

Richmond Beach COMMUNITY NEWS

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FEBRUARY 2023

Revival of the Strawberry Festival

By Sheri Ashleman

After a four-year hiatus, the wildly popular Strawberry Festival will be back in 2023! On Saturday, **May 6, from noon to 5:00 p.m.**, the Richmond Beach Community Association and the City of Shoreline will be hosting their 21st festival at the Richmond Beach Community Park. The event will include a children's parade, live music, food trucks, strawberry shortcake, children's activities, community and business information booths and a book sale by Friends of the Richmond Beach Library. There is guaranteed to be fun for everyone!

As a former RBCA Executive Director and having organized the Strawberry Festival for 19 years before my retirement in 2019, I will be mentoring two fantastic volunteers from the neighborhood who have agreed to take on this event. Let me introduce you to Bianca Williams and Sarah Hinnenkamp.

It's possible some of you already know Sarah (maiden



NEW STRAWBERRY FESTIVAL ORGANIZERS SARAH HINNENKAMP (L) AND BIANCA WILLIAMS
-PHOTO COURTESY SARAH HINNENKAMP

name "Barnes"). She grew up in Richmond Beach and attended Syre, Einstein and Shorewood schools. In 2013, she and her husband, Bobby, moved back to Richmond Beach. They have two daughters who are in 3rd grade and 5th grade at Syre. Sarah worked at Starbucks for 15 years, the last 8 years at the Gateway store in Shoreline. In April 2022, Sarah started working at Shorewood High School as the Student Store Coordinator. For pleasure, you can find her out walking in the neighborhood, at a local sporting event or working on some sort of art project. "Community and inclusion

are dear to my heart," offers Sarah. "I'm excited to help bring back an event that will encourage both of these things."

Born and raised in North Seattle, Bianca moved to Richmond Beach in 2013. She and her husband, Bobby, and their two daughters enjoy playing at local parks, visiting the library and attending all kinds of sports events, from Hillwood Soccer to the Hawks. Most days you'll see her walking along the bluff with her yellow lab, Harley. Bianca is active on the Syre PTA Board and, prior to **See Strawberry Festival returns, page 8**

Point Wells Digest

BSRE loses again

By Tom Mailhot

For the last 10 years, the Blue Square Real Estate development company (BSRE) has been attempting to get Snohomish County to approve a large mixed-use development on the 60 plus acres of the Point Wells property at the north end of Richmond Beach Drive. As proposed, the development would include multiple towers, some as tall as 180 feet, over 3,000 housing units and considerable commercial and retail space.

For the last four years, the county has consistently rejected the development application citing numerous serious conflicts with the county's development code. The most important conflict concerned the height of the towers. This past December, BSRE lost in court again when the Washington State Court of Appeals ruled that the county properly interpreted its own development code in telling BSRE

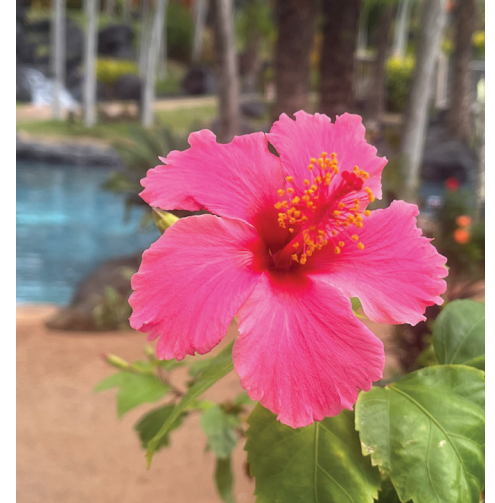
that they had to limit their buildings to no more than 90 feet in height.

The disagreement on building height stems from a provision in the county code that sets the building height at 90 feet but allows a developer to build as high as 180 feet if the development is near a mass transit facility. BSRE claimed that since the Sounder train to and from Edmonds runs through the property (without stopping), the site was near a mass transit facility and should qualify for the higher building limit. The county disagreed, saying that there needs to be access to the mass transit system (a station), not just a train traveling through the site.

The first two times this issue went through superior court, the county was told to allow BSRE to resubmit their application after engaging in a good faith effort to resolve their differences, but the court refused to rule on whether

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Richmond Beach Garden Tour - June 3



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- PHOTO BY KRIS FORDICE

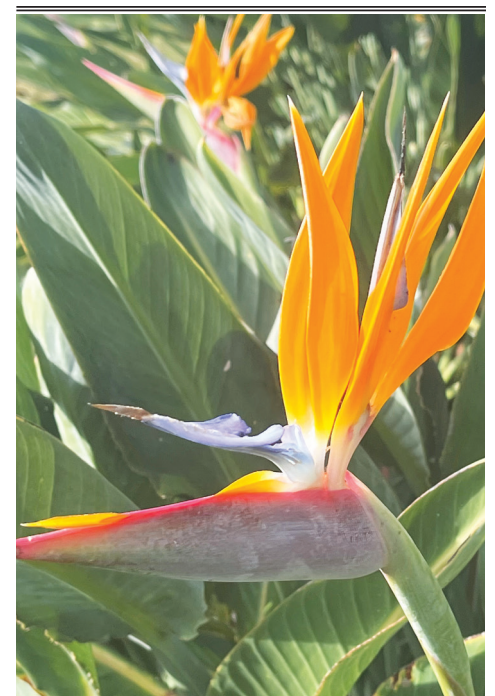
By Kris Fordice

Happy New Year and welcome to 2023. There are new gardens to create, new plants to discover, new design ideas to explore and there's always maintenance. I must admit I love the seasons in my garden and how the winter hibernation turns into spring.

I'm looking forward to finding gardens and gardeners for the Richmond Beach Garden Tour. As you watch your garden come to life, please consider participating in this year's tour. The tour will be on **Saturday, June 3, from 11:00 a.m. to 4:00 p.m.** Contact me at gardentour@richmondbeachwa.org.

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

Note: The photos accompanying this article are definitely not from my garden. They are from the beautiful garden island of Kauai where I spent the first week of January enjoying the tropical plants and flowers.



BIRD OF PARADISE

- PHOTO BY KRIS FORDICE

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Tips For Reducing Inflammation

By: **Suzanne McMurry, ND, FABNO**

The word inflammation may bring up immediate thoughts of a swollen ankle or redness around a new cut or scrape. This is indeed correct, it's your body's immune response to an acute attack. Acute inflammation plays a vital role in healing; but in some instances, an immediate immune response isn't enough to clear a virus or bacteria. When that occurs, the inflammation becomes chronic like in Lyme, HIV and long COVID. At that point, the inflammation itself becomes the problem. Sometimes the body mistakenly perceives its own cells as being harmful, leading to autoimmune conditions such as type 1 diabetes, lupus, psoriasis, allergies and rheumatoid arthritis. The symptoms largely depend on the disease, but the most common signs are pain and/or loss of energy.

Nutrition can play a large part in how your body heals from inflammation. The Anti-inflammatory Diet focuses on incorporating high amounts of plant-based Mediterranean foods and eliminating foods that are processed, as well as common food irritants such as dairy, gluten, eggs, red meat, pork, peanuts, corn, tomatoes, potatoes and citrus fruits. Foods such as extra virgin olive oil, high fiber foods, leafy greens, berries, beans and legumes, grains (rice, millet, oatmeal, buckwheat), quinoa, chicken, turkey and fatty fish can be enjoyed thoroughly. Some of my favorite anti-inflammatory foods included in this diet are:

1. **Mushrooms:** (button, shitake, maitake, crimini, etc.)—promote vascular health and immune system balancing. Recommend at least 1 cup raw or ½ cup cooked daily.
2. **Garlic:** antibacterial, antiviral and stimulates immunity. Recommend 1-3 cloves daily.
3. **Berries:** (raspberries, blueberries, blackberries, strawberries)—high in antioxidants and immune balancing. Recommend at least 1 cup of berries daily.
4. **Turmeric:** anti-inflammatory and enhances detoxification. Golden tea (recipe below) is a great way to get in some turmeric on a daily basis. Recommend 1-3 Tbsp daily.
5. **Cruciferous veggies:** anti-inflammatory and enhances liver detoxification. Recommend at least 1 cup raw, ½ cup cooked daily.



- TOP PHOTO FROM PIXABAY; BOTTOM PHOTO BY SUZANNE MCMURRY

Point Wells Digest- continued from page 1

BSRE was entitled to the 180-foot limit. In both cases, BSRE submitted essentially the same application with the same 180-foot towers, and the county rejected both applications. In this latest ruling, the court of appeals finally confirmed that without a station on the site, the county was correct in limiting the building height to 90 feet.

This result left BSRE with several options: They can ask the court of appeals to reconsider their decision, they can appeal to the state supreme court (with no guarantee that the court will agree to hear the case) or they can start over with a new application.

BSRE signaled they are not yet ready to concede defeat when in mid-January they filed a motion for the court of appeals to reconsider the decision. That's unlikely to succeed since it involves convincing the court they made a mistake, but it also likely means the next step will be appealing to the state supreme court.

BSRE desperately wants a court to order Snohomish County to approve their application because the alternative is to either drop any plans to develop the site or to start over with a new application. BSRE's original application has the right to follow the urban center zoning rules that were in effect 10 years ago when the application was first submitted, but those zoning rules have since been replaced by a new set of urban village zoning rules. Any new

application would have to follow the urban village zoning rules.

The urban village rules are not as attractive to BSRE because they slightly reduce the number of units allowed but, more importantly, require BSRE to reach agreement with both Shoreline and Woodway on traffic and other impacts before submitting any application to Snohomish County. Both Woodway and Shoreline have indicated they will impose limits on the amount of traffic generated by any development at Point Wells due to limited road access to the site. Limiting the amount of traffic could also limit the number of units BSRE would be allowed to build, potentially making a large development at the site impossible.

With BSRE still working the court system, it could take years for this to come to a final solution.



POINT WELLS FROM RICHMOND BEACH DRIVE

-PHOTO BY BETTY NGAN

RICHMOND BEACH COMMUNITY ASSOCIATION

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

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



RICHMOND BEACH COMMUNITY ASSOCIATION

Become a RBCA Member

You can help build community together by joining the Richmond Beach Community Association today! Support community events, neighborhood enhancements, communication and fun!



Richmond Beach COMMUNITY NEWS

The Richmond Beach Community Association publishes the *Richmond Beach Community News* monthly September through June. Printing and free mailing to all Richmond Beach residents is financed by advertising revenues and RBCA membership dues, and all work from advertising sales to editing and design to distribution is done by volunteers.

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SUBMISSIONS

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

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

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Student life



Classes to take and clubs to join in high school

By Finley Stroh

We are halfway through the school year, entering second semester, and soon we seniors will be graduating! From almost four years in high school, it's safe to say we've learned which special program classes you should take, how this impacts your schedule and maybe even what you decide to do after high school.

For me, my freshman year of high school I decided to join our school's Video Production Club as an anchor and ended up working my way into leadership roles over the years. Now I'm planning on going to college majoring in broadcast journalism. It's crazy and unexpected, to say the least, how much one mindless decision freshman year turned my world upside down and set me on my way to broadcast news . . . well not just yet!

I highly recommend joining clubs that you're interested in and also challenging yourself in your freshman year. Many clubs can correlate to classes in the same subject and can help you find your focus in high school.

With my experience and love working on the video broadcasting team and writing, my sophomore year I joined newspaper class and my senior year became editor-in-chief of our online paper. Specialty classes ranging from robotics to ceramics, paired with leadership roles and corresponding similar art or science clubs, build your resume, credibility and, most importantly, your experience and interest in the area of study.

Above all, you will make connections, grow and improve as a person and learner and have experience to shape you into the person you graduate as, or the people we seniors will graduate as in four months, different from the ones we were when we entered high school.

BE A RBCA VOLUNTEER



Anina's Corner



GOATS IN ARGAN TREES

-PHOTO BY ANINA CODER SILL

A Moroccan holiday

By Anina Coder Sill

I was honored and delighted to travel to Morocco this winter with my daughter. It's such a gift to be with someone you love. Though I missed seeing the deer prints in my snowy yard, I do not regret missing the icy roads in Richmond Beach.

I really enjoy traveling and find that other parts of the world nestle in my mind and heart much stronger if I get to visit. Little bits and pieces I've heard or read come together and act as a magnet attracting more interest and information.

I remember a National Geographic article featuring a photo of Moroccan goats who climbed Argan trees to eat the nuts. Goats in trees! I'm intrigued by goats in general—their behavior, vertical pupils, appetite and ability to climb. I read that after the article was published, the climbing goats became more of a tourist attraction and some owners actually tied their goats to the trees. I was really excited to view the goats from a distance while riding a bus from Marrakesh to Essaouria—and they were far enough away that I could not tell if they were tethered.

We felt comfortable and warmly welcomed into this country—the Muslim call to prayer

five times a day over speakers, people sharing their stories, and the many semi-feral cats that are culturally treated fairly well. A cat jumped into my daughter's lap at an outdoor café and onto the outside ATM machine as we used it. Cats were napping, playing and purring in the many carpet markets we visited, and there were even cats in the museums.

There were camels at the beach, which I enjoyed seeing but did not ride; donkeys braying and hauling loads to the market; Sahara Desert; Atlantic Ocean; High Atlas Mountains; good highways and smiles and greetings from all ages. Part of the greetings were due to thankfulness that tourism was returning, but I felt that people were genuinely kind and welcoming in this historic part of the world.

I admired my daughter's ability to check out stall after stall before purchasing something, accept mint tea and negotiate cheerfully with the vendor, and her aptitude with Google maps and high school French were vastly appreciated.

One of my favorite experiences was going to a private Hammam where we received a very thorough scrub and then a massage. I was asked, "Are you alright, Madame?" and replied with a grateful hug and a tearful smile for such a lovely and personal experience.

Volunteering—why we keep asking!

By Allison Taylor

You may have noticed a common theme—RBCA needs volunteers! We're super excited about all of you who have reached out already to share your time and talents. Over the next month, I'll be contacting everyone who has signed up already to get you going. The pandemic gave all of us time to pull back, reassess and recommit to the activities that are important to us outside of the home—now it is time to rebuild old traditions and create new ones.

Of all of the neighborhoods in Shoreline, Richmond Beach offers far more community events than any other, but this comes at a cost, both financially and of volunteer time.

Based on previous resident surveys, we value these activities very much. They are for the community, but also BY the community. Please take time to help us continue, and improve upon, our dedication to these important ways to connect.

Make the list: Use signup.com/go/CrUQuxm or the QR code on this page or email us your interest at board@richmondbeachwa.org.

Notable Richmond Beach resident - Evan Smith 1945-2022

Reprinted with permission from Shoreline Area News

By Ellen Gardner

Evan Bernard Smith, whose resilience and upbeat view of life guided him for decades through the challenges of multiple sclerosis, died November 18, 2022. He was 77.

The son of Bernard and Esther (Davies) Smith, Evan was born in 1945 in Seattle.

His maternal grandfather, Thomas Davies, an immigrant from Wales, was a pioneering figure in Snohomish County and a special influence on Evan, who came to share his grandfather's gentle nature and his community-minded spirit.

A graduate of Marysville High School in 1963 and Whitman College in 1967, Evan majored in history and was a Northwest Conference All Star in cross country and track multiple times. He was co-captain of Whitman's cross-country team that finished third in the 1966 NAIA National Cross Country Championships and individually finished sixth in the steeplechase in the 1967 NAIA National Track Championships.

Evan still holds two Whitman records—for the two-mile run and distance medley relay. He was known for his commitment to Whitman athletics and wrote a sports column for The Pioneer, then the college newspaper. The opening line of his column was always "How's every little thing?"—a phrase he'd continue to say for the rest of his life with a gleam in his eye when inquiring how others were doing.

After graduation, Evan co-founded the Snohomish Track Club in 1968 and would continue to run in the Pacific Northwest, Alaska and the 1968 Olympic Trials. He stayed involved in the sport his whole life, coaching track for decades at the collegiate and high school levels,

even after his illness robbed him of his ability to run. His passion for the sport never waned; during his final years, the TV was always tuned to track events such as the Olympics or the World Athletics Championships.

Evan trained with the legendary Steve Prefontaine at the University of Oregon while earning a master's degree in communications (and would later lament the Ducks' devolution from a running school to a football school).

More than a decade later, he earned a law degree from Case Western Reserve University. As a professor at Kent State University, Ohio Wesleyan University, Southern Illinois University and University of Alaska-Fairbanks, Evan taught journalism, history and law during the 1970s, '80s and '90s.

At the end of 1990, he returned to the Northwest with his family. Although MS increasingly limited his mobility, he remained committed to writing, coaching and leading in the community. He was active in his church and his children's school district, coaching high school and middle school track from his wheelchair.

Evan wrote news and opinion columns for local news outlets—he co-founded the Shoreline Week, which eventually became part of the Everett Herald-owned Enterprise newspapers, where he was Forum Editor.

Later, he was a co-founder of the Shoreline Area News online publication, where he covered local politics under his byline and



EVAN SMITH
-PHOTO COURTESY OF SHORELINE AREA NEWS

local sports in unattributed articles, for over a decade. He was a mentor to the editor, sharing his knowledge of everything from story layout, to suggested topics, to the use of punctuation in headlines.

In 1998, at his daughter's nomination, Evan was named Father of the Year by the National MS Society's Greater Washington Chapter, where he volunteered his time to mentor those newly diagnosed with the disease. Evan never let his illness define him: He was optimistic, upbeat and full of self-described "vim and vigor." When asked how he was doing, he always answered, "Well, except for a little case of MS, I'm just fine!"

Evan is survived by his wife of 41 years, Barbara Schechter,

daughter Ellen Gardner (Adam), son Jared, grandson Wyatt, granddaughter Emma and countless other family members, friends and caregivers who fell in love with his wonderful (albeit interminable) stories and bad puns.

He imparted to his children his passion for history and sports and his attention to current political events. Those who spent time with him will remember his friendly nature, sense of humor, intellect and, most of all, his courage and determination to live a full life in the face of a cruel, incurable disease. Those qualities and his memory will forever inspire all who were lucky enough to know him.

A memorial service was held on Saturday, Jan. 28, 2023, at Richmond Beach Congregational Church, where those who knew and loved Evan came and shared stories—he loved nothing more than telling and listening to good ones.

In lieu of flowers, please contribute to the Evan Smith Fund for Cross Country and Track at Whitman College at give.whitman.edu/smith, which will support the program that meant so much to him and his lifelong teammates. Others might consider subscribing to their local newspaper and reading it regularly in Evan's honor.


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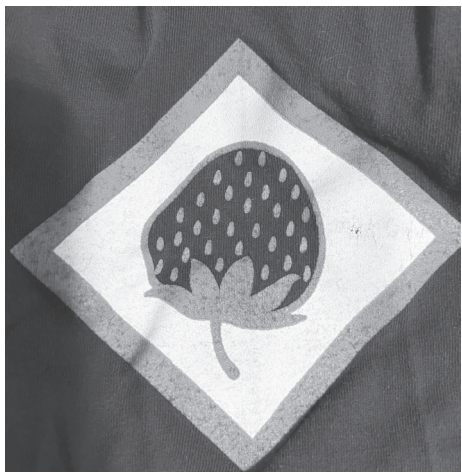


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The strawberry in Richmond Beach!



THE UPTURNED STRAWBERRY LOGO
-PHOTO BY TOM PETERSEN

By Tom Petersen

The upturned strawberry on the shoulder patches of the Richmond Beach baseball team of the early 1900s says it: Lots of towns and counties across America celebrate the berry, hold festivals and commemorate it as their own . . . but only the Richmond Beach fruit points up. It's a little unusual, it's a little sassy, it's a little insouciant, it's a little provocative. It's as attention getting today as it was when the Strawberry Huskers hopped the Great Northern to take on the town Nines all up and down the Iron Goat trail: Everett, Index, Sultan, Gold Bar, Skykomish.

The symbolism is unmistakable: In Richmond Beach, we wear our hearts on our sleeves. **How the strawberry became the heart of Richmond Beach**

When non-indigenous people began settling in Richmond Beach in the late 1880s, commerce took two general forms within a few years: businesses along the waterfront, most in conjunction with the Great Northern connector that ran between Everett and Seattle, and farming,

which was still the economic mainstay for a huge proportion of Americans. The slopes of Richmond Beach were logged off as fast as old growth could fall in the days before chainsaws, and two main products took hold: berries and chickens, these being the fastest plants and livestock to raise and get to market.

Already by 1902, berry farms were all over the neighborhood, some growing and becoming well-known and commercially successful. Two of the largest strawberry farms were the Perry and Eggert spreads, which sprawled across the hillside below what is now 8th Avenue NW. The Perry farm developed a variety that was huge, called the Richmond Beauty, that won prizes at fairs and is credited with making fruit from Richmond Beach famous.

Berry picking season was from June 1 to July 4 and would involve nearly the entire community. The Richmond Beach School let out for the summer by June 1, and every able child would pick berries. Nary a person can be found that grew up in Richmond Beach before World War II who did not harvest strawberries as a child for a few pennies per crate.

Those crates of berries were lugged down to the Richmond Beach train station, using the dirt roads that the town was growing up around; what is now 199th Street was named Eggert in those days in honor of the prominent berry enterprise.

When a semiprofessional baseball team was organized in Richmond Beach, it was naturally dubbed the Strawberry Huskers. The Richmond Beach Strawberry logo was born: a stem-down berry inside a diamond. The team faced Nines of loggers, fishers, rail workers and miners in the years before the First World War.

The strawberry was so important a part of Richmond Beach identity that the local community association, which had been incorporated in 1908, put on a Strawberry Festival to celebrate the

See **The strawberry in RB**, page 7

2023 HOME IMPROVEMENT WORKSHOP & VENDOR FAIR



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Board Busy-ness

By Allison Taylor
RBCA Board President

It must be a time of hibernation! More likely, exhausting after the whirlwind of fall/winter events. Board members report enjoying having a slowdown in board activity for a few weeks—we ramp back up again with a retreat at the end of the month. Our overarching agenda items were determined with our mission in mind.

Our bylaws state that our purpose is to: *keep residents aware and informed of issues by providing forums that create the opportunity for residents to form and express ideas, opinions and needs; promote and produce social events and*

projects that generate a sense of neighborhood and enjoyment among residents; nurture engagement among the Richmond Beach community, the City of Shoreline and surrounding communities.

With this in mind, we will discuss community meetings; membership; events—sponsorships and planning teams; board sustainability and priorities as we adapt to no longer having an executive director; communications and some tactical planning for the events of 2023. Big thanks to the City of Shoreline for allowing us the use of the cottage on the bluff at the Saltwater Park—what a gorgeous location to do our work!

Blood shortage: code red

By Tom Petersen

Facing a severe blood shortage, Bloodworks Northwest issued a “code red” emergency at New Years, and the crisis persisted through January. Bloodworks continues to ask everyone who is eligible and feeling healthy to fill immediate appointments to give blood. Donations dropped significantly due to winter weather and the holiday season.

Bloodmobiles will slowly return to the area this spring, with tentative plans including Richmond Beach. Until then, new and returning donors alike can go to a center—the closest are Lynnwood and North Seattle—or find a “pop-up” or “hybrid mobile” event. The next, closest pop-ups will be at the **Nile Shrine Center in Mountlake Terrace on February 16** and at the **Edmonds Waterfront Center on February 23, 24, 27 and 28.**

Appointments are made by going to bloodworksnw.org or by calling (800) 398-7888.

Donating Blood:

- Most people in good health, at least 18 years old and who weigh at least 110 pounds can donate whole blood every 56 days. See website for ages 16 and 17.
- Masks and appointments required. Donors can donate blood ten days after COVID symptoms resolve, and COVID and flu vaccinations do not affect your ability to donate blood.
- Recent changes in regulations have expanded eligibility, particularly for those who lived in or traveled extensively through, the British Isles. See the website for details.
- It takes about an hour to give blood from check-in to post-donation cookie. Information about who can donate and where is available at bloodworksnw.org.

Kudos

By Allison Taylor
RBCA Board President

A huge shout out goes to **all the community members** who responded to last month’s ask for community member involvement—the QR code is in this month’s paper again, in case you didn’t get the chance to respond. If you are low-tech, feel free to email president@richmondbeachwa.org if you want to help out. If you are no-tech, give me a call at (972) 467-4414 (yes, I’ve held onto my Texas area code!), but please understand if it takes me a while to call back—I work full time.

It may seem dark and dreary outside, but the team planning our Strawberry Festival in May are busy anticipating sunshine and ripe berries! We are thankful to have **Sheri Ashleman** leading the coordination of this HUGE community event and welcome newcomers **Bianca Williams** and **Sarah Hinnenkamp** to the planning team. This superpowered combo is a perfect example of the power a combination of longstanding and new volunteers can bring to the neighborhood. Thank you for showing your commitment to making Richmond Beach such a great community and creating this opportunity to showcase what we are all about. **Sherry Edwards** is already shoring up her shortcake plan, and **Tasha Hulak** and **Karen Thielke** of **Friends of the Richmond Beach Library** are planning a book sale in conjunction with the festival! Check out Sheri’s article in this paper about the event and mark your calendar for May 6!

Thanks to **Kris Fordice** for also seeing the literal light at the end of winter—her early work planning our Garden Tour is amazing. I can’t wait to see what neighborhood gardens blow me away this year!

Keep it up, **Finley Stroh!** Writing a monthly article is a big commitment, and Finley consistently is on time with her thoughtful, well-prepared articles—all that in addition to the millions of deadlines high school life brings. We appreciate the teen perspective and will miss Finley after graduation!

Have a viewpoint you’d like to share with the community? Email editor@richmondbeachwa.org to see how you can be involved.

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WE ♥ RB



-PHOTO BY BETTY NGAN

From The strawberry in RB, page 5

harvest and boost the community in 1913. The little town was, by now, a stop on the Mosquito Fleet ferry service, a stop on the Great Northern Railroad, and a vacation getaway for Seattlites who would come stay in tiny cabins on the beach (on “Cottage Lane”) or on the inland side of the tracks along Olympic Drive in little motor courts.

The Great War interrupted the Strawberry Festival as an annual event, but the idea kept coming back: There were iterations in the 1930s and 1950s, usually organized by the women of the community and taking various forms: fun and games sometimes, local agricultural expo other times. The roots of the Strawberry Festival of today took hold in the late 1970s and 1980s, when various community activities and celebrations began to coalesce. The Shoreline Fire Department played a large role in this, as the firefighters who were on call at the otherwise unmanned station (between the Le Petit Paquet and Blackbird restaurants) put on spaghetti dinners and parades.

Strawberry farming in Richmond Beach had disappeared by this time. The land was more valuable if developed for real estate; Richmond Beach was home to the workers at the Chevron petroleum works at Point Wells and people who commuted to the businesses along Highway 99 (Aurora). But the strawberry was indelibly established as the beloved symbol of Richmond Beach.

Today’s festival was a glorified neighborhood barbecue, originally, and the second try had to be held indoors at the Richmond Beach Congregational Church because it was pouring rain on the first weekend in May. It grew in the early 2000s thanks to the involvement of local restaurants and the City of Shoreline’s acquisition of the “showmobile” stage, which enabled the hiring of bigger bands. By the mid-2000s, the Strawberry Festival was a huge carnival. By the end of that decade, it was moved to the second weekend in May, where it became part of an entire weekend of festivities, cross-promoting with the Friends of the Richmond Beach Library Art Show (a big deal since the late 1960s), the annual Kruckeberg Botanic Garden Mothers Day Plant Sale and a car show hatched by enthusiasts at Richmond Beach Rehab.

True, May is not strawberry season, as festival-goers invariably note, and the umpteen gallons of fruit prepared for shortcake at the wing-ding now come from some far-away place that could lay its own claim to being some sort of fruit capital

But only in Richmond Beach do we wear our berries on our sleeve, pointing up.



THE RICHMOND BEACH STRAWBERRY HUSKERS BASEBALL TEAM IN 1908

-PHOTO FROM ARCHIVES OF SHORELINE HISTORICAL MUSEUM



MORTON ANDERSON’S STRAWBERRY FIELD AROUND 1916

-PHOTO FROM ARCHIVES OF SHORELINE HISTORICAL MUSEUM
ALL ARCHIVAL PHOTOS USED WITH PERMISSION OF SHORELINE HISTORICAL MUSEUM

Putting away the tree for another year

**By Kathryn Mueller
RBCA Vice President**

If you drive or walk by the Fire Safety Center and Le Petit Paquet, you may notice the annual holiday tree is no longer there. The tree was taken down and placed in storage until next year. We appreciate our amazing volunteers, Tom Mailhot, George Bushwell and Kevin and Kathryn Mueller who helped dismantle the towering and festive tree.

We wanted to say thank you again to the community partners who made this year’s Tree Lighting possible. With your help, we were able to bring the community together for the holidays. Special thank you to Richmond Beach Fire Safety Center and our local firefighters, Le Petit Paquet and our event sponsor, Jill Langer of Windermere Real Estate/North, Inc.

We’ll see you next year!



VOLUNTEERS TOM MAILHOT (HIDDEN), KEVIN MUELLER (CENTER) AND GEORGE BUSWELL (RIGHT) TAKE DOWN THE TREE

-PHOTO BY KATHRYN MUELLER

From Reducing inflammation, page 2

6. Fatty fish: rich in omega-3s that balance your immunity and anti-inflammatory. Recommend 6 ounces of cooked fatty fish at least two times weekly.

You also want to avoid foods that may aggravate symptoms such as fried food, highly processed foods, trans and saturated fats, partially hydrogenated oils, foods and drinks with added sugar, MSG and artificial dyes and flavors.

Addressing diet takes an individualized approach; there may be foods that cause inflammation in you that may not in your neighbor. A common test I run with my patients is a food sensitivity test, looking at which foods may cause a delayed immune response. If interested I would encourage you to talk to your doctor about having this test done.

Golden Tea (aka Turmeric Tea) Recipe

Heat 2 cups milk of choice (almond, coconut, hemp)

- Add ½ inch peeled, minced fresh ginger
- ½ inch peeled, minced fresh turmeric (powdered is fine too)
- 3-4 whole black peppercorns

Simmer for 10 minutes. Strain. Sweeten to taste (honey, maple syrup).



EDAMAME

- PHOTO FROM PIXABAY

From Strawberry Festival returns, page 1

having children, worked in healthcare administration for 12 years. Bianca loves the outdoors, wake surfing on Lake Chelan, baking, attempting to garden and spending time with family and friends.

Rest assured these two friends are adept at building community. During COVID, they devised a strategy for their children to maintain social connections (and for them to maintain their sanity!) by hosting outdoor gatherings for neighborhood friends and their children. The cul-de-sac where Bianca's family lives was often filled with kids playing kickball, basketball and soccer or making chalk drawings on the pavement.

Even during the cold winter months, the parents sat around a gas fireplace sharing drinks and conversation, and there were many pizza dinners served on fold up tables alongside a bottle of hand sanitizer. When school started up again, this same group of friends started each day with a game of kickball in the cul-de-sac before walking the pack of kids to school. This is relationship building at its best!

Please show your appreciation for the journey these remarkable women have embarked upon by volunteering to help with this year's Strawberry Festival. Sign up information will be available in future issues of this newspaper.

LET US HELP PROTECT YOUR DREAMS.

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