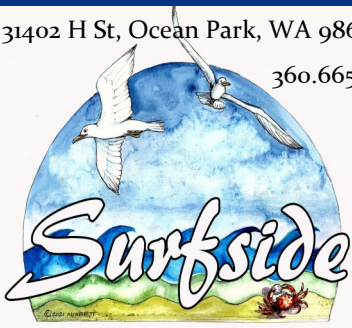


31402 H St, Ocean Park, WA 98640

360.665.4171



# Weekender

November 25, 2022

- Surfside Events
- Peninsula Events
- Entertainment/News

[surfsideonline.org](http://surfsideonline.org)

## 2023 BUDGET RATIFICATION RESULTS

Many thanks to all the HOA members who voted this year. We had a banner year with 539 total ballots, the large majority of which were absentee (mailed in). **The 2023 budget passed** with 376 for (yes) and 163 against (no).

Wintertime Blues	2
Winter Storms	3
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Wreath Class / Shoeboxes of Joy	9
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AC Committee	13
November Calendar	14
December Calendar	15

The actual budget meeting was quick...about one hour from start to finish. We had 36 members attend in person (including trustees and staff) and 15 members on Zoom.

The billing statements for 2023 dues and assessments will go out in mid-December so please look for them in your mail. If you do not receive a statement by year's end please call the office. If you cannot pay in full please fill out the payment agreement and return it to the office.

Membership dues for 2023 stay the same at \$100 per member. 2023 assessments are \$580 per lot.

If you own one lot, your 2023 annual dues and assessments are \$680. If you own two lots they are \$1,260 (\$100+\$580+\$580). If you own three lots they are \$1,840 (\$100+\$580+\$580+\$580), etc.

As always, if you have questions or concerns contact us at 360-665-4171 or [office@surfsideonline.org](mailto:office@surfsideonline.org).

The office will be closed Thursday and Friday, November 24th and 25th.



# Happy Thanksgiving!

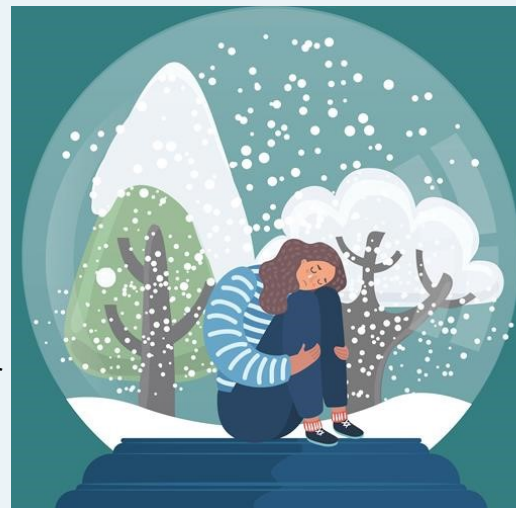
## Wintertime blues, Seasonal Affective Disorder (SAD)

The term “seasonal affective disorder” was coined in the 1980s by Norman Rosenthal, MD, a psychiatrist and research scientist who studied mood and biological rhythm disorders at the National Institutes of Mental Health. By the 1990s, the concept of seasonal depression was generally accepted by most Americans.

In 2015, researchers announced they’d discovered a new explanation for seasonal ups and downs: Genes promoting inflammation are more active in winter. This could be why many chronic conditions, including Type 1 diabetes, multiple sclerosis, rheumatoid arthritis and depression, flare in the colder, darker months.

Then in 2016, a report analyzing data from 34,000 Americans suggested that SAD either doesn’t exist or is very rare. Was seasonal depression merely a widespread cultural myth?

For every statistic that supports the winter blues, some experts argued, you can find another that indicates the opposite. In spite of the naysayers, most mental health professionals believe seasonal depression is real, according to Gabriela Cora, MD, a psychiatrist, wellness coach and medical director with Aetna Behavioral Health. “I’ve seen it in my clinical practice. And if you’re tracking your habits, it’s kind of obvious,” she says.



### Treatments for SAD

Doctors and therapists often recommend a combination of therapies. For mild to moderate blues: “Focus on the four pillars of health: nutrition, exercise, sleep and relaxation,” Dr. Cora advises. “Plan more outdoor activities, and eat more plant-based foods.” Some SAD sufferers manage their symptoms with vitamin D supplements in the fall and winter months. Vitamin D deficiency has been linked to depression; your primary care physician can check your D level with a blood test.

A winter vacation can also do wonders for your state of mind, and some people suffering from SAD truly consider it a health requirement. Experts agree that spending a few days somewhere warm and sunny can quickly melt the most stubborn winter blues, due to serotonin flooding the brain.

If a trip south isn’t possible, make time for winter sports close to home. Hiking or skiing allows you to soak up more sunlight, boosts vitamin D and gets your heart rate up. But moderate exercise of any kind can have a significant impact on depression. At the very least, avoid placing added pressure on yourself: Postpone big projects until spring, and make the holiday season a time to recharge.

### Mind over weather: Making the most of winter

A Scandinavian proverb advises, “There’s no such thing as bad weather, only inappropriate clothing.” In other words, proper preparation and a can-do attitude have a huge impact on our experience of winter.

Scott P. first noticed his seasonal mood pattern in his late teens, when the New Jersey native started college in Syracuse, New York, where the winters are bleak. “In October, I’d start to crave different foods, sleep more, put on weight and get the sads,” he says. He credits lifestyle adjustments with turning things around. “Over time, the extremes have moved toward the center. Daily exercise and keeping social as well as midwinter vacations south all help my mental outlook.”

So this winter, keep in mind what you love about the season — a steaming cup of cocoa, sledding with the kids, the aroma of pine wreaths. A warm heart is a powerful antidote to the cold.

# WINTER STORMS

Winter Storms can range from moderate snow over a few hours to blizzard conditions with blinding, wind-driven snow or freezing rain that lasts several days. The time to prepare is before the snow falls and ice forms.

## **Preparing for winter storms**

- \* Prepare your home for cold weather. Install storm windows. Insulate outside walls, attics or crawl spaces. Wrap pipes, especially those near cold outer walls or in attic crawl spaces. Repair leaks in the roof, around the doors and in the windows.
- \* Have appropriate cold weather clothing available.
- \* Make sure your fireplace functions properly.
- \* Have rock salt or sand on hand for traction on ice.
- \* Fill your gas tank before snow starts falling.

## **During a winter storm**

- \* Wear several layers of loose fitting, light weight, warm clothing rather than one layer of heavy clothing. Wear mittens rather than gloves. Wear a warm woolen hat.
- \* Do not drive unnecessarily.
- \* Reduce the temperature in your home to conserve fuel. Heat only the areas of your house you are using. Close doors and curtains or cover windows and doors with blankets.
- \* Use alternative heat methods safely. NEVER use a gas or charcoal grill, hibachi or portable propane heater to cook indoors or heat your home.
- \* Be careful when shoveling snow. Do not overexert yourself.
- \* Be sure to eat regularly, food provides calories that maintain body heat.
- \* Watch for signs of frostbite and hypothermia—slurred speech, disorientation, uncontrollable shivering, stumbling, drowsiness and body temperature of 95 degrees Fahrenheit or less.
- \* If you become trapped outside, get out of the wind and stay dry. Build a lean-to or snow cave if nothing else is available. Do NOT eat snow; it will make you too cold.

## **If in your vehicle**

- \* Make sure someone knows where you are going. Stay on the main roads.
- \* If you must stop, remain inside the vehicle. Use a bright distress flag or your hazard lights to draw attention to your vehicle.
- \* If trapped in a blizzard, clear your tail pipe and run your engine and heater for 10 minutes every hour. Open your windows slightly.
- \* During night hours, keep the dome light on in the car so rescue crews can see your vehicle.
- \* Keep an emergency kit in your vehicle. Include a three-day supply of water and non-perishable food that can be eaten without being cooked. Include a blanket or sleeping bag for each passenger, a flashlight, cell phone, shovel, sack of sand or kitty litter, booster cables, flare, coffee can with lid and toilet paper.



## Owner's Responsibilities

# Covenant Corner

Article 5 of the covenants covers "Owner's Responsibilities." Many of these restrictions have been in effect in various forms for over 40 years and the necessity of the rules are still applicable today. Some lesser known covenants in this article include:

Section 5.10: "It shall be the duty of each owner to **promptly notify the Association of any change of ownership and/or change of address** of any owner. "

Section 5.13: "It shall be the duty of each owner **to ensure that the correct street address is posted in an appropriate manner on his property**, for public health and safety purposes."

Many associations in the country have extremely specific restrictions on things like building style, exterior paint colors, and even whether or not your grass exceeds a certain height. In Surfside we allow diversity but do have one encompassing covenant which states:

Owners shall **maintain the improvements on their premises and the grounds** of such premises in a neat and attractive manner. Property owners shall **keep the exterior of improvements on their premises in a good state of repair and appearance.** (Section 5.2)

Finally, **If you receive a letter from Surfside about a covenant violation please read it!** In most cases members have 21 days to respond by contacting the office with their plan to correct the issue. If you do not respond we PRESUME A VIOLATION EXISTS and the next action we take will be fines.

## Land, Buildings and Waterways Update

The next regular LBW Committee meeting is scheduled for December 8, 2022 from 9 to 11 am. The focus of the meeting will be waterways. Anyone interested in participating in long-term planning for the health and safety of our waterways is invited to attend.

One committee goal for 2023 is completing an informal survey of the Surfside owned riparian area surrounding Seabreeze lake, since the cost of an official survey is prohibitive. The committee intends to piece together surveys done by property owners which were recorded with the county. However, they need a volunteer to do this work. The volunteer would access online resources, either at the business office or at home, to collect all recent lot surveys and then create an unofficial "map" of the zone. Please contact the business office if you are interested in volunteering for this task.

# NOXIOUS WEED DISPOSAL



Gorse (*Ulex Europaeus*)



Scotch Broom (*Cytisus scoparius*)



Tansy Ragwort (*Senecio jacobaea*)

Excerpted from the Washington State Noxious Weed Control Board Website

Now that you've done the work to remove noxious weeds like Scotch Broom and Tansy Ragwort, how do you dispose of the material? Good question! Our Washington State and Pacific County Noxious Weed Control Boards have answers. A few dos and don'ts to consider:

- ◇ Conduct as much noxious weed control before plants flower and develop seed. If you do this earlier in the season, before the plants are finished growing, there will be less plant material to manage/dispose of.
- ◇ Is composting an option? It is not recommended. Most home compost piles do not get hot enough to kill seeds or plants. This is especially important—do not compost toxic plants! Roots, stems, and leaf parts of noxious weeds can develop roots and sprout new plants which can escape compost piles and spread into natural areas.
- ◇ A general technique for dealing with noxious weed debris is to place them in a sealed bag, or cover them up securely for transport so nothing escapes as you travel. The Peninsula Sanitation Transfer Station accepts noxious weed debris at their normal rate, a minimum of \$25 for up to 320lbs. These prices are current as of 11/1/2022.
- ◇ When transporting noxious weeds in a an open truck bed or trailer, please make sure the material is covered securely so nothing escapes during transport. When done, clean the vehicle and any equipment used, including your shoes, gloves, and clothing to prevent spreading seed and vegetative parts.

\*\*\* More detailed information can be found at <http://www.pcweeds.org/common->

## A Message from the Emergency Management Committee

There is space available in the storage shed for emergency caches. If you are interested in learning more about storing an emergency cache for you and your family, call Louise Purdin at (352) 586-0082.

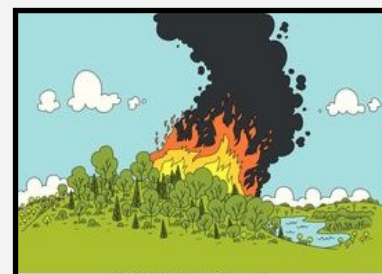
Storage fees are \$10 per year. Images of approved containers for the EMC storage shed are below. If you are interested in purchasing them, you can find them at Home Depot.



## Help! It's an emergency.

The Emergency Management Committee needs volunteers to support Surfside's emergency response plans. They meet at 1 p.m. on the last Tuesday of every month.

Please contact the office at [office@surfsideonline.org](mailto:office@surfsideonline.org) if you need additional information or would like to join. Thank you.





Pacific County and Washington Department of Ecology are accepting comments on a periodic review of the Pacific County Shoreline Master Program (SMP) under RCW 90.58.080(4). Pacific County has prepared draft SMP amendments to keep the SMP current with changes in state law, changes in other County plans and regulations, and other changed local circumstances. Proposed amendments to the County's SMP are available for review at: [https://co.pacific.wa.us/dcd/SMP\\_Periodic\\_Update\\_2022-23.htm](https://co.pacific.wa.us/dcd/SMP_Periodic_Update_2022-23.htm).

**The County's online open house has been updated with more detailed information. Please visit the [Online Open House](#).**

The purpose and scope of the 2022-2023 Periodic Review is to:

- Align the SMP with applicable state laws and guidelines in effect at the time of the review;
- Assure consistency of the SMP with the Pacific County Comprehensive Plan and development regulations; and
- Provide existing code clarifications to improve usability and predictability for applicants and reviewers.

**LEARN MORE & ENGAGE!** Pacific County has launched an [Online Open House](#) to share information about the SMP Periodic Review process! Please explore this new online community resource and learn what a Shoreline Master Program is, why it is reviewed, and learn about the review process.

Other key features of the Online Open House include opportunities to:

- Access project resources and documents,
- Explore the proposed SMP amendments, and
- Discover upcoming opportunities for you to join the review process.

Visit the [County's main project website](#) for more information about the periodic review process and review project related documents or contact:

Shawn Humphreys, Director, Pacific County Department of Community Development  
[SMP@co.pacific.wa.us](mailto:SMP@co.pacific.wa.us) / (360) 642-9382 / PO Box 68, South Bend, WA 98586

## Ilwaco High School Events

**Winter Choir Concert:** November 29th at 7pm, Hilltop Auditorium

**Holiday Follies:** Holiday Jazz, December 10th at 7 pm, Ilwaco High School

**Ilwaco Drama Club presents *Mutually Assured Destruction*, 10 plays about Brothers and Sisters, December 16-18th, Ilwaco High School. Call 360-642-3731 for more information on play times.**



# Clark Conservation District 2023 Native Plant Sale



**Ordering is opening soon!**

When does the sale start?

**November 30th,  
2022 at 4pm**

How do I order plants?

1. Order online
2. Select a pickup time
3. Pickup Feb 18, 2023

Where can I learn more?

**to learn more &  
order plants visit**  
[clarkcd.org/native-plant-sale](http://clarkcd.org/native-plant-sale)



*Peninsula Arts Association presents the*

## FALL ARTISAN TOUR

November 25-26, 2022

10 a.m. to 4 p.m.

**See the beauty of the peninsula and discover the many talents of our artistic members! Art studios are open up and down the peninsula through Long Beach, Ocean Park and Surfside**

Maps are available to download at [www.beachartist.org](http://www.beachartist.org), or to pick up at BOLD Gallery, Bay Avenue Gallery, and the visitors center in Seaview.



The Community Relations Committee is sponsoring



a Holiday Wreath Making Class

Saturday, December 3rd, at 10 AM

Basket Case Nursery

12106 Sandridge Rd, Long Beach

Surfside Members - \$20

Guest of Surfside Member - \$45

Space is limited to 10. Call now to reserve your seat 360-665-4171.

~ First Annual ~

## Shoebboxes of Joy

Mini Tree Auction and Holiday Bazaar

Saturday, November 26th

11 am to 4 pm

Upstairs at the Salt Hotel & Pub

on the waterfront at the Port of Ilwaco

[shoebboxesofjoy@gmail.com](mailto:shoebboxesofjoy@gmail.com), 360-642-1105



*Trees painted by local artisans*



**FORT GEORGE**  
BREWERY + PUBLIC HOUSE  
ASTORIA, OREGON




**BENEFIT NIGHT**  
TUESDAY, NOVEMBER 29th


RAISING FUNDS FOR SOUTH PACIFIC COUNTY HUMANE SOCIETY

SOUTH PACIFIC COUNTY HUMANE SOCIETY  
Community Funded • Long Beach, WA

**FortGeorgeToGo.com**



**GIVE LOVE TO ANIMALS THIS #GIVINGTUESDAY**



**3 ways to give**

November 29, 2022

**GIVING TUESDAY**

1. Donate online
2. Mail to PO Box 101  
Long Beach WA 98631
3. Drop your donation at the shelter during open hours  
Tuesday - Saturday  
11:00 am to 3:00 pm

**SOUTH PACIFIC COUNTY HUMANE SOCIETY PRESENTS: BEACH PETS TREASURE HUNT ONLINE AUCTION**

**ARE YE READY TO HUNT FOR SOME TREASURE?**



[auctria.events/HUNT](http://auctria.events/HUNT)



Hunt yer treasure BETWEEN: 11/21 at 12:00PM and 11/27 at 7PM

**FIND yer PERFECT LOOT!**

### *Upcoming Events*

- \* December 1st, Neighborhood Watch, 2 p.m.
- \* December 3rd, Wreath Making Class, Basket Case Nursery, 10 a.m.
- \* December 8th, CPR Training, Business Office, 1 p.m., Registration Required
- \* December 10th, Volunteer Appreciation Dinner, The Cove, 5—7 p.m.





### Movie and PJ Party—Neptune Theater

## *The Polar Express*

Friday, November 25, 2022

10:30 am & 1:00 pm showings

Santa Sunset 5K run - 4 pm

Reindeer Trot - 4:30 pm

Friday, November 25th

(half mile fun run into the sunset)

*The Arch at Bolstad Beach approach*



### Puppet Show

Veterans Field Stage

*“Rudolph and the Dreidel”*

Saturday, November 26th

11 am & 1 pm

### Santa Claus

is coming to town!

Veterans Field Stage

Saturday, November 26th,

3 pm & 5 pm

### Tree Lighting & Christmas Caroling

Saturday, November 26th, 6 pm



*in the park next to  
Castaways Seafood  
Grille*

*Holiday Mermaid* is coming  
to meet you!

Sunday, November 27th

12 to 2 pm

Veterans Field Stage





# Presenting the Bay Side Singers in "Sing On"

- \* December 3rd, 2:00 p.m. at the Ocean Beach Lutheran Church  
24002 U Street, Ocean Park
- \* December 10th, 2:00 p.m. at the River City Playhouse  
127 Lake Street SE, Ilwaco



Refreshments and Bake Sale

Donations accepted

**Christmas Concert**

A WATER MUSIC SOCIETY EVENT  
*Proceeds benefit the music programs in our local schools.*

**GEORGE MITCHELL QUINTET with MARILYN KELLER**

SUNDAY, DECEMBER 4  
CHINOOK SCHOOL EVENT CENTER, \$15  
SOCIAL HOUR 2PM  
CONCERT 3PM

*Welcome the holidays with magical, jazzy melodies of the season!*

*Holiday treats. No-host champagne bar. Festive venue!*

TICKETS & INFO  
WATERMUSICSOCIETY.COM  
OR AT THE DOOR

**NOVEMBER 25 - 27, 2022**

Long Beach Merchants Association

**Holidays at the Beach**

Photos with Santa \* Puppet Shows  
Holiday Mermaid \* Tree Lighting \* 5K Run  
Reindeer Trot \* Canned Food Drive

Please bring canned food donations to any/all events to help stock our local food banks

Presented by Long Beach Merchants Association and City of Long Beach

**FOLLOW US ON FACEBOOK!**  
facebook.com/HATBLongBeachWA/

# ARCHITECTURAL COMMITTEE

Plan on installing a fence, a shed, a gazebo or building a garage or a house?

REMINDER...

ALL building plans must be submitted to the Architectural Committee prior to any construction.

*Pacific County will not approve permitting until the committee has signed off on all plans.*

The committee meets every Tuesdays at 9 a.m. at the business office. The building packets are on our website at [surfsideonline.org/forms/](http://surfsideonline.org/forms/) or you can pick them up from the business office. Applications must be received by end of day on Thursdays to make the agenda for the following Tuesday's meeting.

**Please notify the business office if you want to attend the meeting in person.**

**If you are building on a vacant lot without an address, please post a sign so the committee knows which lot will be developed.**

**Two (2) sets of plans must be submitted to the committee.** Once approved, you will get a copy of the approved plan. Take it to the county for their approval as needed. Surfside will retain one set of approved plans to keep on file.

For more detailed information on the Architectural Committee duties and guidelines go to our website [surfsideonline.org](http://surfsideonline.org), select the Other tab, then Governing Documents. Download the Operations Manual and the Surfside Restrictive Covenants or call the business office 360-665-4171 with questions.

Thank you!

# November 2022

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 AC 9 am CRC 1 pm	2	3 Neighborhood Watch 2 pm	4 TBVN 1-3:30 pm	5
6	7 Election Cmte 9 am Special Board Mtg 3 pm	8 AC 9 am	9	10 LB&W 9 am WSP 11 am	11 Office closed 	
13	14	15 AC 9 am	16	17 Coffee with Trustees 2 pm	18	19 Board Mtg 9 am Budget Ratification Peninsula Senior Center
20	21	22 AC 9 am EMC 1 pm	23	24 Office closed 		26
27	28 Election Comm 9-11 Fire evacuation Meeting 2 pm	29 AC 9 am	30 S&S 3 pm			

## LEGEND





AC=Architectural    CRC=Community Relations    EMC=Emergency Management

LB&W=Land, Buildings and Waterways    S&S=Safety and Security

TBVN=Tree, Brush, Vegetation and Noxious Weeds    WSP=Water Systems Planning



# December 2022

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 Neighborhood Watch 2 pm	2 No TBVN Mtg	3
4	5 Auditor 8—4 pm	6 AC 9 am CRC 1 pm	7 Book Club 3p	8 LB&W 9 am	9	10 Volunteer Appreciation Dinner, The Cove, 5 pm
11	12	13 AC 9 am	14	15	16	17 No Board Meeting
18	19	20 AC 9 am	21	22	23 Office Closed	24
						
25	26 Office Closed 	27 AC 9 am No EMC Mtg	28	29	30	31
January 1	2 Office Closed	3 AC 9 am	4	5	6	7
						

**LEGEND**

AC=Architectural    CRC=Community Relations    EMC=Emergency Management

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