group photo taken by the most spectacular godfather of this very run, Mr. Don Wilson.

If you're not familiar with the radical route, neighbors adorn their best costumes and run, jog or walk through our choice Richmond Beach neighborhood on Thanksgiving morning, rain or shine. This tubular course for joggers/runners is 3.4 miles/5.5 km and a 1.6 mile/2.6 km course for wicked walkers.

For more information, please visit the RBCA event page on our website at richmondbeachwa.org/turkey-trot.

Don't be a grody runner–this isn't a competition. Wear your most radical threads, and let's have some fun, duh!

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From Oktoberfest, page 4



DRESSED FOR OKTOBERFEST ARE (L-R) PATRICK MCNULTY, ADAM STAR, ROSE WERELUS AND CHRIS DRAKE



FAMILIES ENJOYED THE WARM WEATHER FOR OKTOBERFEST



KIDS CRAFT TABLE AT OKTOBERFEST -ALL OKTOBERFEST PHOTOS BY BOB FORDICE




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From Halloween Carnival, page 1

student volunteers helping set up, run the event, and clean up afterwards—truly a community commitment.

Longtime attendees missed the raffle (we're hoping to have a volunteer coordinate this next year—let me know if you are interested!) and the haunted house (storage costs and the huge labor lift to mount this were contributing factors to the decision to do away with it), but the new games, fantastic decorations and always plentiful carnival food meant that the gym was PACKED with happy people for the full five hours we were open.

The soft opening for kids with special needs was better attended than ever—we thank those families for coming out early to enjoy the activities. Watch for an article in the December paper with a list of all of our amazing volunteers; but in the meantime, if you see Sherry Edwards, Tasha Hulak, Julie Vaughn, Brittany Gallaher, Susie Johnson, Liza Ragen or any of our current or former board members, offer them a huge hug of thanks—I bet the party scent of popcorn and cotton candy will still be lingering around them!



- ALL CARNIVAL PHOTOS BY BOB FORDICE



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See more carnival pics, page 6



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From RB Animal Hospital, page 1

Owners Drs. Jeb and Kristie Mortimer are locals who couldn't be more excited to have a practice here in their hometown. "We're all about community," said Jeb.

Richmond Beach Animal Hospital might be new to the neighborhood—having only opened its doors last month—but Seattle Veterinary Associates (SVA), of which it is a part of, has been around since 1971. There are currently four other locations scattered around the Seattle area, including Ravenna, Green Lake and Queen Anne. The Greenlake location, where Jeb has worked for 22 years, is the central hospital which provides overnight care, minimally invasive surgery as well as cardiology, radiology and surgery specialty services.

Jeb and Kristie first met in veterinary school at Iowa State University. Kristie's focus was in rural, mixed animal practice in underserved communities, while Jeb aspired to work as a veterinarian focusing on environmental disasters, toxicology and wildlife.

They became friends the day they met and have since shared a common interest in serving and being part of a community. They've been married 21 years and have four children, one dog, two cats and several chickens.

They moved to Richmond Beach eight years ago, drawn to the area because of great local schools and the community atmosphere.

Today, they live just up the street, within walking distance from the animal hospital. Jeb said he enjoys being able to stroll into work with their terrier named Ole.

When the corner property at the four-way stop across from The Little Store went up for sale, Jeb and Kristie jumped at the opportunity to purchase the property. The building was previously occupied by law offices and was a dental office and 7-Eleven prior to that. The renovation took about a year and a half to complete.

"It had good bones," said Jeb. "It's been a dream long in the making. We saw a need in the community for more veterinary services. We are excited to be here and to build relationships."

The Richmond Beach Animal Hospital team is committed to continuing the SVA legacy of making life better for people and their pets through the services provided at the hospital and community outreach, including Old Dog Haven and Meow Cat Rescue.

Jeb said you can stop by anytime with your dogs or cats. They have treat jars readily available for hungry pooches and felines.

For more information about the services Richmond Beach Animal Hospital provides, you can visit their website at richmondbeachvet.com.

Call for writers and contributors



By Betty Ngan,
RBCN Production Manager

This newsletter 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.

If you like to write, 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 newsletter 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 Nov 9 and December 10).

We publish stories of general interest about our community and upcoming neighborhood events. Our paper is uniquely one of the few neighborhood newsletters 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.

Friends of Richmond Beach Library call for cookbooks

By Karen Thielke

As we head into the "eating holidays," the Friends of the Richmond Beach Library would appreciate donations of cookbooks, especially those from the last five years or so.

The Friends are grateful to our supportive community for your donations and for your purchases at the lobby book sale at the Richmond Beach Library. Please bring your donations to the front desk.

Board Busy-ness

By Allison Taylor,
RBCA President

Our board members all have full time jobs and families, but love spending time supporting our amazing neighborhood. Have you been wondering what we have been up to, in addition to monthly meetings and participating in RBCA events? Here's an update:

Chris led the coordination of Oktoberfest—from planning through final clean up, he was instrumental in making it happen.

Adam has worked on review of some of our board documents and keeps our finances in line. He was on the front lines at the Halloween Carnival, reconciling ticket sales and making sure the beer was flowing steadily at Oktoberfest.

Patrick did everything from publicity to potato peeling at Oktoberfest and works with our webmaster to keep information coming to the community. He is busy planning the Turkey Trot!

Brian has been our signage and swag mastermind; keep your eyes peeled for new swag for sale at the next event you are at!

Alicia works closely with our membership director and is handling the majority of the managerial duties that were previously assigned to the executive director. She is helping with day-of logistics for the Turkey Day Fun Run.

Kathryn led the efforts in defining and streamlining the newspaper's monthly processes to help it run efficiently and is the most prolific writer for the paper. She's planning the upcoming Tree Lighting event!

Allison attended the recent neighborhood meeting on crime and represented the board at the Council of Neighborhoods meeting. The Halloween Carnival is taking most of her time these days!

Board positions #8 and #9 are waiting for you! Want to learn more? Contact us at board@richmondbeachwa.org.

Kudos

By RBCA Board

A giant thank you goes out to **Rose and Joe and their team of helpers at Vault 177—Oktoberfest 2022** was an amazing event, in huge part because of their efforts.

Hooray for **Carolina C and her family**—they are working hard to coordinate community action focused on safety and crime in our area with the Shoreline PD. She's been posting on NextDoor about upcoming opportunities for conversation.

Thanks to **Tom Peterson** for his ongoing participation in the City of Shoreline's Council of Neighborhoods meetings.

From Halloween Carnival, page 5



THE SYRE GYMNASIUM WAS PACKED WITH FAMILIES

-ALL CARNIVAL PHOTOS ABOVE BY BOB FORDICE

Exploring resilience

By Kathryn Mueller
RBCA Vice President

The last few years have been tumultuous. Like waves crashing over stone, even the strongest elements erode over time. That's how I have felt, like a pebble in a stormy sea.

If you're like me, you may have tried different practices to help center yourself and cope with the weight of various stresses. Giving myself the space to check in with my body and extend grace and root myself in the present has been helpful. Starting conversations about mental health are incredibly important, and it takes a village to destigmatize mental health struggles.

Over the course of the next few issues of the paper, we'll explore different ways to delve into resilience. From yoga to meditation to creative writing, I hope these articles help you find a way to relieve tension and maybe unearth a passion for self-reflection.

Let's start by striking a pose. According to John Hopkins Medicine, yoga can offer people of all ages both physical and mental health benefits. The benefits of yoga are vast. Practicing regularly can:

- improve strength, balance and flexibility
- help with pain—whether easing back pain, arthritis or other chronic issues
- reduce stress and body inflammation
- improve sleep
- increase energy and boost mood
- promote self-care

If you're a beginner, there are many poses you can try at home. If you're scared to hit the mat in front of others, there are a myriad of videos you can explore online to get to know basic yoga poses and familiarize yourself with flow. Finding a local, supportive community through groups and classes can be a great way to make friends and take advantage of the benefits of yoga.

Here are a few yoga poses *Everyday Health* recommends for beginners.



Easy Pose

Start by sitting cross-legged on a mat. Rest your hands on your knees, palms up. Try to keep your spine straight. Close your eyes and inhale.



Cat-Cow

On all fours, your hands directly below your shoulders and your knees directly below your hips, distribute your weight equally. Splay your fingers wide. Inhale and round your back, bringing your chin to your chest. Lower your back down to make a scoop shape as you slowly lift your head and tilt it upward.



Tree Pose

Stand straight, feet rooted in the ground. This upright position is called mountain pose. Bring your hands together in front of your chest, palms together in what is referred to as prayer position. Lift your hands over your head, lengthening your body, feeling your limbs as branches stretching toward the sky. Balancing on your right leg, bend your left knee outward, placing the sole of your foot into your inner thigh. Hold the position and breathe evenly. Switch legs and repeat.



Downward Facing Dog

One of the most widely recognized yoga poses, downward facing dog is a foundational position. Start on your hands and knees, with your hands in front of your shoulders, knees directly below your hips. Spread your palms, rooting yourself through your hands for stability. Turn your toes under in preparation for the next step. On the exhale, lift your knees from the floor and hips upward toward the ceiling. Exhale and stretch your heels to the floor. Keep your head between your arms, trying not to let it hang down in between.



Child's Pose

From Downward Facing Dog, you can lower yourself into Child's Pose. Bend your knees and lower your butt to your heels. The chest draws down to the mat, your torso resting on your thighs. Place your forehead on the mat. Arms reach forward, hands pressing palms down into the mat.

There are hundreds of poses to explore. Remember to take time for yourself, breathe deeply and check in with your body. Whether yoga is right for you or not, I hope you find a little joy (or Zen).

Anina's Corner

By Anina Coder Sill

A friend and I went on a great six-hour public transportation field trip recently. We started around noon on a beautiful September Monday. She used her ORCA transit card; I purchased one at the Edmonds Train Station ticket machine (the Edmonds QFC and many other locations sell them). We parked at the depot, walked onto the Edmonds-Kingston ferry, ate lunch at Kingston and then caught the Kitsap Transit's foot ferry to downtown Seattle. The view was great, and we clipped merrily along for about 40 minutes. She and her husband had recently canceled a cruise ship voyage due to the low level of water in the canals, so this was her favorite portion of the trip!

We spent about two hours downtown and visited Pioneer Square, Uwajimaya Asian Market and the historic International District's Panama Hotel upon which the novel, *The Hotel between Bitter and Sweet* by Jamie Ford, was based. In 1938, Mr. Takashi Hori purchased the hotel. In 1942, Japanese and Japanese Americans from the West Coast were evacuated and interned during World War II, and many stored their trunks and belongings in the basement. When Hori returned after the war, he tried to reunite the items with the owners, but some former Japanese residents never returned to Seattle. Jan Johnson purchased the hotel from Hori and his family in 1985 and created a museum in the basement of the hotel, where you can view this piece of history. It has National Landmark status and serves as a tea/coffee house as well as a museum, complete with a cat.

We completed our adventure and history lesson, walked to the

King Street Station and caught Sound Transit's Sounder train back to Edmonds. We boarded the train without a ticket in our hands or scanning our ORCA cards . . . so we got back off and asked for help to avoid a scandal. The staff was very helpful and showed us how to tap our cards outside the boarding platform. The ferries and the train were comfortable and were not crowded; this may be the perfect time to take a ride.

It is so fun to see our community, learn more about our history and see things (both history and houses) from a different point of view.

Edmonds Ferry - \$9.45 full fare, \$4.70 reduced fare, 18 & younger free!

Kitsap Foot Ferry (Eastbound) - \$2.00 full fare, \$1.00 reduced fare.

Sounder Train Seattle to Edmonds - \$4.00 for adults, \$3.00 for youth, \$2.00 fare for seniors/disabled.

Train and foot ferry departure times are limited, so check the schedules beforehand. Fares may vary depending upon the direction you are traveling. There is a \$3.00 fee for an Orca card (free for seniors and low income), and you load money onto it online. You can purchase one online or in person at several locations including the Lynnwood Transit Center. You can also pay in exact change.

Thank you to Finley Stroh for her enlightening article in the September issue of Richmond Beach Community News entitled "A day on the light rail!"



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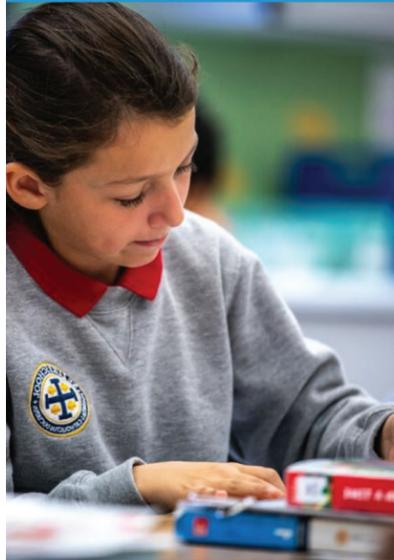
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