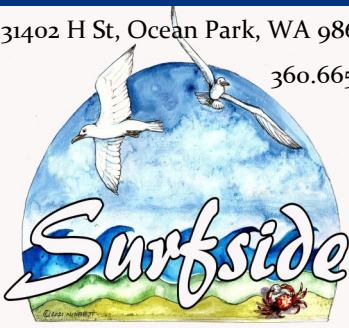


31402 H St, Ocean Park, WA 98640

360.665.4171



# Weekender

December 9, 2022

## Staying Connected to Others During the Holidays

Surfside Events

Peninsula Events

Entertainment/News

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

As we head into the holidays and COVID-19 continues, we may need to change or cancel favorite traditions with family and friends. However, we can still create meaningful moments that lift our spirits and keep us safe while building a sense of connection, community, and cheer.

### Creative ways to connect

Staying in touch with loved ones can help boost your mood. Try these ideas for reimagining how you celebrate the season with others:

- \* Gather virtually. Take seasonal events such as gift exchanges online by dropping off or sending gifts to friends and family and then opening them together virtually. It can be a safe way to stay connected and have fun.
- \* Volunteer safely. Look into virtual volunteer opportunities or volunteer in-person while following recommended safety precautions. You could also help a neighbor by raking, shoveling, or picking up groceries for them.
- \* Stay active. Being outdoors, moving your body, and connecting with loved ones can be wonderful ways to care for yourself. If weather allows, invite friends and family to join you for a physically-distanced hike or walk at a local park.
- \* Create new traditions. Establish a holiday movie night with the people in your own home, complete with seasonal snacks, or organize a virtual gathering with friends and family you may not normally see during the holidays.

### Mental health care tips

While staying connected can help you care for your mental health, there's more you can do if you're feeling stressed or anxious. The Centers for Disease Control and Prevention recommends:

- ⇒ Eating healthy, well-balanced meals
- ⇒ Exercising regularly
- ⇒ Meditating
- ⇒ Taking a break from screens and technology
- ⇒ As we all have to think more creatively about how we approach the upcoming holiday season, remember it's okay to ask for help when you need it

Anthem, <https://www.anthem.com/coronavirus/blog/well-being-and-community/staying-connected-to-others-during-the-holidays/>; Extracted 12/8/22

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

## ~9 Tips for Fending Off Holiday Stress~

The holidays are a time for family and cheer, but making sure the house is clean, the food is ready, and the presents are wrapped and ready to be opened can be overwhelming. These factors can bring unwanted stress and depression in a time meant for happiness. Some important, practical tips can help minimize the stress that accompanies the holidays. These tips may even help you enjoy the holidays more than expected.

**Through the endless parties, cooking, shopping and cleaning, try taking one of 9 steps to ensure you have a stress-free holiday:**

1. **Plan ahead** - Between co-workers, friends and family, it's inevitable that some commitments will end up on the same day. Make sure to plan on what you can attend in person or virtually. If you're hosting the holidays, create a menu to help you stay organized and make grocery shopping easier.
2. **Say no** - With holiday commitments, it is OK to say no to a few or all of them. It also will help relieve some stress. Try sharing your to-do list with other family members.
3. **Plan spending** - The holidays mean spending money. Make a budget and stick to it. Spending money on your loved ones is important, but it's also important to pay your energy bill. Don't buy gifts that you'll be paying off for the rest of the year.
4. **Create relaxing surroundings** - Turn on some music, light some candles or open the windows on a sunny day. Research has found that listening to music and the scent of citrus can boost feelings of well-being, and vitamin D is always a happiness booster.
5. **Maintain healthy habits** - The holidays are notorious for ruining healthy habits. A short workout each morning will help your decision-making throughout the day. Encourage your family to try snow shoeing or sledding to get in extra exercise. Eat healthy snacks like fresh fruit or vegetables throughout the season and to fill up before a dinner party or celebration with tempting, but unhealthy, foods.
6. **Share feelings** - Spending a holiday after a loss in the family can be difficult. Accept your feelings and open up about them to others. It may make you feel better to share. Try to switch up old traditions to ease the loss.
7. **Respect differences** - Family members will have different viewpoints than your own. Try your best to forgive and forget this holiday season. Focus on your similarities, and replace tension with something productive.
8. **Be realistic** - You are only one person, and you can only do so much. Be realistic with how much you can handle this season. Forget about perfection, and relax and enjoy the company surrounding you.
9. **Take a break** - Don't forget about your own needs. Take a nap, go for a short walk, read a book or watch a funny movie. Laughing relaxes the whole body, and can relieve physical tension and stress.



Holidays are meant to be a fun, enjoyable time with friends and family. These tips can help ensure you truly enjoy your holidays when stress starts to set in.

Peter Reisner, M.D., Mayo Clinic Health System;

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/fend-off-holiday-stress-with-these-tips>; Extracted 12/8/2022

# 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.

## Safety and Security Committee Update

If you have a complaint or question about the roads in Surfside, send an email to [pw@co.pacific.wa.us](mailto:pw@co.pacific.wa.us) or submit a complaint through the county Maintenance Request form at <https://www.co.pacific.wa.us/public-works/index.html>.

Our Safety and Security Committee continues to communicate with the Interim Public Works Director, Grace Amundsen Barnkow. Ms. Amundsen Barnkow indicated her department focuses on flood control this time of year, finishing their budget process, and pavement management. She shared that the transportation improvement program (TIP) recently adopted includes the pedestrian projects Surfside HOA requested. She indicated the speed studies the HOA requested will be done soon. Finally, there are some draft documents prepared in anticipation of potential grants for pedestrian improvements.

The Safety and Security committee meets the fourth Thursday of each month at 3:00 p.m.

## Safety and Security Committee Request

Do you know any, or are you, a retired law enforcement officer, fire fighter, or emergency responder? If yes, the sheriff elect would like to know you and meet you.

Please call or email the business office with your contact information.

## 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.

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.





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](mailto: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



## Upcoming Events

- December 10th, Volunteer Appreciation Dinner, The Cove, 5 to 7 p.m.
- December 11th, Carols, Cookies, and Cocoa, Fort Columbia State Park Chinook Point, 3 -5 pm
- December 13th, Holiday Wine & Cheese Tasting Event with Live Music, North Jetty Brewing, 4200 Pacific Way, Seaview, 6 - 8 pm
- January 1st, Fireworks at the Bolstad Beach Approach, Long Beach, 12 am (midnight)



### 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.**



### Owner’s Responsibilities



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





# WREATH CLASS 2022



Kathleen and Bruce Mason



Dee Senese



Valerie Harrison



Examples of the lovely wreaths made by participants. See you next year!





# 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)

## 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](http://wdfw.wa.gov/about/lists).  
<https://wdfw.wa.gov/fishing/shellfishing-regulations/razor-clams>. Contact: Dan Ayres, 360-249-4628.

## Presenting the Bay Side Singers in

# “Sing On”

- \* December 10th, 2:00 p.m. at the River City Playhouse, 127 Lake Street SE, Ilwaco



Refreshments and Bake Sale

Donations accepted



**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.



# 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!

# 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 L,B&W 9 am First Aid 1p	9	10 Volunteer Appreciation Dinner, The Cove, 5 pm
11	12 Election Cmte 9-11	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

**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 Office Closed	3 AC 9 am CRC 1 pm	4	5 Neighborhood Watch 2 pm	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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