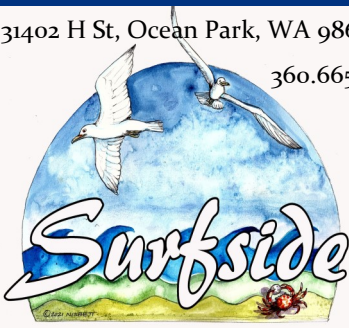


31402 H St, Ocean Park, WA 98640

360.665.4171



Weekender

December 2, 2022

Surfside Events

Peninsula Events

Entertainment/News

surfsideonline.org

Stay Healthy This Season

Want to avoid spending the winter feeling awful and curled up with a pile of tissues? Follow these eight tips from experts.

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1. Get your flu shot; get vaccinated.
2. If you have a fever or flu symptoms, don't go out (school, work, volunteer activities).
3. Stay home for at least 24 hours after your fever is gone, unless you need medical care.
4. Cover your mouth and nose with a tissue, not your hands, when coughing or sneezing.
5. Wash your hands frequently with soap and water.
6. Avoid touching your eyes, nose and mouth.
7. Clean and disinfect frequently touched surfaces.
8. Practice healthy habits: get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.



[University of California San Francisco; https://www.ucsfhealth.org/education/8-ways-to-stay-healthy-this-flu-season](https://www.ucsfhealth.org/education/8-ways-to-stay-healthy-this-flu-season); Extracted 11/30/22.

The 2023 Budget was ratified by members on November 19, 2022. There were 539 total ballots (mail-in and in person combined). The final tally was 376 Yes votes and 163 No votes. A hearty **THANK YOU** to all members who voted. We appreciate your involvement.

The office will be closed Friday, December 23rd, Monday, December 26th, and Monday, January 2nd for the holidays.

WIND STORMS



Each fall and winter, several low pressure systems impact the Pacific Northwest, producing strong winds to 60+ mph. On Columbus Day, October 12, 1962, the strongest non-tropical windstorm ever to hit the lower 48 states struck the Pacific Coast. It claimed 46 lives, injured hundreds more, and knocked power out for several million people. By taking action now, you can save lives and reduce the damage caused by windstorms and other weather related hazards.

What to do before a windstorm

1. Assemble a disaster supply kit.
2. Find out who in your area might need special assistance, specifically the elderly, disabled, and non-English speaking neighbors.
3. Check with your veterinarian for animal care instructions in an emergency situation.
4. When living on the coast, be sure to be familiar with your evacuation routes.
5. Know what emergency plans are in place at your workplace, school, and daycare center.
6. Conduct a home safety evaluation, including garage door and nearby trees.
7. If you have an electric garage door opener, locate the manual override.

What to do during a windstorm

1. Don't panic. Take quick action to protect yourself and help others.
2. Turn off the stove if you're cooking when the power goes out, and turn off natural gas appliances.
3. If you are indoors, move away from windows or objects that could fall. Go to lower floors in multi-story homes.
4. If you are outdoors, move into a building. Avoid downed power lines, utility poles and trees.
5. If you are driving, pull off the road and stop away from trees. If possible, walk into a safe building. Avoid overpasses, power lines and other hazards.
6. Listen to your radio for emergency instructions.

What to do after a windstorm

1. Check yourself and those around you for injuries.
2. Evacuate damaged buildings. Do not re-enter until declared safe by authorities.
3. Call 9-1-1 only to report a life threatening emergency.
4. If you smell gas or hear a hissing sound indoors— open windows and leave the building. Turn off the gas source and call your gas company. Do not use matches, candles, open flames or electric switches indoors.
5. If the power goes out, keep refrigerator and freezer doors closed to keep food frozen for up to two days.
6. Provide assistance to your neighbors, especially the disabled and the elderly.
7. Try to make contact with your out of area phone contact, but avoid making local telephone calls.
8. Monitor your portable weather radio for instructions or an official "all clear" notice. Radio stations will broadcast what to do, the location of the emergency shelters and medical aid stations and the extent of the damage.

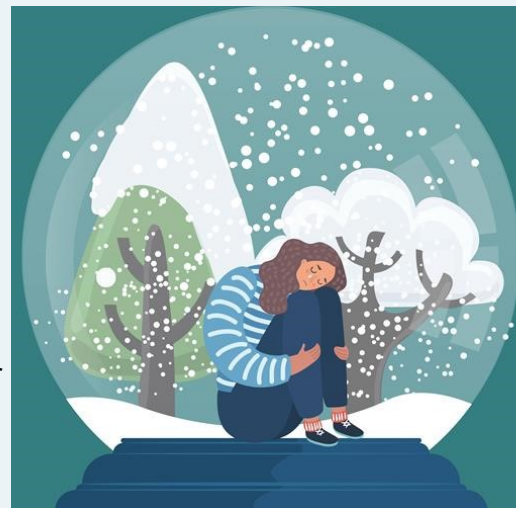
Wintertime blues, Seasonal Affective Disorder (SAD)

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.

Do you have a question for the Board? Do you want to make a suggestion? Do you want to send a note or comment to a committee or a trustee? **Submit a Membership Request!** We WANT to hear from you, our membership, to improve our community and ensure we respond to your needs. You can either come to the Business Office, fill out our [Membership Request form](#), or email Board@surfsideonline.org.



Talk to you soon!



Drivers: Share the Road

People on bicycles have the same rights and responsibilities as people behind the wheel of a vehicle.

- ⇒ Yield to bicyclists as you would motorists and do not underestimate their speed. This will help avoid turning in front of a bicyclist traveling on the road or sidewalk, often at an intersection or driveway.
- ⇒ In parking lots, at stop signs, when packing up, or when parking, search your surroundings for other vehicles, including bicycles.
- ⇒ Drivers turning right on red should look to the right and behind to avoid hitting a bicyclist approaching from the right rear. Stop completely and look left-right-left and behind before turning right on red.
- ⇒ Obey the speed limit, reduce speed for road conditions and drive defensively to avoid a crash with a cyclist.
- ⇒ Give cyclists room. Do not pass too closely. Pass bicyclists as you would any other vehicle—when it's safe to move over into an adjacent lane.

Vegetation Spotlight



Oceanspray - *Holodiscus discolor*

Many people favor cultivated ornamentals over natives because they perceive natives to be delicate and difficult to transplant. If there was one native plant to completely explode that notion, it would be Oceanspray. This plant is toughness incarnate. Happy in sun or shade, wet or dry, Oceanspray is one of the hardest native plants to kill, try as you might. As an added bonus, it's also a relatively fast-growing plant, especially in sunny spots, so buying a 1-gallon Oceanspray can be a great solution for filling a hole in your landscape.

In late spring, cascades of large, white to cream-colored flower plumes cover the entire plant, attracting butterflies and other pollinators. These flower clusters will eventually turn brown and remain on the plant through the winter. The dense structure of Oceanspray makes it an extremely valuable wildlife habitat, providing shelter and food (in the form of insects) for insectivorous birds such as chickadees and bushtits.

<https://www.watershedco.com/blog/pacific-northwest-native-shrubs-for-gardens/>; Extracted 11/30/22

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.

Upcoming Events

- December 3rd, Wreath Making Class, Basket Case Nursery, 10 a.m.
- December 3rd, Crab Pot Christmas Tree Lighting, 5 p.m. at the Port of Ilwaco
- December 4th, Pet Pics with Santa, 12 to 4 p.m., 326 2nd St, Long Beach
- December 8th, CPR Training, Business Office, 1 p.m., Registration Required
- December 10th, Volunteer Appreciation Dinner, The Cove, 5 to 7 p.m.

2022 Crab Pot Christmas Tree Lighting

Saturday, December 3, 2022

5 pm at the Port of Ilwaco

Lighted Boat Display and Crab Pot Christmas Tree offers colorful strings of holiday lights reflecting in the water from spectacularly bedecked boats that can be seen at the Lighted Boat Display. This wondrous display takes

place at the Port of Ilwaco. That same afternoon, Ilwaco will host the recent tradition of decorating and lighting its one-of-a-kind Crab Pot Christmas Tree at 5 pm. Public participation is welcome. Check out local businesses and shop the Saturday Christmas Market at the Port for your chance to meet Santa and have a merry good time!



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.

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.

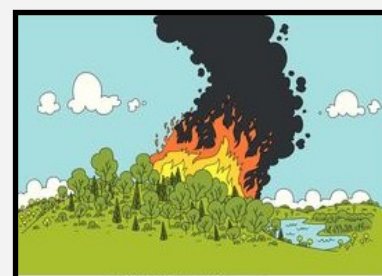
Storage fees are \$10 per year. Images of approved containers for the EMC storage shed are below. If you are interested in purchasing them, you can find them at Home Depot.



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 if you need additional information or would like to join. Thank you.



Calling All Surfside Volunteers!

Surfside volunteers and staff are the backbone of our wonderful community. Our volunteers contribute countless hours (and save us thousands of dollars) each and every year. From chili cook-offs, Earth Day events, creating safety plans, planning for emergencies, coordinating building and waterways management, processing architectural requests, helping to create our annual budget, and hosting tsunami walks, these volunteers make Surfside one of the best communities on the Peninsula.

Each year we gratefully say “thank you” by hosting a Volunteer Appreciation dinner. If you are a volunteer, on behalf of the Board and Surfside, please join me on December 10th, from 5 to 7 p.m. at the Cove Restaurant (9604 Pacific Way, Long Beach) for a hosted dinner in your honor. If you have not already, please call the Office at 360-665-4171 to RSVP.

Warmly,

Kurt Olds, President, Surfside HOA Board

Ilwaco High School Events

Holiday Follies: Holiday Jazz, December 10th at 7 pm,

Ilwaco Drama Club presents *Mutually Assured Destruction*, 10 plays about Brothers and Sisters, December 16-18th

Call 360-642-3731 for more information on play times.



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



3 spaces left! Call now to reserve your seat 360-665-4171.

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

NEWS RELEASE

Razor clam dig closures on all coastal beaches continue until further notice due to rise in marine toxin levels.

Washington Department of Fish and Wildlife, November 23, 2022

OLYMPIA – The recreational razor clam season on all coastal beaches remains closed until further notice, shellfish managers with the Washington Department of Fish and Wildlife (WDFW) announced today.

Test results, released on November 23 for razor clams, indicate domoic acid levels on all beaches, have exceeded the health guidelines for safe consumption set by Washington Department of Health (WDOH) officials.

For more information, go to the WDFW's razor clam webpage and the DOH webpage. The 2022-23 Razor Clam Management Plan is available on the WDFW's website. To be notified of in-season rule changes as they are announced sign up for email notifications at wdfw.wa.gov/about/lists.
<https://wdfw.wa.gov/fishing/shellfishing-regulations/razor-clams>. Contact: Dan Ayres, 360-249-4628.

*Santa is coming
to Downtown
Ocean Park
Dec 2nd!*

He begins his ride
through town at 4:30
arriving by 5 pm to the
Bay Ave (just east of Vernon)
Community Tree Lighting!

Santa visits & photo ops
Caroling
Hot chocolate, cider & cookies
Make & Take Fun
in Santa's Workshop
Info: opwa.com



Pet Pics with Santa!



**Sunday, December 4th
from noon to 4:00 pm
Shelter Annex
326 2nd Street NE**

**\$10 donation -
digital prints**

**\$15 donation-
two 4x6 prints**

HAPPY Hanukkah



Will you help the South Pacific County Humane Society's cats and dogs start the new year with a bang by filling their stockings for Christmas?

We hope so! Please help if you can:

FOOD:

Our favorite food is Kirkland (Costco) kibble for its high quality and low price (our pups also like Purina Pro Plan & Iams); Purina Kitten Chow; Kirkland canned food; Friskies pate.

SUPPLIES & TOYS

We appreciate gift cards for pet & office supplies. Our favorite all-purpose gift cards are for Dennis Company in Long Beach, Costco in Warrenton, and Amazon online. The cats and dogs love toys – please no squeaker toys or rawhide.

WISH LISTS

You can send directly to the shelter from our [Amazon Wish List](#) and [chewy.com Wishlist](#).

TOP NEED

What the shelter animals want more than anything is a forever home! Meet our shelter animals at [beachpets.com](#) or join the conversation on our [Facebook](#) and [Instagram](#) pages.

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



HAPPY KWANZAA

dreamstime



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

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/ 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, 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!

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

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

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

January 2023

SUN	MON	TUES	WED	THURS	FRI	SAT
1 	2 Ofc Closed	3 AC 9 am CRC 1 pm	4	5	6 TBVN 1 pm	7
8	9	10 AC 9 am	11	12 LB&W 9 am WSP 11 am	13	14
15	16	17 AC 9 am	18	19 S & S 3 pm	20	21 Regular Board Meeting 9 am
22	23	24 AC 9 am	25	26	27	28
29	30	31 AC 9 am EMC 1 pm				

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