

# RICHMOND BEACH

# COMMUNITY NEWS

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Published by the Richmond Beach Community Association

November 2008

Richmond Beach Community Association

## Next General Meeting

Tuesday, Nov. 11th, 2008

7:30 pm

Congregational Church

## Upcoming Community Events

by Sheri Ashleman

### Turkey Day Fun Run

Are you thankful for your health, for the beautiful area in which you live, for the wonderful friends and neighbors that surround you? Start off your day of thanksgiving with a noncompetitive jog or walk through scenic Richmond Beach with others who share your appreciation for these gifts. On Thursday, November 27, meet at the entrance to the Richmond Beach Saltwater Park at 8:30 a.m. for warm up. Parking is available in the park's lower lots. Do not park along 20<sup>th</sup> NW or 190<sup>th</sup> Street, which are part of the course. Dress for the weather and bring a water bottle. After a group photo, participants will be off and running shortly after 9:00 a.m. and be finished by around 10:00 a.m. The course for joggers/runners is 3.4 miles and a shorter 1.6 mile course has been planned for walkers. Come as a family, bring a friend or attend solo and meet your neighbors!

This year's theme is a celebration of the summer Olympic games. Participants are encouraged to dress in their finest sports regalia or dress as their favorite athlete. Groups may choose to wear similar colors or uniforms to designate them as a team. Be creative and make it fun!

While the deadline has passed for ordering Turkey Day Fun Run t-shirts, Richmond Beach centennial t-shirts will be available for purchase at the event for \$10. You can still register to participate in the event by contacting one of the organizers listed below with your name, age, email address, and whether you will be walking or running. There is no entrance fee. Those who are pre-registered will have their names entered in a prize drawing and receive a digital copy of the group photo by email.

RBCA will be conducting a food/fund/gift drive to support Hopelink in Shoreline at the Turkey Day Fun Run. Hopelink provides emergency services for low-income families in our community during the winter months when they face added pressures such as higher home heating costs and additional food needs. Help our neighbors in need by bringing either canned food items or a cash donation (make checks payable to "Hopelink"). Food items most needed are juice (100% juice only), canned fruit, applesauce, rice, dry beans, canned vegetables and pasta. Please do not include items that have expired or those in glass containers. Participants may also bring toys

or new clothing for the Gift Room, which allows parents to choose holiday gifts for their kids from the hundreds of items that are donated. Thank you for supporting Hopelink!

For more information or to register, contact Sheri Ashleman at 542-9147 / sbashle@aol.com or Don Wilson at 533-9631 / dwphotog@comcast.net.

### Christmas Ship Celebration

Argosy's Christmas Ship Festival had its beginning in 1941, when Chet Gibson, a dedicated local boater, led a parade of boats without lights during a World War II blackout. Eight years later, Paul Brown from the Office of Superintendent of Parks took over this tradition and officially named the parade, "the Seattle Civic Christmas Ship." Mr. Brown felt that Seattle's proud maritime history should be suitably commemorated. From that time until 1994, the Seattle Department of Parks and Recreation coordinated and sponsored this traditional seagoing celebration. In 1994, Argosy (formerly Seattle Harbor Tours) took over the Christmas Ship and renamed the parade the "Argosy Christmas Ship Festival."

Generations of Seattleites have enjoyed the sights and sounds of the Christmas Ship as 2008 marks the 59<sup>th</sup> year of this unique celebration. Enthusiastic boaters parade their decorated vessels behind the Christmas Ship and create the largest flotilla of its kind in the world. Joyous voices from the Northwest's finest choirs sing happily holiday greetings aboard the ship every night as the Christmas Ship casts its majestic reflection across the water. Each night a different choir performs and their voices are heard from miles away.

One of the main purposes of the Christmas Ship is to bring communities together to celebrate the holiday season. In Richmond Beach, the event has become a cherished tradition. This year's festivities are scheduled for Monday, December 8. The evening begins at 7:30 p.m. with music from the choirs of Syre Elementary and Einstein Middle Schools under the direction of Janet Allison.

The Christmas Ship, followed by a fleet of Argosy vessels, private yachts, sailboats and other small crafts decked out with holiday lights, will arrive off Richmond

## President's Message

By Ed Adams

For those of you who know me, the next sentence will come as a surprise to you. "I am at a loss for words." I hope that this is not a sign of times to come. In the past I have had an easy time writing articles for the newspaper but I always had a specific topic to discuss. Now as the President and being asked to contribute a message to the community on anything that I feel is important, I am struggling. I have written two different drafts of this month's message and deleted each of them. Each article had good points and bad and maybe I should just break them apart and use the good stuff. If I were to do that, I would feel that there would be no flow. Maybe I should just change the name from the "President's Message" to "Random Thoughts From Ed."

With the new name in mind, here goes this month's entry.

### Past Events:

Candidate's Night: Nice crowd, 30 plus people, and a good group of candidates or representatives, 12 in all. Thanks to all who attended and all of the volunteers. Be sure to attend next year's event on October 13, 2009. There will be a number of local races on the ballot for next year.

Halloween Carnival: Another great event. I can not say enough about all of our volunteers. Without a doubt, this event is a success because of all of you.

### Future Events:

November General Meeting: November 11, 2008 at 7:30 p.m., RBCC. Look for information in this issue.

2<sup>nd</sup> Annual Turkey Day Fun Run/Walk: November 27, 2008. 8:00 a.m. at Saltwater Park

Kids Ornament/Decorations: December 6, 2008 2:00 - 4:00 p.m. at RB Fire Station



Ed Adams, RBCA President

Annual Tree Lighting: December 6, 2008 5:00 p.m. at Spin Alley

Caroling: 5:30 p.m. at RB Rehab

Christmas Ships: December 8, 2008 7:30 p.m. Syre and Einstein Choirs at Saltwater Park; 8:20-8:40 p.m. Christmas Ships

### General Items:

The 2008 elections are Tuesday November 4<sup>th</sup>. I can't tell you how to vote and I can't even tell you to vote. Gather the most information that you can and make an informed decision. If you don't exercise your right to vote, you shouldn't be able to exercise your right to complain.

Vision Shoreline: The city is in the process of gathering ideas on what the residents think the city should look like in the year 2028 and beyond. If you have an opportunity to attend any of these forums, I recommend that you do. The ideas of today will shape the future and ensure that your kids, and their kids, will want to live and raise their families in an area that we all enjoy.

Have a good month!.

## Become the Editor

by John Thielke

Would you be interested in editing the Richmond Beach Community News? I would like to retire from this position and am extending this offer on behalf of the Richmond Beach Community Association.

The basic responsibilities are to assemble and edit 10 issues of the paper (September through June—there are no issues published in July and August). It is necessary to be familiar with page layout software (InDesign or Pagemaker) and photo processing (Photoshop or a derivative). In addition, the editor must have an Internet connection and email access in order to receive articles and to send the paper to the printer. Usually, articles are submitted in mid-month and the paper is sent to the printer

around the 28<sup>th</sup> of the month. This allows about 10 days to prepare the paper. Overall it takes about 8-10 hours of work to get everything ready to print. The RBCA will provide the software if you do not have this available on your computer.

If you cannot assume the full responsibility, perhaps you would consider working on a team that prepares the paper. In any event, please let me know if you would be interested in editing or working on the Richmond Beach Community News. Please contact John Thielke at [grahmarc@ctr.net](mailto:grahmarc@ctr.net) or call me at 542-3641. Thank you for your consideration of this opportunity to serve your community.

## Anina's CORNER

by Anina Coder-Sill

I was looking out at the wonderful view of Puget Sound and the Olympics from the Richmond Beach Community Park on a crisp fall day recently, and remembered our son saying "Richmond Beach is like heaven." (And then he moved off to the Marshall Islands!!!) I do think it is a beautiful place to live, and while this area is certainly not exempt from terrible things that happen elsewhere (theft, vandalism, even murder) it is a fine community where people are

interested and interesting. When you greet people, or their dog, they say hello; we help one other; the schools are good, the church is welcoming, library great; stores, post office, bowling alley and restaurants are convenient and friendly; and we have an active community council. I look out at the playfield at the park and remember attending field days at Richmond Beach elementary school—gunny sack races were especially fun, and also a race trying to balance an egg on a spoon. At recess, I remember clasping one bent leg over the metal bar, and twirling around, and also sitting on top of the bars and then twirling around with nothing more than momentum keeping you safe. It was probably dangerous, but it sure was fun! I think of the school staff fondly, and still have the same friend from age 8 (her parents still are neighbors.) The Richmond Beach

Library has always been an important and well-loved part of my history. As a child and young adult I have fond memories of checking out books, attending the annual art show, and joining the summer reading program. Thirty-five years ago, I got a job at the Richmond Beach Library. I have to tell you that I am deeply appreciative to *still* have a job at the Richmond Beach Library! I also enjoy working part of my schedule at the Shoreline Library, which is an integral and wonderful part of our larger community, and the King County Library System. My work continues to be interesting, enlightening, and challenging, and I've always felt deep appreciation for, and from, the community where I live and work.

Thank you very much for the Marge Unruh Community Service Award.

## You Should Have Been There: Candidates Night

by Tom Petersen

Nine current and aspiring public servants and five official surrogates, covering nine different state and federal offices, made their pitch to Richmond Beach voters at the RBCA's Candidates Night, October 14. In a lively mix of statements and responses to audience questions, each detailed what s/he would do to enhance our state and country. Not surprisingly, the stock market crash came up repeatedly, but proved to be useful in shedding light on what some rarely-noticed government offices really do.

State Treasurer Jim McIntire and challenger Allen Martin both detailed their long experience in money management and public finance and stressed that confidence in the office of treasurer is critical amid our current perils. Both enjoy bipartisan support, in fact, and were in general agreement that the national downturn will have serious implications for the state, but that long-range planning and stolid stewardship would see Washington through tough times.

Congressman Jay Inslee had to cancel his appearance, as he was in Washington D.C. with the rest of Congress working on the financial crisis. His opponent, Larry Ishmael, touted his early public objections to the \$700 billion bailout (which Inslee voted against) and stressed that, as a Developmental Economist, he was uniquely qualified to contribute to the rebuilding of the U.S. economy.

Both candidates for governor were represented by spokespeople. Kenmore City Councilman Randy Eastwood spoke on behalf of Republican Dino Rossi, characterizing the current leadership in Olympia as entrenched and self-serving, while vowing that Rossi would make Washington "the best place to do business and the worst place to commit a crime." The Democratic Governor's stand-in, Allyson McCormick, extolled Chris Gregoire's experience and calm amid tough times and warned against "distortions" by the Rossi campaign.

State Auditor Brian Sonntag was a last minute cancellation due to a family emergency, but his challenger, Dick McEntee, drove all the way from Tacoma to deliver his message that the auditor's office needs to practice better follow-through on performance audits.

Candidate for Secretary of State Jason Osgood made a passionate case for combating voter fraud, registration purges, and misuse of voting machines. Incumbent Sam Reed's surrogate, Pat Dunn, took a broader view and stressed experience. Both came out in favor of protecting the State Library.

State representative Ruth Kagi, running unopposed, made a neighborly address about her accomplishments in the recent term and some things she'll be looking to address in the next two years.

The other State Representative position for the 32<sup>nd</sup> District is a spirited fight between incumbent Maralyn Chase and Alex Rion, both of whom were at Candidates Night. Chase promoted improving vocational education, saying an over-emphasis on college prep was poorly serving many students as well as the job market. She also came out against the light rail project, as did Rion. Rion was most concerned with the economic crisis, and was highly critical of current tax policies and state spending priorities.

Only a representative for the State Superintendent of Public Instruction came for that race, Karen Madsen standing in for Terry Bergeson. She stressed Bergeson's long career in education and past innovations in the field. Bergeson is running against Randy Dorn in November.

Marcia McCraw, candidate for Lt. Governor, also appeared in the absence of her opponent, incumbent Brad Owen. McCraw cited a dynamic law career and experience as the head of various service and charitable organizations and sounded the call for "change" while explaining what the Lt. Governor does.

Whether or not you made it to the community meeting, no one in Richmond Beach can afford to miss the big day, Election Day, Tuesday, November 4. You have to be there! VOTE!

## A Mailing Issue

by John Thielke

A local resident called to say she was not receiving the Richmond Beach Community News in the mail. We looked into this matter and found the following.

Our paper is mailed to all Richmond Beach residents. The printer handles the mailing each month using a mailing service. To secure the lowest possible price, the paper is sent by carrier route to "Resident" at each registered postal mailing address. Each mail carrier receives a

stack of papers sorted in the order for a specific delivery route.

Apparently, it is possible to suppress delivery of mail to an address if requested by the homeowner who might wish to reduce junk mail volume. This does depend on who actually controls the mailing list. If you have ever requested that certain mail delivery be stopped, there is a chance that you will not receive the Richmond Beach Community News. For example, some people request that all mail addressed to "Resident" not be delivered. In this case, the paper will not be delivered to you.

The mailing service used to handle the Richmond Beach Community News obtains their mailing list from Compact Information Services (CIS) in Redmond. If you are not receiving the paper in the mail and wish to do so, you should call CIS at (425) 869-1379 and ask to be placed in their mailing database.

Please let us know if this does not solve your delivery problem. Your other option is to stop by one of the many distribution sites in the area including the library, bowling alley, and at the merchants who support the paper by advertising.

## Richmond Beach Community News

The *Richmond Beach Community News* is published monthly September through June by the Richmond Beach Community Association. Editorial opinions expressed do not necessarily represent those of the Community Association. News items, letter to the editor and calendar listings must be submitted by the 15th of the month prior to publication. Send to:

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Ad rates: Richmond Beach Community News welcomes advertising support. The ad rate is \$12 per column inch with a one column inch minimum. Deadline: 15th of the month prior to publication. Contact Starla Hohbach at 818-1168 for more information or to place an ad.

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The *Richmond Beach Community News* welcomes letters to the editor and articles of opinion. For verification purposes only, letters must include name, address, telephone number and signature. We reserve the right to edit letters for length.

## Richmond Beach Community Association DUES FORM

**Dues are \$15 per person per year**

Please make checks payable and return this form to:  
Richmond Beach Community Association, Attn.: Scott Keeny P.O. Box 60186, Richmond Beach, WA 98160-0186.

Please add my name to the mailing list because I currently do not receive the Richmond Beach Community News in the mail.

First name(s):

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Street:

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*Join now and support the Richmond Beach community. There are many opportunities to be involved and you and your family will enjoy the fun of working with others to make our community a better place to live.*

## Brightwater Milestones

By Leslie Rankin



### Tunneling underway

On September 10th, Brightwater's 15-foot diameter tunnel boring machine (TBM) was launched from Point Wells. Over the next year and a half, the TBM, named "Elizabeth," will travel 21,000 feet to the 240-foot deep portal at 20031 Ballinger Way NE in Shoreline.

An early first step in this journey occurred as crews successfully mined under the Burlington Northern Santa Fe (BNSF) rail lines that run parallel to Richmond Beach Drive NW near the entrance to Point Wells.

Mining the more than four miles to Ballinger Way will take about 18 months with crews generally working two 10-hour shifts six days a week. Each day crews will enter and leave the tunnel from the Point Wells portal.

Soils from tunnel excavation are being removed from the portal and transferred to a temporary storage area on a conveyor belt. To reduce impacts to the community, a barge will arrive periodically to remove soils from the site by water.

Pictured here is the TBM manufactured by Lovat, Inc., as it arrived by rail from Toronto, Canada in August. Sections of the machine were then lowered into the tunnel portal where the TBM was assembled and readied for launch.

### Outfall nearing completion

From September 9<sup>th</sup>-11<sup>th</sup>, many of our neighbors were able to observe the Marine Outfall Project as it successfully installed two pipelines on the seafloor off Point Wells.

Each pipeline measured about a mile in length and was more than five feet in diameter. The pipelines were fabricated over the summer in Everett in 60-foot sections and then fused together. They were then towed by tug boat to Point Wells where they were slowly flooded so they would sink to the seafloor at depths that reached 660 feet. When completed, the marine outfall will be one of the deepest outfalls in Puget Sound.

Removal of the steel sheets that supported the outfall's offshore trench was completed October 15th. The sheets provided shoring that was required to protect the marine environment including habitat for fish and wildlife. Divers were able to cut some sheet pile underwater, which helped to reduce noise and the duration of this work. The last task for the outfall will be to connect the outfall with the micro-tunnel at the top of the beach above mean high water (MHW). This work and the related shoring removal will continue until mid-November, allowing King County to meet its goal of constructing the marine outfall in one season.

The sheets are being trucked from the Point Wells site using Richmond Beach Drive NW, NW 195<sup>th</sup> and NW 196<sup>th</sup> streets. Oversized loads are traveling on NW 195<sup>th</sup> Street, and normal sized loads including those with trailers (pups) on NW 196<sup>th</sup> Street.

For more information about the Brightwater Project at Point Wells or to sign up for construction updates, please email [Brightwater@kingcounty.gov](mailto:Brightwater@kingcounty.gov). You can also call Leslie Rankin on our construction line at 206-205-5989, or visit our Web site at <http://dnr.metrokc.gov/wtd/brightwater>.

Direct from Full Circle Farm to Richmond Beach

## Fresh Fruits and Vegetables for You

By Beth Seacord

Richmond Beach Congregational United Church of Christ is now a drop-off site for boxes of produce from Full Circle Farm, a certified organic farm in Carnation that has a Community Supported Agriculture (CSA) program. Full Circle Farms also sells their produce at the Edmonds Market and other local farmers markets. Now you can have that same great produce delivered to you in the neighborhood!

Full Circle Farm's CSA program provides members with a box of organic vegetables, fruits and more on a weekly or twice-monthly basis. Boxes vary in price from \$30 to \$58, depending on the size you select. More information is available at Full

Circle's web site at <http://fullcirclefarm.com>. You can sign up online, choose the size box, and the delivery frequency. Once you have signed up, you will receive an e-mail each week that describes the contents of the next box. You can make substitutions and add items such as organic eggs, fair trade chocolates, or heirloom grains. Each box also includes a newsletter, with recipes and suggestions on the best way to store fresh produce.

Families who picked up their first boxes last week were very happy with the variety of farm fresh produce they received. Wednesday and Thursday is the distribution day.

## Events *Continued from Page 1*

Beach Saltwater Park at 8:20 p.m. Gather around one of three warm bonfires while harmonious voices from The Everett Chorale serenade beach guests. This event is provided free of charge and jointly sponsored by the City of Shoreline and Richmond Beach Community Association. Complimentary refreshments will be served. Since parking is limited, please plan to walk if possible. For more information, contact Sheri Ashleman at 542-9147.

### Tree Lighting and Caroling

Kick off the holiday season with your neighbors on Saturday, December 6! Starting at 2:00 p.m. and ending at 4:30 p.m., RBCA will host a craft and ornament party for neighborhood children to create decorations to adorn a small tree in front of Pizza Mia. This event will take place at the Fire Safety Center next door to Pizza Mia.

Then at 5:00 p.m., you are invited to attend the annual Tree Lighting Ceremony

at Spin Alley. The community Christmas tree is a live tree located between Spin Alley and the Meadowbrook Apartments. (Thank you, Harley O'Neil, for your generosity!) After we "flip the switch," stick around for musical entertainment and refreshments.

Rumor has it Santa Claus will be making a special appearance at both the craft party and the Tree Lighting Ceremony! Santa will have a treat for all the good little boys and girls.

At 5:30 p.m., after the tree lighting festivities, join your neighbors at the Richmond Beach Rehabilitation facility on 15<sup>th</sup> NW to spread some holiday cheer through song to the shut ins. Elizabeth Jordan, Director of Music Ministries at First Lutheran Church of Richmond Beach, will lead the caroling. While this activity only involves about an hour of your time, it has a tremendous impact on the residents of the rehab. They really appreciate the attention. And that is truly what the holidays are about—caring and sharing. Please join us, even if you can't carry a tune!

Please thank and support the following owners/businesses for sponsoring this event and encouraging a healthy lifestyle for our residents:

Scott & Andie Piteo/Achtung Graphics  
Don Wilson/Don Wilson Photography  
Harley O'Neil/Spin Alley  
Matthew Fairfax/James Alan Salon  
Richard T. Jones, DDS/Jones Orthodontics  
Jeff and Linda Brons/Bronscapes  
Dr. Mark E. Simons, Orthodontics  
Eric A. Carlson, D.D.S.  
Drs. Fong & Bennett/Highlands West Dental  
Evan Voltsis/Spiro's Pizza and Pasta  
Dong Lee & Joe Whitworth/Lee's Martial Arts Academy  
Richmond Pediatrics  
Richmond Internal Medicine  
Dr. Paul A. Mack/Shoreline Chiropractic  
Timur Arslanoglu & Carrie Towle/Olive You Restaurant  
Shoreline Firefighters Local 1760

Thank You!

Thank You!

## Blood Drive Seeks More Donors

By Tom Petersen

Richmond Beach residents once again helped the Puget Sound Blood Center (PSBC) meet the constant need for blood, but local organizers are looking for ways to improve overall turnout. There were 16 donations at the October 13 event, held in the meeting room at the Richmond Beach Library, enough to qualify as worthwhile but down from the nearly 30 pints collected in the neighborhood each time the mobile unit came in the spring and summer.

PSBC officials and local coordinators are mulling a shift from midday hours to afternoon and evening, to draw more participants on their way home from work. Another idea is to use the Bloodmobile, which is like a giant billboard itself and often reminds and inspires people to give.

The next chance to donate blood in Richmond Beach will be in mid-December. The exact date will appear in next month's Richmond Beach Community News and on flyers and posters around town. For information, or to make suggestions for how to increase participation, contact Tom Petersen at [mtson@icehouse.net](mailto:mtson@icehouse.net) or 546-4865. See [www.psb.org](http://www.psb.org) for further information and appointments.

## Shorewood Drill/Dance Competition

The award winning **Shorewood High School Drill Team** is hosting its annual **Drill and Dance Competition on Saturday, December 6<sup>th</sup> at 1:00 p.m.** in the Shorewood High School Gym. Up to 20 drill and dance teams will compete, providing an afternoon of outstanding performances. Admission is \$7 for adults, \$5 for seniors, and \$5 for students with an ASB card. Children 5 and under are free. Proceeds go towards offsetting the expenses of participating in the annual state competition held in Yakima, Wa., as well as the Victoria Day Parade. You will find tasty concessions, flowers to present to your loved ones, delicious bake sale items, and an exciting raffle. Come **support the 2008 double state championship Drill Team** and enjoy this fast-paced, creative afternoon.

# Hunger and Shame

by Chris Riveland

Each year, Italian prunes ripening on our Richmond Beach plum trees remind me of a several-decades-ago incident in Germany. We lived in the city of Constance, in the French occupied zone, close to the Swiss border. It was the early summer of 1945, and we were close to starving.

Three plump sheep gorged themselves on huge juicy purple plums in the freshly-mowed grass. The fruit had fallen from the loaded tree in our friends' villa garden. A French major general had requisitioned their villa from the Muellers, who were compelled to move from one day to the next. My mother, 8-year-old brother and I took an afternoon walk by their house. Our meager breakfast was hours ago. My brother's stomach had growled for the past mile, and I felt that empty gnawing. Seeing the sheep enjoying the luscious purple fruit, my brother piped up,

"Mom, I am going to ring the bell and ask if I can collect some of these plums. I am so hungry."

Red-faced, my mother said, "Son, don't shame me! No one in our family has ever begged for anything." She tried to restrain Wolfgang, but he had already taken the steps to the front door, two at a time, and rang the bell. A tall man in a French officer's uniform opened the door, looked down on my skinny brother and quizzed "Oi?"

My brother began to stutter even worse than usual, but this time in French, "B-b-onjur, M-m-onsieur," and then rest in German, "m-may I c-c-ollect some of the p-plums your sheep are eating?" The man smiled and indicated for us to wait a moment. He returned and handed Mother a paper bag of the nicest ripe plums, smiled and said, "Adieu."

My mother was still red-faced and now had tears in her eyes, but handed the bag to my brother who immediately began devouring the sweet fruit. The bag must have held 20 large plums. Once at home again, only five plums were left and my brother's belly looked round. Then he made a mistake—he drank lots of cold water before going to bed in the room we shared.

Mother had to replenish the toilet paper twice during the night and kept the hot water bottle handy.

To this day, my brother admonishes anyone who would listen not to drink cold water after eating stone fruit. If that French officer had only told my brother about the cold water...anyway, our limited French language skill would have prevented us from comprehending any well-meant admonition. But I have since blessed this officer's kindness toward a young, hungry German boy.

## The Gallery at Shoreline Center Presents: "Urban Meditations"

November 10, 2008 - January 6, 2009

The final Gallery at Shoreline Center show of 2008 is a meditation on urban life. This black and white photography group show was submitted by friends Joan Bowers, Monika Danos and DeAnna Foran. The photographs represent their common perception on how they see the world around them. Please join us for an Open House Reception and Meet the Artists on Thursday, November 13th, 5 p.m. - 7 p.m.

Urban life has been a focus of photography since its inception. The images included in this show focus on real and imagined iconic aspects of the urban environment from open spaces to utilitarian structures to decorative effigies. These are empty spaces, some sacred and others secular or even profane, that offer, should one so desire, the opportunity for solace and calm in an otherwise often hectic environment. Most of the images were created in the greater Seattle area; others were captured during travels to other states and countries. All represent the artists' interest in how the urban environment may serve to enhance daily life by offering these meditative opportunities.

Gallery at the Shoreline Center

18560 1st Ave NE, Shoreline WA 98155

206-417-4645

info@shorelinearts.net www.shorelinearts.net

Gallery Hours: Monday - Friday, 12 noon - 5 p.m.

Special Reception Hours: Thursday, November 13th, 5 p.m. - 7 p.m.



## Health check

By Dr. Fran M. Pinault ND, LAc, MS  
Director, Shoreline Natural Medicine Clinic  
Director, Rejuvenex Therapies for Graceful Aging

## Coping with Stress

My colleagues in the field of psychotherapy are experiencing an increase demand from patients who need help in dealing with the stress they are experiencing from today's financial crisis. Anxiety levels are elevated as people experience loss of investments, credit crunches, layoffs and inflation. However it appears that it is this very anxiety that may be creating more stagnation in the economy and that several psychological factors are involved.

Dr. Robert Leahy, professor of psychology at Weill Cornell Medical College states that as people listen to each other they feed off the bad news, which in turn creates ongoing tension. Psychologist Paul Slovic, co-founder of Decision Research, finds if you can't trust the institutions, it's a trigger for anxiety and states that survey show people feel deep pessimism.

So what can be helpful? This is the perfect time for cognitive therapy. Cognitive therapy involves identifying when you are experiencing negative, pessimistic or gloomy thoughts, then interrupting those thoughts with positive messages infused with optimistic emotion. Dr. Martin Seligman, author of "Learned Optimism" shares that when you catch yourself in negative thinking, examine the facts. Try to be clear about what is fact and what is fear. If you find you have jumped to a negative conclusion with the facts you know, ask yourself what other situation might fit the same facts. He also states that intention is a very powerful process and to use intention to look for positive opportunities in the midst of negative situations. Also recommended is to focus on the here and now, and live your life today.

The American Psychological Association offers these coping tips: pause but don't panic, make a plan for cutting down on spending, and stick with it. And find healthier ways to cope, like taking a walk instead of resorting to alcohol or emotional eating. Good advice, since studies show money worries can lead to serious health problems including depression, addiction, obesity and heart disease.

Richard Friedman, psychiatrist and director of the Psychopharmacology Clinic at New York Weill Cornell Medical Center in Manhattan states "try healthy anxiety reducers like deep breathing, exercise, yoga or meditation. A hot bath is also a good idea, and a cup of herbal tea like Tension Tamer can do just what it says." He states that episodes of anxiety and in particular panic, are best treated with a class of drugs known as benzodiazepines which includes Valium and Xanax, but cautions that they're potentially addictive, so they shouldn't be used for more than two weeks or so.

I find one of the best natural, over the counter therapies for anxiety is GABA, a single amino acid that calms the brain without creating sedation. Herbal formulas for tension and insomnia also include Valerian, Passiflora and St. John's Wort, however Valerian can be sedating and is best used for sleeplessness. Insomnia can also be relieved with the hormone melatonin, usually 1 to 3 milligrams at bed work fine.

I am no Pollyanna, but let's remember that although this may be the end of the error of huge, fast economic growth, it is not the end of the world.



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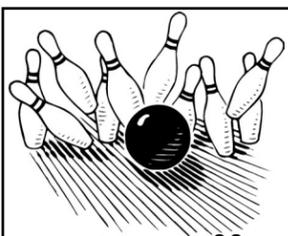
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## Local History

by Tracy Tallman

[Please note: In the early 1900s there was no spell check, nor did people have a lot of access to the written word. So, names were frequently spelled in a variety of ways. I believe that the correct spelling for the sea captain's name below is "Pearsons," but it was spelled in a variety of ways in a variety of places.]

The June 12, 1925 issue of the Richmond Beach Herald carried the article below. Captain Fred H. Pearsons (ca 1861-1941) was just one of the colorful and noted seafarers who lived in Richmond Beach and worked at Point Wells. His name in the census records and on his death certificate is spelled "Pearsons." Wife Isabelle outlived him by only one year. Isabelle was listed in the 1920 census as operating a chicken farm on their property off 12<sup>th</sup> NW, where she had 5.22 acres

Milton Arthur Dalby, the author of the article below, attended school in Richmond Beach. Milton was born in Seattle in about 1905, so he was roughly 20 years old when he wrote this article. He married Elma Mustonen of Mt. Vernon in 1937, then listing his occupation as journalist. I believe he later worked for the Seattle Post-Intelligencer and wrote at least one book – "The Sea Saga of Dynamite Johnny O'Brien" in 1933.

[Article originally published June 12, 1925 in the Richmond Beach Herald]

### Richmond Captain Has Traversed Seven Seas

by Milton Dalby

A number of years back in the pages of the eighteenth century, as the grand old full-rigged ship, "Faith of Hope," was bucking a regular hurricane off the coast of Peru in latitude 12 south and longitude 82 west, Captain F. H. Pearson, a master mariner and resident of Richmond Beach for the past decade, was born.

Right then and there with the waves pounding and driving against the staunch craft with dynamic force, Captain Pearson's life work was cut out. From that day on he has lived, dreamed and loved, "Ships and Shipping."

Captain Pearson is the son of Capt. Henry Pearson, undoubtedly one of the best-known skippers that ever captained a ship on the East Coast. Following his father's footsteps,

Richmond's popular sea captain spent his boyhood days at Rockland, Maine.

In those days when school was out for the summer, Rockland's youths would practically live on the wharves and ships.

During this stay on the East Coast, Captain Pearson gradually was promoted up the ladder of success and was skipper of some of the finest ships that were ever built. The captain made over ten "Round the World" trips and was accompanied by his wife on four of these long voyages. They touched on every continent in the world and sailed the majority of the seven seas.

After coming out west and settling down at his ranch in Richmond Beach, Captain Pearson retired from active service for a number of years, but in 1916 with the War of the Nations raging, he answered the call for skippers and was given command of the U. S. Shipping Board's freighter, Mazama. She loaded in Seattle and visited Frisco, Honolulu and then back to the Golden Gate port to load a full cargo of rum and whiskey for New York. (This was before prohibition). Arriving safely at Gotham Harbor after an uneventful trip via the Panama Canal, Richmond's popular captain was preparing to put under way to the west coast with the Mazama, when he received instructions from the head offices of the Shipping Board to proceed to Seattle on the first train.

In the winter of 1918 he arrived in Seattle and was immediately given command of the crack freighter, Delight, "one of the finest cargo ships that Todd's of Tacoma has ever launched. The S. S. Delight was a 7800-ton vessel, owned by the Shipping Board, but allotted to Frank Waterhouse & Co., for the Puget Sound-Oriental run. Early in 1919 the Delight steamed on her maiden voyage for ports in China, Japan, Russia and the Philippines. With the flags of the Shipping Board furling in the breeze she steamed out of the Sound and set her course for Vladivostok, Russia.

After a fast passage across the North Pacific the Delight dropped anchor in the Russian port and to the dismay of the officers and crew they found the Russian city under Bolshevik rule. General Guida [not sure about this name, could be Gulda], famous Bolshevik General, was in command of the revolutionary troops.

After being held up in the Russian city for several months on account of the revolution, the Delight finally cleared for Hong Kong, China. From the Celestial city she visited Manila, thence to Keelung, Formosa, where they took on a full cargo of spices. From the Formosan port, the Delight touched at Kobe, Japan, and then steamed across the North Pacific.

Arriving on his side of the pond, the crack freighter visited Vancouver, B. C., where Capt. Pearson was royally entertained by the controlling news item when the Delight arrived here:

Brought First Cargo For C. P. R.  
Commander of Delight Delivered  
Freight to Great Railway System

"The U. S. Shipping Board steamship, Delight, Captain F. H. Pearson, arrived in port Sunday with 700 bales of hemp and 1000 tons of general cargo, for Vancouver. She is operated by Frank Waterhouse. The ship sailed from Kobe, June 3<sup>rd</sup>.

"Captain Pearson is an historic figure in this port, as he bears the reputation of having commanded the first ship that brought cargo to Vancouver for the C. P. R. This was thirty-four years ago, when he commanded the full-rigger, W. B. Flint. The Delight is a big steel freighter built at Seattle. She is at shed 5 of the C. P. R."

Captain Pearson estimates that a round trip to the regular ports of the Orient requires approximately 97 days and that the distance logged is 16,000 nautical miles.

During the years 1918, 1919 and part of '20, he made six round trip voyages to the Orient as master of the Delight. The Captain has never shipped under a foreign flag. He is an American skipper for American ships. Men of his type have helped to keep the U. S. A. among the greatest seafaring nations in the world.

When trade decreased with the Orient in 1920, the Delight was put in the bone yard and Captain Pearson was given command of the S.S. West Ivan, a crack freighter turned out by the J. F. Duthie Company of Seattle.

It was in the fall of 1921 when the Ivan made her initial run to the Orient with Captain Pearson in command. Storms had been raging off Cape Flattery a week prior to the Ivan's departure. As the freighter passed out of the straits and left the seaboard in her wake, heavy weather reduced her cruising speed considerably.

Late one afternoon of the fourth day out from Seattle, with the Ivan at a position some 1000 miles off Cape Flattery, Captain Pearson was in the pilothouse concentrating on a chart of the North Pacific. The big freighter was rolling freely as she dipped her nose in the waves and pierced through the mountainous breakers. Gallons of water soused the decks and broke over the midship cabin of the freighter. On her mast the stars and stripes were waving with the help of a snappy blow. A shadow passed out of the radio room, banged the door and scampered up to the pilothouse. Thud! Thud! "Come in," Captain Pearson answered.

"A Japanese steamer is foundering forty miles to the westward," the young operator started. In a firm, but yet amiable voice Captain Pearson gave the a. b. [not sure of this reference, but it is verbatim] at the wheel directions. The Captain's pace quickened as he left the pilot house. There were human lives in danger. Captain Pearson, veteran of many a thrilling adventure was at his best. In less time than it takes to relate every man on that ship was preparing to rescue the ill-fated Japanese.

As dusk was hovering close to the gray waters, the crew of the Ivan caught sight of the

sinking Japanese ship. Under the direction of Capt. Pearson the rescue ship was brought on the lee side of the doomed vessel. Barrel after barrel of crude oil was placed on the water between the two vessels. That helped matters somewhat, but still the seas were rough. By the light of the Ivan's searchlights, 16 drenched and forlorn Japanese were taken off the sinking ship. It was one of the most thrilling rescues in the annals of North Pacific shipping. It was a tribute to the courage and daring of Captain F. H. Pearson and his crew on the Ivan.

With the Japanese safely on board the West Ivan she continued on her voyage and reached the city of Yokohama after 16 more days on the Pacific. A warm reception was rendered the Captain and the crew of the Ivan when she reached the Japanese city.

A few months later in Seattle the captain was presented a silver loving cup by the Uchida Steamship Company, owners of the vessel. The following message was engraved on the cup:

"To Captain F. H. Pearson to  
impress our thanks for the rescue  
of Captain and crew of S. S. Fukui Maru.  
The Uchida Steamship Company, Ltd.,  
August, 1922."

Captain Pearson was presented with Crimson Cordon decoration by the Imperial Japanese government. This consists of a silver medal engraved with the captain's name. Also a small crimson ribbon and, of course, a diploma stating the nature of the daring deed. The Crimson Cordon is given only for saving life at sea.

Whenever the Captain wears the Crimson Cordon in Japan he is given every courtesy and shown all the hospitality that is accorded a high official of the Japanese nation. When that decoration is worn, every man, woman and child will salute the bearer. That is a tradition in the Japanese nation.

Captain Pearson is the 46<sup>th</sup> man to be singularly honored for such courage.

In Richmond Beach the Captain and his wife are two of the best-liked people in this community. At his home he has relics from the seven seas and it is one of the delights of the Captain and Mrs. Pearson to sit and talk of their travels and voyages.

During his remarkable career he has logged over 750,000 miles on the highways of the seven seas and there are hundreds of sailors that he has commanded who love him as the man they know him to be

A 100 per cent skipper! That's Captain Pearson of Richmond Beach.

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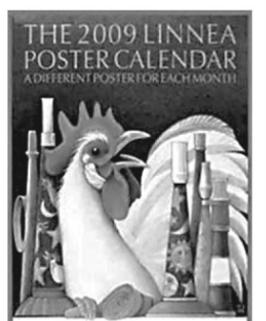
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Third Annual Gentle Giving Fair:

## Holiday Giving with Justice in Mind

by Beth Seacord

Richmond Beach Congregational United Church of Christ is holding its third annual Gentle Giving Fair on Saturday, November 15, from 10 a.m. to 4 p.m. This alternative-giving fair was a great success during its first two years, and this year it will be even bigger.

Alternative giving fairs have become increasingly popular the last several years, though some churches have been holding them in some form or other for decades. In their purest form, alternative fairs do not include vendors selling any material goods at all, but shoppers have the opportunity to make donations in the name of the individuals on their Christmas lists. This is a great option for those who already "have everything." At Gentle Giving, we will also be offering a variety of fair trade products, as well as cards and other items sold by not-for-profit organizations.

There is not room here to include all the participants, but here is a sampling of what to expect.

Fair trade vendors will be selling many different household and gift items. El Quetzal, a not-for-profit organization based in Seattle, returns this year to offer a wide variety of linens, bags, jewelry and other items from Guatemala. A new fair trade vendor will be Rwanda Partners, selling baskets made from traditional patterns and materials, with proceeds benefiting impoverished individuals and victims of genocide in Rwanda. SERRV products will include handcrafts, gift items and holiday decorations from around the world. Equal Exchange fair trade coffees, teas and chocolates will also be available, with proceeds benefiting the church's transition house. When you buy fair trade items, you can be assured that the producers are paid a fair wage for their labor, products are made using sustainable resources and practices, and the local community has benefited.

This year, popular wooden toys made by The Giving Tree, a project of Catholic Community Services, will again be available. These were a

hit the first year of the fair and are a welcome return.

Many familiar charitable organizations will be participating, some of which assist our geographic neighbors, and some that serve our neighbors in other parts of the world. For the gardener on your list, you could consider a membership to Kruckeberg Botanic Garden Foundation. Heifer International will have chickens, water buffalo, llamas and even arks that you can purchase in the name of the animal lover on your list. Don't worry – you are not imposing unwanted exotic animals on the gift recipient. The animals are given to impoverished families around the world as a food and income source. Solid Ground (formerly the Fremont Public Association) which serves many populations in King County, including the homeless and seniors, will have a display. Representatives from these and many other organizations will be available to answer questions and accept donations. You will be provided with a card or certificate to give to the person in whose name you have made a donation.

Take a break from shopping and decision making by enjoying lunch and snacks provided by the RBCC Youth Group. Browse through the used books available for sale. Proceeds will benefit the Youth Group's 2009 mission trip.

This Christmas season is going to be a hard one for many people. During this economy, many of us do not have as much to spend for the holidays, and at a time when the need is greatest, donations to food banks, homeless shelters and other organizations tend to drop. By getting your gifts at fairs such as Gentle Giving, you can stretch your dollars and give gifts that really do keep on giving – benefiting your neighbors in Richmond Beach and around the world.

Admission to Gentle Giving is free. Hopelink, our local Shoreline food bank, will also be at the fair. Though no admission will be charged, we ask that you consider bringing a can of food to drop into their box.

## Get Ready Richmond Beach!

By Sheri Ashleman and Sherry Edwards

The Puget Sound region is prone to a number of emergencies—earthquakes, severe storms, volcanic eruption, to name a few. In the event of a disaster, do you know how to respond if:

- > phones are dead and 911 is unavailable
- > gas lines leak
- > live electrical wires are down
- > trees have fallen on homes or roads in your neighborhood
- > a home has collapsed
- > a neighbor has a deep cut or is suffering chest pains
- > neighbors with disabilities need assistance

Knowing what to do in the first hours of a disaster may help you save a life, reduce the severity of injuries and reduce the amount of damage neighborhood buildings sustain. Households need to be ready to take care of themselves for at least 72 hours without outside assistance. Your most immediate source of help are the neighbors living around you.

Richmond Beach Community Association is taking steps to make our community a "ready neighborhood"! This will be accomplished through a "Ready Neighborhood Program" provided by the City of Shoreline, which builds and strengthens disaster readiness among neighbors. The community will be divided into "pods"—groups of homes or other entities located in close proximity to one another. A volunteer from each pod will host a "mapping" event for residents of the pod. The facilitator will receive a 90-minute DVD. Participants view the interactive DVD and fill out their own "ready packets" provided by the City. In addition, they will:

- > learn a 9-step response plan that teaches how to respond to injuries, leaking natural gas and assist people who may be alone and frightened.
- > identify the skills and equipment each neighbor has that are useful in an effective and timely disaster response.
- > map their neighbors' natural gas meters and propane tank locations so they can quickly respond to leaking gas and reduce the threat of fire.

By the end of the meeting, the pod will be prepared for an emergency!

In January, RBCA will kick off their Ready Neighborhood Program. The first pod meeting will be held on Saturday, January 17, at 10:00 a.m. in the library at Syre Elementary School at 19545 12<sup>th</sup> Avenue NW. While this is an actual meeting for residents in that pod, anyone interested in becoming a facilitator for their neighborhood is welcome to attend to see just how fun and easy the process is. No training is required to host a meeting; the City of Shoreline will provide every neighborhood facilitator with a guide and a DVD to help run their meeting. RBCA's goal is to map every pod in the neighborhood by the end of 2009. Contact RBCA Board Member Sheri Ashleman, 542-9147, sbashle@aol.com or Sherry Edwards, 546-3724, dsma@comcast.net of the RBCA board to volunteer—be a hero!

Shoreline-Lake Forest Park Arts Council

## 2009 Community Project Awards

Application Deadline: Friday, November 14, 2008

Project dates: January-November 2009

The Shoreline-Lake Forest Park Arts Council is pleased to announce the 2009 Community Awards Program. These awards provide funding for expanded arts opportunities for Shoreline and Lake Forest Park organizations. The Arts Council seeks to encourage, foster, and promote experiences in all the arts to enhance the quality of life in our community. Non-profit organizations that provide cultural programming for the benefit of the general public are eligible for funding of special projects, artists' residencies, and performances that extend their usual scope. Matching funds are required. An organization may apply for one Community Award only in any one year. Award amounts will range from approximately \$250-\$1000. For complete guidelines and an application, go to our website at [www.shorelinearts.net](http://www.shorelinearts.net), click on programs and then community awards. Please contact the Arts Council at 206-417-4645 with any questions.

## Dr. Jerry's Stress Reduction Formula

by Jerry Girmus

Well, it is obvious that there is considerable stress in our world today. Two wars, a failing economy, the price of food and gas, and the election, to name just a few.

The following is a successful program I've provided for many of my patients. (For you great folks here in Richmond Beach there is no charge). However, if you see me down at the Little Store you could buy me a mocha).

Dim the lights in your favorite room, build a fire, and play soothing music. Enjoy a glass of wine, beer or cognac.

Now, picture yourself near a stream. Birds are chirping in the crisp, cool mountain air. Nothing can bother you here. No one knows this secret place. You are in total seclusion from that place called "the world." The soothing sound of a waterfall fills the air with a cascade of serenity. The water is so clear that you can easily make out the face of the person whose head you are holding under the water.

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## Give Graffiti the Brush Off

By Shoreline Police Department

This month the Shoreline Police Department, working cooperatively with the city of Shoreline and the Shoreline School District, are formally kicking off their Anti-Graffiti Program.

Shoreline police officers will be visiting the schools in Shoreline to begin educating the students about the negative effects of graffiti. Their main message is that graffiti is not art, it is a crime.

The police department has been very successful partnering with Crime Stoppers. Over the summer the police department received a number of tips via Crime Stoppers naming possible graffiti suspects. Detectives followed up on these tips and a number of arrests have been made. Crime Stoppers will be paying cash rewards to a number of citizens who provided this information.

The police department will be handing out "Give graffiti the brush off" flyers throughout the city with the Crime Stoppers information on the back.

You can help reduce graffiti in our community by following the proven "3 R Method": record, remove and report graffiti vandalism.

### 1. Report it! Graffiti in progress

Call 911 immediately

### Graffiti on my property

Call 911 to file a police report

### Graffiti on City property

Call (206) 801-1700 to report the location; the City removes graffiti within 48 hours.

**2. Record it!** Record the date, time and location of the graffiti. If the graffiti is on your property, take a photograph if you need one for insurance purposes.

**3. Remove it!** Prompt and persistent removal is the most effective way to prevent graffiti. While this may be difficult, studies show that removal within 24 to 48 hours results in a nearly zero rate of recurrence.

The Shoreline Police Department and businesses of Shoreline have adopted a zero tolerance for graffiti. Those apprehended will be charged with the crime. If found guilty, in addition to any criminal penalty, Prosecutors will also be asking for restitution and/or community service to be done within the city of Shoreline.

## Shoreline Senior Center

**The Shoreline-Lake Forest Park Senior Center offers a variety of computer classes,** from the very basic to helping set up your new laptop. For the months of November and December we will be offering: Basic Computer Orientation, Intermediate Computer, Digital Camera Basics, Computer Workshop: Answering your questions, solving your problems, and Figuring out your laptop. Call 206 365-1536 for more information. Classes limited to 5 students. Fees are different for each class

### There are two special Holiday classes being offered:

**Crafting with Kathy: Holiday Cards.** Wednesday, Nov. 19, Kathy will help you make unique, one of a kind holiday cards with her abundant supply of stamps, stamp pads, crazy scissors and fun papers. Class limited to 10. Fee: \$6.00

**Gingerbread Houses...the real kind!** Wednesday, Dec 3, Kathy will supply everything: the house pieces, frosting, and all the candies and adornments. So cute and perfect for a holiday centerpiece. Limited to 8 students. Fee \$20

**Breakfast with Santa.** Co-sponsored by the City of Shoreline Parks Department, by reservation. Call: 206-801-2600. Adults \$7, children ages 2 - 12 \$5, children under 2 are free. Photos with Santa; breakfast by our Senior Center Breakfast cooks.

**PROBUS,** Tuesday, Nov 18<sup>th</sup> 11:00 a.m. This month's guest is from the **Department of Ecology** with a presentation on how to lessen pollution from cars and save money at the pump. Something we all have concerns about. This meeting is open to interested participants of the Senior Center.

**Aging and Memory: What's Normal, What's Not.** Julie Moorer, RN will be presenting to the Diabetes Support Group at 10:00 a.m. on Tuesday, Dec. 16<sup>th</sup>. Everyone is welcome to attend this session.

**Are you thinking about exercising?** There are many different exercise programs to choose from at the Shoreline-Lake Forest Park Senior Center: Gentle Yoga, Exercise to Music, Soft Exercise, Enhanced Fitness, and Tai Chi for Health. If you are interested in learning more about these classes, call 206 365-1536

**Alternative Medicine Clinic from Bastyr College of Natural Medicine** You can get a Naturopathic Medicine appointment with Bastyr University held at the senior center. Assessments will be made by final year clinical students supervised by a licensed Naturopathic Doctor (ND). Fee \$10. For an appointment call: 206 365-1536

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## Life of Nurserywoman Maren Kruckeberg Profiled at Shoreline Historical Museum

Maren S. Kruckeberg did not graduate from college and never held an important post. Yet this largely self-trained horticulturist made a name for herself and her Richmond Beach nursery over a span of 45 years. Today, the MsK Rare and Native Plant Nursery is the centerpiece of the Kruckeberg Botanic Garden, a unique woodland glen of native and exotic plants and trees developed by Maren and her botanist husband, UW Professor Emeritus Art Kruckeberg.

Maren earned a reputation in the community as an expert in plant propagation and often taught classes on the subject. She built up her nursery stock from propagating plants in the garden and by trading seeds and cuttings with other well-known botanists in the region and around the world. The Kruckeberts counted among their friends UW botanist C. Leo Hitchcock and Carl English, the landscape architect who shaped the botanic gardens at the Ballard Locks.

In addition to her work in the garden and nursery, Maren was an accomplished botanical illustrator; her drawings appeared in ads for the nursery and accompanied her husband's scientific articles. She provided consultation to the editors of *Sunset Magazine* for many years on horticultural subjects. She personally led tours of the garden upon request; all this while raising five children with her husband.

Today the MsK Nursery continues to sell plants in support of the Kruckeberg Botanic Garden Foundation, the nonprofit which operates the garden. The botanic garden itself, in private hands for 50 years, was recently purchased by the City of Shoreline and will be preserved as a public garden in perpetuity.

The nursery prides itself on offering both native and exotic plants, many of them descendants of plants originally propagated by Maren. Rare species include: *Rhododendron auriculatum*, Vancouver *planipetala* — the Inside-out Flower, and *Cassinia x ozothamnus*.

Maren Kruckeberg passed away in 2003 at the age of 77. Friends and admirers dedicated a memorial wall to her at the entrance to the nursery she created. To honor her legacy, "Maren Schultz Kruckeberg: A Horticultural Legacy for the Washington Community" will be on display at the Shoreline Historical Museum from November 15, 2008, through March 14, 2009. Admission to the Museum is free and is open Tuesday-Saturday from 10:00 am to 4:00 pm. The exhibit is made possible, in part, by a grant from the Women's History Consortium. Three public events are planned. On Saturday, Nov. 15th at 1:00 pm the exhibit will open with Dr. Art Kruckeberg as the featured speaker. On Saturday, Jan. 17th at 1:00 pm Guest Curator Deborah Horn will discuss Maren Kruckeberg and Northwest Horticulture. Liz Birkholz will discuss Maren Kruckeberg's Place in Washington Women's History on Saturday, March 7th at 1:00 pm.



*Dicentra formosa*, Western Bleeding Heart, drawing by Maren S. Kruckeberg



### Stacks of photos?

## Karen Weber

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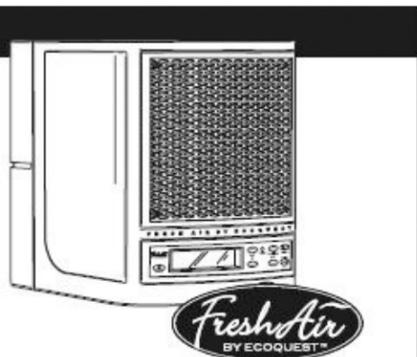
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# November calendar of community events

## Richmond Beach Library Call 546-3522 for information

### Pajamarama Story Time

Wednesdays, November 5, 12, and 19 at 7 pm. All young children welcome with parent or caregiver. Wear your pajamas and join us for books, stories and songs!

### Toddler Story Time

Thursdays, November 6, 13, and 20 at 10:15 am. Ages 2 to 3 with adult, siblings welcome. Join us for books, finger plays, stories and songs just for toddlers!

### Preschool Story Time

Thursdays, November 6, 13, and 20 at 11 am. Ages 3 to 6 with adult, siblings welcome. Share the wonderful world of books with your preschooler!

### Recess Monkey - The Holiday Show!

Saturday, November 15, 11:00 am. Ages 3 and up. Brighten up the darkening days of November with a fun-filled, energetic music set from Recess Monkey. These three teachers celebrate the amazing "every day" lives of kids—every day, no matter the season or the holiday. Recess Monkey are three teachers from Seattle who like to rock out with kids and families—come hear what all of the buzz is about... and laugh right along!

### Study Zone

Homework help for K-12. Every Monday afternoon at 4 p.m. when school is in session.

### Game On & Mural Project

Thursdays, November 6 and 20 at 4 pm. The Game On/Mural Project (GOMP) is video gaming and manga art for teens! Gamers and artists in middle and high school play multi-player video games and create full-wall mural. Games may include Wii, DDR, Guitar Hero, Cooking Mama and others. Bring your talents to the library and get GOMP!

### Amazement Magic Workshop

Saturday, November 8, 11:00 am. Learn tricks to amaze and astound your friends and family with Jeff Evans' Amazement Magic Workshop. Props and materials used during the workshop go home so you can immediately practice and perform your own magic show. You'll learn the "Impossible Knot," "Three Card Monte," and flabbergasting mental magic.

Whether you want to enter a talent contest or fool your friends, the Amazement Magic Workshop is for you! Ages 12 and up. Registration required. Co-sponsored by the City of Shoreline Parks and Recreation Department and the Friends of the Richmond Beach Library.

### Writing a Novel: How to get started and keep going

Saturday, November 1 at 10:00 am. Always wanted to write a novel? Join two novelists as they talk about practical concerns, creative strategies, and how to keep your butt in the chair long enough to get those words down. Presented by Kelly Jones and Brenna Shanks. Celebrating NaNoWriMo - National Writing Month. *All ages welcome.*

### NaNoWriMo: Coaching Sessions

Tuesdays, November 04, 18, and 25 at 1:30 pm. Writing coaches will be available to help brainstorm characters, unstuck plots, and cheer on NaNoWriMo writers.

### Beaded Jewelry Demonstration

Monday, November 10 at 7:00 pm. Artist Cynthia Toops demonstrates how her beautiful polymer clay beads and jewelry are made. She began making jewelry in 1986, and has used many decorative techniques for polymer clay from inlay to micromosaics.

### Author Jeremy Greenberg

Monday, November 17 at 7:00 pm. Author and comedian Jeremy Greenberg discusses his forthcoming book *Relative Discomfort: The Family Survival Guide*.

### Talk Time

Tuesdays, November 4, 18, and 25 at 4 pm. Improve your speaking and listening skills in this English conversation group.

### Evening Book Discussion

Monday, November 3 at 7 p.m. Join us for a lively discussion of *A Long Way Gone: Memoirs of a Boy Soldier* by Ishmael Beah.

### Afternoon Book Discussion

Thursday, November 13 at 2 pm. Join us for a lively discussion of *Cold Comfort Farm* by Stella Gibbons.

## Book Review by Aarene Storms

Gretel reveals what really happened with Hansel and the witch and the oven. Prince Charming is bewildered by Cinderella's behavior after the wedding. The magic harp explains why she loved to play and sing for the giant...and why she would never sing for that thieving rascal Jack. The witch tells how she really obtained a little girl she named "Rampion" — which translates as "Rapunzel" in Italian.

In this slim volume, seven familiar fairy tales are retold by non-traditional central characters from each story, offering a unique perspective for the reader. Pencil illustrations and beautiful cover art add to the lushness of the book. Recommended for fairy tale readers, ages 14 to adult.

**Black Pearls : a Faerie Strand  
by Louise Hawes  
Illustrated by Rebecca Guay**

### Exhibit: "Mareen Schultz Kruckeberg: A Horticultural Legacy for the Washington Community."

Opening Event: Saturday, November 15, 1:00 pm

Exhibit runs until March 14, 2009

Shoreline Historical Museum

749 N. 175th Street, Shoreline

Museum hours: Tuesday-Saturday, 10:00 am - 4:00 pm

Free to the public.

The exhibit features photos, writings, botanical illustrations, and artifacts related to the life of Mareen S. Kruckeberg, founder of the MsK Rare and Native Plant Nursery and co-founder, with her husband Dr. Art Kruckeberg, of the Kruckeberg Botanic Garden in Richmond Beach.

\*\*\* Please see article on Page 7. \*\*\*

### Gentle Giving Fair—Holiday Giving with Justice

Saturday, November 15 10:00 am - 4:00 pm

Local charitable organizations include the Church of Mary Magdalene, Noel House, Teen Hope and HopeLink. Heifer International will be represented, as well as the Shoreline Parks Department and Kruckeberg Gardens. Select from Guatemalan linens and clothing, Rwandan baskets, locally made wooden toys, fair-trade Christmas ornaments and much, much more! The Youth Group will provide snacks and beverages, as well as have a used book sale, to raise funds for their 2009 Mission Trip. Tell your friends and neighbors. There will be something for everyone on your gift list! Admission is free, but we encourage you to bring a can of food for the food bank. For more information please call Beth Seacord at 206-778-4686 or dogged4justice@msn.com.

## Syre Elementary

### Book Fair

Wed., Nov. 19, 8:30 am-4:30 p.m.  
Thur., Nov. 20, 8:30 a.-4:30 p.m., 5:30-8:00 pm  
Fri., Nov. 21, 8:30 am-Noon Library

### Family Fall Event

Thur., Nov. 20, 5:30-7:00 pm Cafeteria

### Syre PTA Meeting

Tue., Nov. 25, 7:00-8:30 pm. Library

### Shoreline PTA Holiday Food Drive

Dec. 2-12

### Parent Coffee

Thur., Dec. 4, 11:00 am-Noon

## Shoreline School District

### No School - Grades K-12 - Staff Work Day

Mon., Nov. 10

### No School - Veterans Day

Tue., Nov. 11

### Early Release - Grades K-12

Wed., Nov. 26

### No School - Thanksgiving Break

Nov. 27-28

### No School - Grades K-12 - Staff Work Day

Mon., Dec. 1

## RBCA Community Events

### Turkey Day Fun Run in Richmond Beach

Thur., Nov. 27, 8:30 am  
Meet at entrance to Saltwater Park for warm up and group photo, then run, jog or walk a course through scenic Richmond Beach. Sponsored by Richmond Beach Community Association

*PLEASE NOTE: 20th Avenue NW between the Saltwater Park and Richmond Beach Road will be temporarily closed on Thursday, November 27, from approximately 8:55 to 9:15 am at the start of the Turkey Day Fun Run.*

### Ornament Decorating/Tree Lighting/ Caroling

Sat., Dec. 6  
2:00-4:30 pm - Decorate ornaments at Fire Safety Center  
5:00 pm - Tree Lighting Ceremony at Spin Alley  
5:30 pm - Caroling at Richmond Beach  
Sponsored by Richmond Beach Community Association

## Einstein Middle School

### 7<sup>th</sup> Grade Hearing Screening

Wed., Nov. 12

### 7<sup>th</sup> Grade Vision Screening

Thur., Nov. 13

### Concert Band, Symphonic Band and Mixed Chorus Concert

Thur., Nov. 13, 7:00 pm Gym

### Einstein PTA Meeting

Tue., Nov. 18, 7:00-8:00 pm Faculty Lounge

### 7<sup>th</sup> Grade Scoliosis Screening

Nov. 19-20

## Shorewood High School

### Once Upon A Mattress

Nov. 13-15 & 20-22, 7:30 pm SW Theater

### SW Drill Team

Drill & Dance Competition  
Sat., Dec. 6, 1:00 pm SW Gym

## Other Community Events

### Rake and Bake Work Party

November 16th, 1 pm - 4 pm Kruckeberg Botanic Garden, 20312 15th Ave NW  
Volunteers are needed for our 3rd Annual Rake and Bake event. We'll gather to rake leaves and enjoy home-baked desserts in the autumn scenery. It's a fun, social time for all. Bring work gloves, a rake if you have one, and a dessert to share. Contact volunteer@kruckeberg.org or call 206-546-1281 for more information.

### Holiday Gift Sale

December 6 and 7, 10 am - 3 pm Kruckeberg Botanic Garden, 20312 15th Ave NW  
Find a 'green' gift at the Kruckeberg Garden's Holiday Gift Sale! Gifts will include tabletop trees, gift certificates and memberships, cards, wrapped plants, crafts, and more. Proceeds support the garden.

## Community Help Needed

**Volunteers for Turkey Day Fun Run** - (November 27) Help needed to set up and tear down running and walking courses. Also need volunteers stationed at various points on the course. Contact Sheri Ashleman at 542-9147.

**Craft Items for Ornament Making** - (before December 6) Do you have spare craft items (styrofoam balls, pipe cleaners, embellishments, glue, etc.) to donate to the ornament decorating party on December 6 at the Fire Safety Center? Contact Sheri Ashleman at 542-9147.