Finally, Fall City is seeing the signs of spring that all the snow was keeping hidden from us!
EDITOR’S NOTE

We in Fall City tend to be very community-minded, perhaps out of necessity because we are an unincorporated rural town with no city government and no city funds. We see a need and before you know it a volunteer group has formed to address that need. While some groups remain volunteer, like the Food Pantry and the Fall City Community Association, others move from volunteer status to elected commissioners empowered to govern on behalf of the local electorate, like the Park District and Fire District 27. FD27 evolved from an all-volunteer group to a department with a mix of professionals and trained volunteers, who still play a major role in the operation of the department. We have a right to be proud of the growth and development of our fire department. Changing circumstances and pressures from within and outside the district have the commissioners asking the registered voters in the community to make an informed decision impacting the future of the department. Is our community best served by absorption into a larger group or as a stand-alone district with options? Take a close look at the pros and cons of each choice. By our votes on April 23, we will determine the future of Fall City Fire District 27.

Newsletter Donors (April 2018–March 2019)

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*Donations received after March 5, 2019, will be acknowledged in the May 2019 issue.

You are invited to donate to Fall City Neighbors to help us cover expenses of the coming year. Please make your check to “FCCA/Fall City Newsletter,” and mail to: Fall City Neighbors Newsletter, P.O. Box 1064, Fall City, WA 98024.

Fall City Neighbors, since 1998: Helping to build a caring and connected community of neighbors.

SUBMISSIONS: We encourage submissions, story suggestions and comments from our community. We are always looking for writers, reporters, artists, photographers and idea people interested in volunteering for this publication.

STORY IDEAS, ARTICLES, SUGGESTIONS, COMMENTS, OR TO SUBMIT/REQUEST A BUSINESS PROFILE: Nancy Moore, Editor, e-mail: editor@fcneighbors.org or mail to Fall City Neighbors, P.O. Box 1064, Fall City, WA 98024.

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CLASSIFIEDS: Free ads for nonprofits and individuals only—no businesses: 25 words or less.

Fall City Neighbors is a publication of the Fall City Community Association (www.fallcity.org) and is supported by local sponsors and donors. It is published monthly and distributed free of charge to the community, available at the Fall City Library, Fall City Post Office (green box in front), Farmhouse Market, The Grind Espresso, The Hauglie Building, and the Roadhouse Inn, and online at http://www.fallcity.org/neighbors.html.

Deadline for submissions is the TENTH of each month.

Newsletter Volunteers

Layout: David Gershman
Distribution: Kristin Minner and the Minner Family
Treasurer: Janet Kautz
Calendar: Andree Hurley
Interviews: Sharon Brown
Historical Society: Ruth Pickering
Gardening Corner: Susan Miller
Community Garage Sale: Irene Pike
Fall City Community Food Pantry: Karen Hatch
Sno-Valley Senior Center: Kira Avery
Photography: Marleen Francis
Business services: Christine Johnson
Printing: Emerald City Graphics/Cindy Parks
Community News and Notes
FALL CITY COMMUNITY ASSOCIATION

Highlights of the March 2019 Meeting

LIBRARY NEWS AND UPDATES. Heavy library use in January with over 7436 books checked out and 25,945 minutes logged on the six computers available for public use. February was a slow time, in large part because of snow issues.

ALLEY RESTORATION PROPOSAL. A proposal to spend a maximum of $2,000 (funds from King County and FCCA) to restore the alley behind the Model Garage, including grading, leveling, and gravelling was approved.

COMMUNITY SERVICE IDEAS WANTED. Ashley Glennon and Emily Ridout (Love Snoqualmie Valley) are looking for meaningful and compelling project ideas for up to 50 adults and/or 20 high school students who will volunteer their time.

FALL CITY PARK PLANTING PROJECT. The Snoqualmie Tribe will be removing invasive species and replanting to restore the natural habitat in Fall City Park. On-site preparations will begin this summer, and plantings will go in this fall. Public access will be maintained with pathways through the plantings.

VALLEY RENEWAL CENTER/FALL CITY WINTER SHELTER UPDATE. Snoqualmie Valley Shelter Services helps people reclaim their lives by providing life-changing services to those experiencing homelessness. The shelter works with communities to provide emergency shelter, social services, and connection to permanent housing. If you would like to provide a meal while the group stays at Fall City Methodist Church (March 17–April 5), you can sign up on the website: www.svshelterservices.org.

KING COUNTY UPDATES. Lane Covington (on behalf of Councilmember Lambert) expressed thanks to the road crews who worked 12-hour shifts for 17 days during the snowfall. Bong Sto. Domingo, on behalf of John Taylor, director of the Department of Local Services (DLS), shared that the CSA grants had been awarded, including one for benches facing the river in Fall City. King County roads and permitting divisions as well as the CSA program are now under DLS control. Attendees discussed the importance of repairing the Fish Hatchery Road bridge and asked that it be considered a top priority.

FIRE DISTRICT UPDATE. Voters are encouraged to become informed about all facets of the proposed merger before voting on April 23. A voter’s pamphlet, including pro and con statements, will be mailed the first week in April. The chief noted that commissioners meetings have moved from the second Tuesday of each month to the second Monday of the month, at 7:00 p.m. at the fire station.

HAFNER-BARFUSE PROJECT, STAFF FROM KING COUNTY DEPARTMENT OF NATURAL RESOURCES. Staff representing a variety of King County departments shared information about the Haffner-Barfuse project, now in its early stages. The chinook salmon are near extinction today, with numbers only 5% of the pre-1999 numbers, when they were listed as an endangered species. The Snoqualmie and Raging rivers are good spawning grounds; however, immature fish frequently die because of the lack of nooks and crannies, quiet calm areas, gravel bars, log jams, and pools. The current levies and “revetment” were added beginning in the 1930s. Moving back levies and removing revetment as proposed by this project will much better support immature fish and provide flood prevention, and the County will work with farmers to enhance drainage systems.

The timetable for the project: 2019: planning, feasibility, and preliminary design; 2020–2021: design and funding; 2022–2023: construction; and 2023 and beyond: monitoring and adaptive management.

A more formal public meeting will be held next year when the preliminary design is complete.

NEXT FCCA MEETING: Tuesday, April 2
7:00 to 8:30 p.m.
Fall City Fire Station
4301 334th Place SE
Farmhouse Market

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Fall City Metropolitan Park District
PO Box 1180 Fall City, WA 98024
email: info@fallcityparks.org
website: www.fallcityparks.org

Attend one of our regular meetings on the 2nd Tuesday of each month
7:00pm at the Fall City King County Library (33415 42nd Place SE)

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SALES, POLLINATORS, AND GARDEN YOGA

As I start to write this, light snow and freezing temps persist. I visualize upright healthy plants rather than snow-flattened ferns, grasses, and hellebores. That scene inspires plant sales! Here are names and dates of favorite local and regional plant sales and garden art sales. Please enjoy!

• Swanson’s Nursery, swansonsnursery.com
• Heronswood, Kingston—April 6, May 11–12, July 20 and, Sept 14, heronswoodgarden.org
• Lee Farm and Nursery, Fall City, April 6 and 20, leefarmandnursery.com
• Best of the Northwest Art at Magnuson Park, April 13–14, nwartalliance.org
• Rhododendron Species Garden Spring Sale, Federal Way, April 12 (opens to the public at 2:00 p.m.) and 13, rhodygarden.org
• WA Native Plant Sale at Mercerdale Park, Mercer Island, April 27, wnps.org
• Lake WA Tech Horticulture, Kirkland, April 26–27 and May 3–4, lwtech.edu
• Northwest Perennial Alliance Spring Sale at BBG, Bellevue, April 28, northwestperennialalliance.org
• Sno-Valley Senior Center, Carnation, First Picks Party, May 2; open to all, May 3–4, snovalleysenior.org
• Cedarcrest High School Plant Sale, Duvall, May 3–4, rsd407.org
• Soos Creek Botanical Garden, Mother’s Day Sale, Auburn, May 11, sooscreekbotanicalgarden.org
• Fall City Library Plant Sale, May 18
• Lake Wilderness Arboretum Sale, Auburn, May 3–4, lakewildernessarboretum.org
• Sorticulture Garden Arts Festival, Everett, June 7–9

Our spring may be a bit weather-detained, so here are some lovely early spring flowers most loved by our threatened bee pollinators: crocus, snowdrops, hellebore, primrose, grape hyacinth, flowering currents, heather, petunias, and apple trees.

Our butterflies love color in asters, sedum, monarda, golden rod, black-eyed Susan, purple coneflowers, lavender, blueberries and Joe Pye weed.

Our hummingbirds love any brightly colored tubular flowers such as bee balm, columbine, cleomes, daylilies, lupines, foxglove, hollyhocks, impatience and petunias.

I wrecked my back on the first warm day of gardening in March, kneeling forward and using only my sacral area back muscles to reach forward to weed, prune diseased hellebore leaves and to fill and carry heavy buckets with my new gro-co mulch. And this from a body that knows better how to use all muscles in unison to reach, lift, and carry! Shame on me; a first seasonal leap without thinking! So I paid the price of a night of pain, using hot shower heat and my analgesic topical arthritis cream.

At next morning’s yoga at Two Rivers Yoga in Carnation, our compassionate instructor, Greg Jamiel, slowly warmed up our gardening muscles by groups. Our trapezius, serratus and scapula muscles work as a team from the side and back of our bodies; our quads, glutes and hamstrings work as a team to hold up our lower half; and our pecs, serratus, and trapezius hold up much of our rib cavities.

I repeat this simple yoga garden mantra for us all: Use all core muscles and thigh muscles while leaning forward on knees to do garden work! Walk proudly around your yard, shoulders wide, head up, stomach in, glutes awake, walking feet lifted and striding. The more muscle groups are engaged-core and legs-the more the load spreads among connecting muscles. Now they can really help with the tasks of mulching soil with compost above and planting roots below to connect with microbes and fungi. Remember, if each of us 85 million U.S. gardeners planted one shade tree, we’d absorb 50 million tons of carbon a year.

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Khauglie@farmersagent.com  

King County Councilmember  
Kathy Lambert  
working for District 3  
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Dale Drain – (425) 444-6521, dale@riverviewrealtyllc.com  
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Fall City Community Association Meeting  
Every 1st Tuesday of the month  
7:00 – 8:30 p.m.  
Location: Fall City Fire Station  

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April/May Sno-Valley Senior Center Events

HEALTH AND WELLNESS FAIR
Tuesday, April 2, 10:00 a.m.–Noon. Join us for presentations, booths, and giveaways at our Annual Health and Wellness Fair! The Evergreen Health Mobile Mammography Coach will be at the center from 9:00 a.m.–noon. For an appointment, call 425-899-2831. There will also be a Durable Medical Equipment Round-Up with Snoqualmie Valley Hospital. Go to our website, www.snovalleysenior.org, for a full schedule of events. Thank you to our sponsor, Shape-Up!

EXERCISE, OSTEOPOROSIS, AND PROPER POSTURE
Tuesday, April 9, 10:30 a.m. Exercise plays an important role in the prevention and slowing of osteoporosis. If done improperly, exercise can put brittle and porous bones at further risk for injury. Evergreen Health will be teaching this class, where you can learn what precautions and exercises are necessary to help without harm.

OVER THE RAINBOW BINGO
Friday, April 19, 6:30–9:30 p.m. Join us for this colorful event hosted by the fabulous Sylvia O’Stayformore! Just $15 per person, $25 per couple (price goes up April 12) to play 10 games and have the chance to win fabulous prizes. Doors open at 6:00 p.m. Dinner available for purchase separately, at the event. Get your tickets before they sell out!

DINNER AND DESSERT AUCTION
Saturday, April 20, one seating at 6:00 p.m. Going once, going twice, SOLD! Get ready to bid on delicious desserts baked by Sno-Valley Senior Center members. Enjoy a wonderful baked potato bar with all the fixings! Tickets are $15 in advance, $20 at the door. Purchase at the front desk or online at www.snovalleysenior.org. Thank you to our sponsors, Vince and Claudia Kaelin!

SAVE THE DATE! SNO-VALLEY SENIOR CENTER FIRST PICKS PARTY AND PLANT SALE
Thursday, May 2, 6:30–8:30 p.m. First Picks Party, $25 per person, $40 per couple, or $30 at the door for a wonderful night of appetizers, wine, and dessert. You also get first pick of the wonderful plants at the sale! Purchase your tickets online at www.snovalleysenior.org!

ANNUAL PLANT SALE
Friday and Saturday, May 3 and 4, 9:00 a.m.–3:00 p.m. This free event features thousands of annuals, perennials, shrubs, vegetables, and herbs. Plant lovers will be treated to a wide variety of flowering plants; both the old favorites and the new and unusual. In addition, the sale includes delightful garden art, along with a bake sale, kids’ area, and demonstrations.

For more info visit SnoValleySenior.org or call 425-333-4152

FALL CITY COMMUNITY DANCE
SATURDAY, APRIL 27
6:30-10 p.m.
LISTEN & DANCE TO LIVE MUSIC
with The Billy Joe Show
(Featuring members of the Dusty 45s!)
This Seattle-area band has fired up crowds for over two decades and draws inspiration from the roots of rock, rhythm & blues and honkytonk.

FREE to the community!

Donations accepted for Assistance League of the Eastside.
Helping women dealing with homelessness.

Start the evening with a DANCE LESSON from 6:30 to 7 p.m.
with Bob Seana & Karlen Huff of Vibrant Living Farm

FALL CITY MASONIC LODGE
4304 - 337th PL SE
Sponsored by:
Newest Historic Sign

Our newest sign at the Roadhouse Restaurant and Inn honors a site and a building which have been a focal point in Fall City for almost a hundred years. In the early days the adjoining area hosted the Riverside Campgrounds, with a pavilion where dances were held every Saturday night.

Many owners and changes happened along the way...with a cameo in Twin Peaks!! and it continues to serve Fall City and the Valley. The building is currently owned by Scott Krahling and the business by Cynthia Heyamoto and John Manning.

Thanks for all the SNOW pictures!

One of our favorites was sent by Mindy Johnson, showing her sons Mason and Grady enjoying an igloo built in front of their house.
Memorable snow in 1950!

Anyone remember this? Do you have photos in Fall City from that period? We would love to see them.

2019 giveBIG scheduled for May 8th

The annual giveBIG campaign offers a simple way to donate online to support the Fall City Historical Society. We are focused on using donations to continue with our historic signs and to explore producing more videos on community topics.

Donating on May 8th can be hectic! EARLY giving starts April 23rd. Watch for more information as the day gets closer!
The Future of Fall City Fire Department (FD 27)

Registered voters in Fall City: You have looked at signs posted, read articles in print and online, checked out tweets. Maybe you have attended Fire District Commissioner meetings and the Fall City Community Association town hall meeting to hear the questions asked by community members and answered by proponents and opponents of the FD 27 merger into FD 10. If you have not yet checked it out, go to http://king27fire.com/Proposition_One_Info.htm to see updated information provided by the Fall City Fire Commissioners. Your voters’ pamphlet and ballots are on the way, if not already in your hands. Are you ready to cast your ballot? The question to merge or not is a tough one to make for many members of our community for a couple of reasons.

Community identity: Generations of families have grown up with the Fall City Fire Department affiliation as volunteers and career firefighters, commissioners and chiefs. This community has financially supported the fire department through the taxing system and passage of special levies since its inception. It is difficult to find anyone in Fall City without some sort of relationship to the fire department. So it’s no wonder that community members are taking a very hard look at what might be gained versus what might be lost by the merger.

The finality of the decision: Of all the options looked at recently, it is the one that provides no way back if it turns out to be a disappointment. Any of the other options presented in July of last year as possible ways to stabilize finances, improve training, increase full-time career firefighting staff, share the benefits of a larger equipment pool, etc., allow a way to back out if needed.

Advantages/disadvantages with either choice: With the advantages of being a part of a larger unit, come the disadvantages of being part of a larger unit. FD 27 registered voters are currently the only voters empowered to elect their commissioners and pass a levy or not. They are big fish in a little pond, knowing the needs of their community and how members of their community are impacted by it. If the merger passes, the big fish in the little pond suddenly become little fish in a much bigger pond. But the choice not to merge leaves you without the advantages that a merger brings.

So whether you are dealing with community identity, finality, or weighing advantages over disadvantages, let’s take a look at what a “Yes” vote (approval of the merger) does and what a “No” vote (rejection of the merger) means on this ballot measure.

FATE OF FD 27
Vote “Yes,” and FD 27 is gone forever. Vote “No,” and FD 27 remains intact, to remain a stand-alone district capable of exploring other possible options as needed.

DISPOSITION OF RESOURCES
A “Yes” vote requires that all property and funds of FD 27 be transferred to FD 10 to be used as FD 10 sees fit. A “No” vote keeps property, funds, etc., within FD 27 to be used solely for the benefit of FD 27.

DISPOSITION OF COMMISSIONERS OF FD 27
Vote “Yes” and all three commissioners of FD 27 will become members of the temporarily expanded board of commissioners of FD 10, but, as their terms expire, the FD 27 commissioners will drop off the board until it returns to its original pre-merger size. No election will be held until the board drops below its pre-merger size. Consequently, the impact of the FD 27-elected commissioners on decisions affecting the former FD 27 is immediately reduced from 100% to 38% and, within a few years, to zero. As the board rebuilds to the original size, registered voters from the enlarged FD10 will be electing the commissioners. The impact of Fall City voices in decision making is further diluted when you consider that FD 10 is one of several organizations that participate in a partnership/consolidation with Eastside Fire and Rescue for management of fire and rescue delivery.

A “No” vote means that decisions made by the voters impacting the residents of FD 27, like electing commissioners, passing operations levies, or building a new fire station, are 100% controlled by FD 27 voters and FD 27-elected commissioners.

DISPOSITION OF EMPLOYEES OF FD 27
A “Yes” vote according to FD 27 commissioners means that all full-time employees of FD 27 will be transferred over to Eastside Fire and Rescue on the effective date of the merger. A “No” vote keeps all employees of FD 27 employed by FD 27, including the fire chief and an administrative person.
**CHANGES AT THE FIRE STATION**
With a “Yes” vote, the staffing will provide for three career firefighters and a battalion chief on shift 24/7. The fire chief and administrative assistant will be operating out of FD10/EFR (Eastside Fire and Rescue) headquarters in Issaquah, but could be available in Fall City by appointment. FD 27 commissioners are expecting that a dedicated professional training staff would be utilized to prepare, manage, deliver, and monitor training of personnel, which would increase both the quantity and quality of training. With a “No” vote, the fire chief and administrative assistant remain on site in Fall City, and the shifts are covered with two to three career firefighters per shift, supplemented by volunteer firefighters. In addition, for at least one year, a FD 10 battalion chief would be operating out of the FD 27 station.

**FUNDING MODELS**
The two districts, FD 27 and FD 10, use different funding models, with different requirements for community oversight through voter approval. Both use a base levy amount, then supplement that with other revenue-generating options. FD 10 has a fire benefit charge that can be adjusted each year by the commissioners following a public hearing. Voter approval is required every 6 years to continue the fire benefit charge. FD 10 also has a transport charge when delivering people to medical facilities. FD 27 supplements with a levy amount, requiring 60% voter approval every 4 years, and does not have either a fire benefit charge or a transport fee.

Based on estimates prepared using parcel information obtained from the King County Assessor’s Office, many residential properties within FD 27 are projected to realize a tax savings under the fire benefit model of the merger, while many commercial properties would see an increase. For an address-by-address estimated savings comparison, please download the Tax Comparison Report at [king27fire.com/Proposition_One_Reports.htm](http://king27fire.com/Proposition_One_Reports.htm).

Both sides agree that there are important issues in operation, staffing, and training in Fire District 27. What they do not agree on is whether the solutions lie in a stand-alone FD 27 or in a merger into FD 10.

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**EDITOR’S NOTE**
It has been interesting to be an observer of a major decision-making community event, as well as a participant, by virtue of being a member of the same community. For the little city that isn’t (being unincorporated as we are) the decision of whether to retain and control an important community service or allow it to be incorporated in a larger entity is a big decision for some members of the community, while other members are less concerned over who controls it or how it is controlled, as long as it is there when needed, with greater financial stability. Some people may be more heavily impacted by the decision than others, and may in turn be more biased for or against the decision that benefits or harms them the most. Some are more focused on the welfare of the community, while others are more focused on the direct impacts to their own families. I suspect, even when everyone wants to arrive at the best solution for everybody, there is simply honest disagreement on what that best solution looks like.

What we are experiencing with our Fire District 27 decision is a miniature version of how some of the big questions in this country are decided. Who should get to decide? Is it my way, your way, or a negotiated our way? How much outside influence and support is desirable or should be allowed? What happens to civility when passions become intense? There are no simple answers to any of the questions, but one thing is sure: the decision one way or the other will be made. And we will all still be here as friends and neighbors in a small community, dealing with both national and local issues.

Suggestions for navigating this complicated decision we are asked to make: Seek and tell the truth. See those with opposing viewpoints as valued community members with a point of view that, while different from yours, may have merit. Examine your preferred outcome and your motives for wanting it. Then act from your conscience and cast your vote. It is up to us, the registered voters of FD 27, to decide the merger question. Let your voice on this issue be heard at the ballot box on April 23.
JAZZERCIZE WITH PAM GOAR  
by Sharon Brown

There are so many demands in this life; sometimes we forget to take care of our own well-being, whether it is spiritual, emotional, and/or physical. There are many choices out there that vie for our attention, screaming the possibility that, if engaged in, they would make our lives better.

Our Fall City community is privileged to have an option right in town that can contribute to the health of our bodies and spirits.

Pam Goar was born and raised in Van Nuys, California. She was introduced to North Bend and its tight-knit community when she came to visit her best friend, who had recently moved to Washington. Though she was involved as a theater major in California, Pam decided she couldn’t live without the Northwest, so she transferred to the University of Washington for her last two years of college, graduating in Communications and Editorial Journalism.

“While attending college at UW, I worked at Overlake Golf and Country Club in Medina as a banquet and dining room waitress, where I met my husband, who was a chef at the Club. We married in 1985. After graduation, as I explored options for employment as a reporter/photo-journalist or in advertising, I worked as a fitness instructor for Gloria Stevens Fitness, which became Gerri Suzzi Fitness. I managed one of their locations for a time. I then made a career move as the promotions and activity director at Washington Court Retirement Center in Bellevue. My college degree and these early work experiences lead me to understand that my true love was my natural affinity for accounting and for exercising regularly. And so I moved into and incorporated these two career paths into my life! Financial administrator for Browne Management Company, Inc., as a staff accountant since 1987, and Jazzercise!” said Pam.

“I have always enjoyed exercising. In high school I was on the gymnastics team, as well as drill team. Jack LaLanne was my hero, but in the 1980s, aerobics classes started taking hold. I went to my first Jazzercise class in 1983 in Bellevue, and fell in love!” exclaimed Pam.

In 1989, the Goar family moved to Carnation and had their one daughter in 1990.

Pam was attending an aerobics class in Carnation. When the class disbanded, Pam went back to Jazzercise in Bellevue. “Awareness hit me as I was taking this class,” said Pam. “I could be an instructor, enabling me to continue my own exercise programs while at the same time using my ‘past performance’ desires to help others achieve their physical goals.”

Pam became a Jazzercise franchisee, and has just celebrated her 22nd year as an instructor! She took a physiology exam, learned the routines, and continues online education courses, as well as participating in conventions and instructor conferences. Pam got her certification in 1996 and started offering classes in Carnation soon after. When the building she used was sold, she came to Fall City in 2000, holding classes at the Masonic Lodge.

This opportunity is a goldmine, right in our backyard! For one hour, a stress-free, heart-pounding, fun, fat-burning dance mix that gives you amazing health benefits and even muscles!” For those that take the class, it’s not just about breaking a sweat. One of the benefits of Jazzercise has been the bonding experience. With cardio, strength, and stretching, it’s everything packaged up nice and neat in every class. It is fun and effective, and there are people of every different fitness level, as well as all sizes and shapes. Throughout the routines, some people do extra things to make it harder, while others make sure to just keep moving and do their best. It is an inviting program for both males and females. And Pam’s personality is super-contagious and encouraging!

Pam says of her own experience, “I am so delighted when people come to Jazzercise classes in Fall City. I’m going to exercise; I need to exercise for my health...”
and well-being. It is as necessary for me as brushing my teeth and all those functions involved in self-care. I get to practice my favorite form of fitness, Jazzercise, with the wonderful members of my community. They motivate me by their participation as much as I motivate them with my Jazzercise fitness and fun; it’s a genuine treasure in my life!”

Maybe some people have preconceived ideas about what Jazzercise looks like—not necessarily favorable. Of course I assumed it was stuck back in the ’80s, but the soundtrack proves instantly that it’s not. People really love Jazzercise. It is like a dance party each time, and instructor Pam keeps it alive and fresh! The workout creates such a positive feeling. There’s something about the combination of music, pushing your body as hard as you can, and the reassurance of the instructor that leaves one feeling incredibly happy to be giving it your all. It may take about a month to fully get the routine, but no one cares if you mess up. You’re made to feel comfortable and are reminded that this is your workout, so you can make it your own. And everyone does! There are no mirrors, so you’re not judging yourself.

Jazzercise was the brainchild of Judi Sheppard Missett, who started the company in 1969. Judi was teaching performance dance classes while studying dance and acting at Northwestern University in Chicago. She realized her students were coming to keep fit rather than to train to be good dancers, so she started fun dance classes. The moves are a fusion of dance, resistance training, Pilates, yoga, and kickboxing. One 55-minute session can burn up to 800 calories. The results are long, lean muscles and an undeniable mood boost. Every 10 weeks or so, Judi and her “crew” produce new choreographed routines to keep the program fresh with the latest music and moves.

Come and see for yourself! Classes meet at the Masonic Lodge in Fall City, on Monday and Friday at 9:15 a.m. and Tuesday and Thursday at 6:25 p.m. The prices are $36 monthly for unlimited classes; $95 for 10 classes; or $15 per class as a walk-in.

Visit Jazzercise.com and enter location “Fall City” for current specials!

Here are some thoughts from those who have been inspired:

My husband and I have been attending Jazzercise for almost 20 years as a couple, 10 of them in Fall City with Pam Goar. We love this class! Pam is very enthusiastic, welcoming to all levels of fitness and brings a lot of energy to the workout. It is a great group of people in a low key environment and a wonderful way to start the day!

When I turned 40, I knew I needed to do something more than the VHS tape I was trying to exercise to at home. The Jazzercise group marched in the Fall City Days parade, handed me a flier, and I was welcomed into a group that is all about fitness and fun. It’s a non-judgmental, supportive environment, led by our talented teacher, Pam!

I love going to Jazzercise because I like exercising to music. The beat of the music helps me keep on going and spurs me on even if I get tired. Pam gives us options to work at the pace that individually suits us. I like the options because there are some days when I can push myself to really emphasize my abs or up my cardio workout or not push myself and lighten my weights and use the lighter workout options. Working out with a group of men and women motivates me to not give up, whereas, if I work out in a gym or at home I tend to stop sooner. Pam energizes us with her humor and positive thinking which always makes me thankful I went to class that day.

Pam has created a fun, laid back, and accepting environment to dance those calories away. I always feel healthier and better about myself after going to Jazzercise!

Even my kids love participating . . . Says Keelan (age 9): “It’s fun! You listen to good music and you work out with weights and you move and dance a lot.”

Jazzercise has been a great way to work out and also make lifelong friends. I am so grateful to have this opportunity in Fall City!
PANTRY ORIGINS REMEMBERED

In early 2007, Richard Terbraeggen, along with other members of the Fall City United Methodist Church congregation discussed ways the church could become more relevant in the Fall City community. With his experience volunteering at Hopelink in Carnation, he suggested hosting a food bank at the church to help local residents in need of assistance. The congregation liked the idea. Pastor Jan Bollerjack had run a food bank at her previous church and combined with Richard’s experience at Hopelink, the Fall City Community Food Pantry opened in spring 2007.

Richard recalls that the ‘Grand Opening’ was less than impressive. “We had put out flyers in town and articles in the local papers announcing the opening. The congregation generously donated a good assortment of non-perishable food items and some fresh produce. We had a nice selection of products but maybe two or three people showed up.”

From those early days, Pantry client numbers increased. Richard recalls, “We served over 100 families during our peak, which equates to approximately 375 individuals every two weeks. I’m happy to say that the numbers have dropped the past couple of years—hopefully due to improvements in the economy.”

As one of the original volunteers, Richard has enjoyed his twelve years at the Pantry. “I’ve met a lot of good people and made many friends with both clients and volunteers. I’m proud that our little church opened its doors to the community and has helped so many people, not only in Fall City but in the entire Snoqualmie Valley.”

Richard is thankful for and credits the success of the Pantry to the local community. “I believe we live in one of the most charitable collection of communities on earth and that blows my mind. None of this would have been possible without the support of the residents in the Valley.”

Instrumental to the Pantry origin and ongoing operation, Richard also credits two individuals. “Nancy White developed the guidelines and procedures for the program that has made the pantry a success, and Nancy Myhre manages the operation of the Pantry today. She wears many hats in its operation and is greatly appreciated.”

Along with the generous individual monetary donations the Pantry receives, Richard is grateful for the tremendous support in the form of food drives, local groups, organizations and individual volunteers. He said, “We now provide much more than non-perishable foods. Today, we give out hygiene products, fresh eggs, produce donated by local farmers, diapers and other miscellaneous items.”

Along with his volunteer role since 2007, Richard also serves on the Pantry’s Board of Directors. Thank you, Richard, for your dedication and all that you do for our community!
**APRIL 2019 FALL CITY COMMUNITY CALENDAR**

(Please send calendar items to Andree Hurley at andree@seattlehometour.com. Deadline is the 10th of each month.)

**MONDAY, APRIL 1**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>4:00 p.m.</td>
<td><strong>Making Puppets</strong>, presented by Silver Kite Community Arts. Ages 7 and older with adult. There are characters coming to life out of the recycling bin! During this hands-on interactive workshop at the Fall City Library, make puppets from clean recyclables, create characters with your puppets, and learn how to use them to tell a story! This program is designed for adult–child pairs.</td>
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**TUESDAY, APRIL 2**

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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>10:00 a.m.</td>
<td><strong>Toddler Story Time</strong>. Newborn to age 3 with adult, siblings welcome. Stories, books, songs, and surprises! Help your child get ready to read with this half-hour story time at the Fall City Library. A short playtime follows the program.</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td><strong>Preschool Story Time</strong>. Ages 3 and older with adult, siblings welcome. Share books, sing songs, and have fun with other preschool pals at the Fall City Library. Early literacy activities help children learn to read.</td>
</tr>
<tr>
<td>3:00 p.m.</td>
<td><strong>Teen Art Club</strong>. Middle and high school ages. Hang out with other artists and unleash your creativity through guided and not-so-guided activities, at the Fall City Library. All supplies provided. Sponsored by the Friends of the Fall City Library.</td>
</tr>
<tr>
<td>7:00 p.m.</td>
<td>Fall City Community Assoc. Meeting, FC Fire Station.</td>
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**WEDNESDAY, APRIL 3**

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<tr>
<td>10:30 a.m.–12:30 p.m.</td>
<td>With luck, April will bring transplanting weather to the Fall City Learning Garden! We’ll have at least five varieties of hardy spring lettuce starts, peas, and their companions to seed, weather permitting. Come help us, and we’ll share extra plant starts with you. Garden access is from the alley behind the Masonic Hall at 4304 337th Place SE.</td>
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**THURSDAY, APRIL 4**

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<th>Time</th>
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<tbody>
<tr>
<td>3:00 p.m.</td>
<td><strong>Study Zone</strong>, students K–12. Need help with homework? Bring what you’re working on to the Fall City Library and get free help from our volunteer tutors. No registration required.</td>
</tr>
<tr>
<td>3:00 p.m.</td>
<td><strong>Game On</strong>, grades 5 and up. Come play videogames at the Fall City Library. Hone your gaming skills with Wii U, Xbox One, and the Xbox360. Not a gamer? Come hang out and eat some snacks, do a craft, or play a tabletop game. Snacks provided by the Friends of Fall City Library.</td>
</tr>
<tr>
<td>6:30 p.m.</td>
<td>Mt. Si Fish and Game Club meeting at the Snoqualmie Police Station meeting room.</td>
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**SUNDAY, APRIL 7**

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<tr>
<td>7:00 p.m.</td>
<td>Fall City Metropolitan Park District Meeting.</td>
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**THURSDAY, APRIL 11**

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<th>Time</th>
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<tr>
<td>4:30 p.m.</td>
<td><strong>Friends of Fall City Library Meeting</strong>. Strengthen your community and support programming for your library! Join the Friends of the Fall City Library at the library on the second Thursday of each month.</td>
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**TUESDAY, APRIL 16**

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<td>10:00 a.m.</td>
<td><strong>Toddler Story Time</strong>, Fall City Library (see April 2).</td>
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<td>11:00 a.m.</td>
<td><strong>Preschool Story Time</strong>, Fall City Library (see April 2).</td>
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<tr>
<td>3:00 p.m.</td>
<td><strong>Teen Art Club</strong>. Fall City Library (see April 2).</td>
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**WEDNESDAY, APRIL 17**

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<tr>
<td>10:30 a.m.–12:30 p.m.</td>
<td>April at the Learning Garden (see April 3)</td>
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<tr>
<td>7:00 p.m.</td>
<td>FC Water District Commissioners Meeting. FC Water District Office.</td>
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**THURSDAY, APRIL 18**

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<tr>
<td>3:00 p.m.</td>
<td><strong>Study Zone</strong>, Fall City Library (see Thursday, April 4).</td>
</tr>
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<td>3:00 p.m.</td>
<td><strong>Game On</strong>, Fall City Library (see Thursday, April 4).</td>
</tr>
<tr>
<td>7:30 p.m.</td>
<td>Adult Co-ed Volleyball at the Fall City Elementary School Gymnasium. All skill levels welcome.</td>
</tr>
<tr>
<td>7:00 p.m.</td>
<td>Raging River Riders board and general meeting. Upcoming events, details, and discussion. All are welcome. Please join us at Valley Christian Assembly Church, 32725 SE 42nd Street, Fall City. Front entrance please. Information: <a href="http://www.rrriders.org">www.rrriders.org</a> and Facebook.</td>
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**SATURDAY, APRIL 20**

**Afternoon**. Join the Fall City Learning Garden at the Community Park in Snoqualmie Ridge, where we will be partnering with the YMCA in making simple trellises. Take home a trellis for your vining/climbing vegetables! |

**SUNDAY, APRIL 21**

<table>
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<tbody>
<tr>
<td>10:00 a.m.</td>
<td>Fall City Arena cleanup by the Raging River Riders.</td>
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<td>3:00 p.m.</td>
<td><strong>Teen Art Club</strong>. Fall City Library (see Apr 2).</td>
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<td><strong>Game On</strong>, Fall City Library (see Thursday, April 4).</td>
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<td>7:30 p.m.</td>
<td>Adult Co-ed Volleyball at the Fall City Elementary School Gymnasium. All skill levels welcome.</td>
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**TUESDAY, APRIL 30**

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