Volume 27, Issue 12 December 2024

NEIGHBORS



Every year we come together to light up the town and celebrate the blessings we all share as a community. This year the Festival of Lights kicks off on December 7 and runs through January 4. In this month's *Neighbors* we share the schedule of all the holiday events, take a look back and to the present at doctors who make house calls, learn about the critical aquifers that provide our drinking water, find out what is being done to build a community pool, and so much more.

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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.

EDITOR'S NOTE

As we look back at another year of *Neighbors* we reminisce about the events, tragedies and triumphs of Fall City in 2024. Reporting on the happenings and the people in our community for the past 27 years has been a dedication of community support. It takes almost 100 hours per issue to plan, edit, write, layout and print the publication. Volunteers from across the Valley help develop the content and sponsors and donors help pay for it. Without these generous donors and advertising sponsors we would not be able to keep you informed.

In this season of giving, we are asking you to join this amazing group of citizens, businesses, and organizations and do your part for our community by becoming involved. Volunteer as part of the *Neighbors* "staff," become a donor for as little as \$25 or a business sponsor for \$30 per month. Your generosity will keep on keeping you informed for another year.

Visit *fallcity.org/community-1* to make a donation or become an advertising sponsor. Write editor@fallcity.org to volunteer your writing or social media talents..

Editor, editor@fallcity.org

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

Fall City Neighbors is a monthly publication of the Fall City Community Association (www.fallcity. org) and is supported by local sponsors and donors. It is distributed free of charge to the community. Available at the Fall City library, post office (green box in front) and at businesses throughout town.

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: James Hutchins, Editor, e-mail: editor@fallcity.org or mail to *Fall City Neighbors*, P.O. Box 1064, Fall City, WA 98024.

TO SPONSOR: Contact Janet Kautz, kautzjl@ gmail.com. *Ad sizes*: 3.5" x 2"—\$90/qtr or \$360/yr; 3.5" x 4"—\$180/qtr or \$720/yr; 7" x 4"—\$360/qtr or \$1,440/yr.

Deadline for submissions is the TENTH of each month.

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Community News and Notes FALL CITY COMMUNITY ASSOCIATION

Highlights from the November 2024 Meeting

PRESIDENT'S REPORT. Rachel Shepard, FCCA President.

President Shepard welcomed those attending in person and via livestream (Zoom for members and Facebook Live for nonmembers). She shared that the FCCA, which meets on the first Tuesdays of the month (this meeting delayed due to the Election), exists to build community and support the various efforts undertaken by committees. The FCCA meetings are an opportunity for committees to share their work. The FCCA website includes links to zoom meetings, transcripts, minutes and FCCA financials. Rachel encouraged community members to learn more, join, or renew their membership (voting memberships are a "steal" at \$30.00 annually) at www.fallcity.org. Agenda ideas are welcomed at FCCA@fallcity.org.

Elections for FCCA officers will occur at the December 2 meeting; two positions are currently open: Recording Secretary (meeting minutes and *Neighbors* recap) and Corresponding Secretary (event calendar, membership and outreach). Rachel will continue as President. Sarah Kieffer (previously Corresponding Secretary) will serve as Vice President and Laurie Hauglie will continue as Treasurer.

President Shepard reminded the group that 20% of the previous year's (2023) unrestricted funds are available to spend; remaining funds for 2024 are \$8,423.80. Members voted on the following priorities for 2024: land use issues, downtown revitalization, town maintenance and member outreach.

FLAGPOLE RELOCATION. Sarah Kieffer for Matt Baroch. Thank you to the Mt. Si Fish & Game Club for their \$3,000 donation to repair the monument and flagpole. The flagpole was damaged when it was hit by a car and will be moved to a more visible place in the Totem Garden. The total cost of the project is estimated at \$3,808; the remaining funds, including cost of camera installation, will come from the FCCA. Construction will start after the holiday lights are removed on January 4th.

GROUNDWATER UPDATE. *President Rachel Shepard.* Rachel shared a recap of Fall City groundwater risks:

- Fall City has a sole source aquifer with 100% of its drinking water coming from wells located in a "critical aquifer recharge area".
- Water flows (and carries nutrients and pollutants) under the town from South to North, discharging into the river.
- We have a high density of older septic systems, and many are likely in need of service, repair or replacement. Fall City has more than four times the density of septic systems allowed by today's regulations.

• Nitrates that are not always filtered out by soil in the septic process pose a risk.

New data on groundwater in Fall City

- Upper aquifer nitrate contamination has been confirmed; at this time there are no nitrates in our wells located in the lower aquifer.
- Hydraulic connection between upper aquifer and the river has been confirmed
- Upper/lower aquifer connectivity is still unknown
- Nitrate presence in salmon recovery area is unknown
- When the river floods, ground water flows uphill towards town

Next steps:

- The Fall City Water District has allocated the majority of its savings to learn more about our aquifers, connectivity, and wellhead setbacks.
- Per EPA/DOH guidelines, we need comprehensive monitoring, protection and a mitigation plan. It is unclear which agency is responsible for this.
- Conduct a mass nitrate loading study to understand cumulative nitrate impacts and the aquifer's carrying capacity.
- Initiate nitrate testing in flood restoration area.

NEWS FROM KING COUNTY. Councilmember Sarah Perry (Sarah. Perry@kingcounty.gov; 206 477 1003). Councilmember Perry expressed her appreciation for the information in Rachel's presentation and offered to work with Rachel to move the nitrate study forward. As vice chair of the Flood Control District and chair of Local Services and Land Use, she can assist in connecting with relevant agencies, such as the Department of Natural Resources and Parks, or even the State Department of Health, to coordinate groundwater initiatives.

Sarah reminded attendees that District 3 extends from East Lake Sammamish to Stevens and Snoqualmie passes and from I-90 to Highway 2 and includes 250,000 people and a total of 1,000 square miles, 80% of which is dedicated forest or farmland.

From 2022-2024, King County Grants for our zip code include:

• \$16,000 to Fall City Arts, OPF Innovations, Operation Homefront

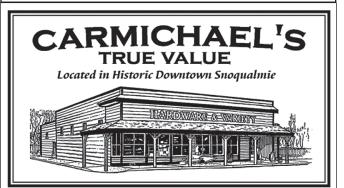
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FCCA HIGHLIGHTS

(cont'd from page 3)

- \$33,500 through 4Culture Arts and Department of Local Services
- \$3.1 million through the Department of Natural Resources and Parks
- \$3.5 million in capital and annual Flood Control District investments

This equates to \$629 per capita in Fall City and compares to \$234 per capita for all of District 3.

The 10-Year Comprehensive Plan Update, a 4,000-page document with 1,200 changes, was completed and is set for a vote soon. It covers housing, salmon habitat restoration, and setback adjustments. The Flood Management Plan Update, a 20-year revision, incorporates community feedback for the first time, addressing issues directly from those affected by flooding.

The council recently passed a \$178 million supplemental budget focused on public safety, housing, and environmental investments. Additionally, the permitting division is undergoing a transformation to reduce permit times from 27 to 9 weeks, in compliance with new State legislation, SB 5290. This shift requires major adjustments and hiring across departments. Councilmember Perry stated there have been other questions about timing, as well as the impact on SEPA, and whether increased efficiency in Permitting might cause unintended impacts in other areas - she requested an email with questions and will provide information.

The Doors Open program allocates \$94 million annually for art, heritage, culture, and science, with a commitment to direct at least 25% to areas outside Seattle. Organizations with relevant missions, like Fall City Arts, are encouraged to apply. School districts and tribes cannot apply directly but can collaborate with nonprofits for projects.

Budget season is in full swing. The Council's goal is to pass the budget by November 19th, with a backup date of November 26th. Public input is always encouraged and can significantly impact council decisions. If you have budget-related feedback or requests, please reach out. It's good for the other councilmembers to hear voices from Fall City.

COMMUNITY CENTER FEASIBILITY UPDATE. *Todd Brown.* The five members of the committee are finalizing a report on their community engagement activities, including survey data, town hall and partner interviews. They plan to share the report at the December FCCA meeting. Committee members are considering two options: repurpose an existing facility or build a new center. A consultant will be engaged to initially assess code and permitting issues.

ON-SITE SEWAGE SYSTEM 2024 CODE REVISIONS. Lynn Schneider, King County OSS Program Supervisor (lynn.schneider@

kingcounty.gov) In January the Washington State Board of Health approved revisions to the statewide On-Site Sewage (OSS) rules with an effective date of April 2025. To comply, King County is updating their codes as well as identifying opportunities to reduce costs, remove barriers and simplify language. After outreach and public meetings from May to October, the County's proposed language has been submitted to the County Board of Health who will vote on it in January or February.

Code changes include:

- Minor repairs on gravity systems no longer require permits
- Allow smaller pressure distribution drain fields and reduce ADU sizing requirements
- Extend "Time of Sale" inspection timeline from 6 months to 12 months
- Allow septic pumpers to do some inspections
- OSS failures must be reported within 5 business days by pumpers

Next Steps:

- Proposed language will be available in January, although currently with only 7 days for public comment.
- Sign up for the newsletter at *content.govdelivery.com/ accounts/Waking/Bulletins/3c0a721*
- For more information about the proposed changes, visit *kingcounty.gov/oss/code*
- There is an opening for a rural representative on the Technical Advisory Committee if interested contact Lynn for an application.

Attendees expressed concern about the public outreach and that there were no meetings held in Fall City. Lynn explained that there are 85,000 septic systems in King County and that there were meetings in Carnation and North Bend as well as other outreach. Because the comment period is now over, she suggested sharing concerns with King County Department of Health.

OTHER ANNOUNCEMENTS:

Call for board members for Fall City Arts – a huge thank you to Krimsey and Scott who have transformed our art and creative community and made our town a better place. Upcoming events include pet portrait painting, wine glass painting, embroidering holiday ornaments.

Rick Divers, Fall City Historical Society President, shared that there will be a Community Landmark Status hearing on November 21st for the IOOF building (originally built in 1948 as the Fire Station). Also, the group's 2025 Calendar (highlighting the River and River Street) is available at Aroma Coffee, Fall City Meats, Lucky Duck and at the Holiday Market.



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House Calls Return to Local Healthcare

by Kate Grossman

You have a medical problem that needs immediate attention, but you feel too sick to get yourself to urgent care. Perhaps your newborn baby needs to go in for a weight check, but you don't really want to expose her to all the coughing kids in your pediatrician's waiting room. Or maybe an elderly relative with dementia needs help, but he would get confused while waiting in a doctor's office. In all these cases, the traditional model of seeing a doctor in an office or hospital isn't optimal for patients.

In a place like Fall City, situated a bit farther from larger towns, residents have access to the medical care provided by Seattle and larger clinics and hospitals on the Eastside, but there can be substantial travel time or wait times to get in to see those providers, let alone the challenges of specific medical situations. Enter the return of the house call — and doctors who have figured out a way to go back to seeing patients face-to-face in the comfort of their own home. Locally, a couple physicians are providing that individualized medicine via house calls. The house call model of medicine seems to work best for these individualized circumstances, like newborn or elder care, when it is least convenient to leave home for a medical visit.

Nicole Schick, a double board-certified doctor in pediatrics and breastfeeding medicine, is based in Fall City and sees patients across the Eastside. Her practice is house call based, with a focus on breastfeeding or lactation issues for mothers, as well as newborn care in the first six weeks.

"I started in pediatrics, but when I had my boys, I felt such a need for better breastfeeding support as a new mom," said Schick. "I was a pediatrician, but I still felt like I had no idea what I was doing." With her new practice model she has extended time to be with families during the first few months (which can be difficult for new parents) and provide an opportunity for more personalized medicine.

"I'm here to support you. You can stay in your pajamas, you don't have to go out of the house, and we work together in the setting where you're caring for your baby. So many times these moms don't feel supported in some way, and there isn't a lot of room in the traditional medical environment to validate and troubleshoot the experience



Fall City based doctor Nicole Schick, MD, specializes in early pediatric and breastfeeding medicine delivered in the home.

that they're going through. I love providing this level of care and attention."

Dr. Schick started her local newborn and lactation practice after spending time in an academic setting at the University of Iowa, as well as practicing with local pediatrician offices on the Eastside. "It was a leap of faith, leaving an institution where you have a lot of support for billing and human resources and legal services and everything else, but it's a leap of faith absolutely worth taking."

While the first weeks of life and parenthood are times particularly suited to such individualized care, an acute illness or an elderly patient in need of care are also situations benefiting from the house call model. Dr. Benjamin Magoun, a naturopathic doctor with experience in urgent care and elder care, is from Snoqualmie but is now based in Issaquah.

Born into a family of healthcare workers, nurses, and doctors, Ben grew up in rural Pennsylvania observing his father, an emergency medicine MD. He saw the difference

(Continued on p. 8)

HOUSE CALL

(cont'd from page 7)

between treating a patient for a medical condition and empowering them to overcome it. His father knew that most of his patients lacked access to good primary care. To fill this void, he often offered lifestyle and nutritional recommendations and acupuncture and massage referrals instead of medications.

These experiences helped Ben see the divide between allopathic and naturopathic medicine. His goal is to help bridge this gap by teaching and expanding on the principles of lifestyle medicine and advising patients about the prevention and management of chronic disease through their choices.

Whether it's a tourist in the Valley needing quick attention for a medical issue, or if it's an elderly relative that finds it difficult to leave the house, Dr. Magoun can meet the patient wherever they are, so the patient doesn't need to worry about finding an ER or urgent care that will take their insurance.

"I have always wanted to practice medicine in a small town where I could be an active member of the community and get to know my patients and their families. The Snoqualmie Valley is a great place to make this happen," said Magoun.



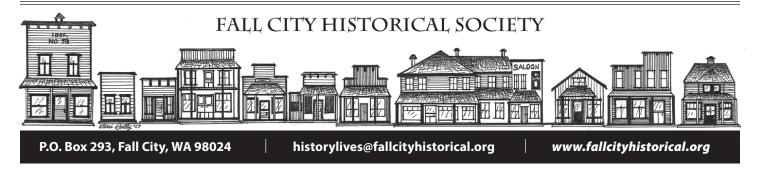
"I have always wanted to practice medicine in a small town where I could be an active member of the community," says Dr. Benjamin Magoun, ND

Returning to the house call model also means returning to a simpler method of payment. Before the advent of health insurance (consumers paying a monthly premium to insure themselves against a larger medical bill, like from a hospital visit), patients paid for their physician's help at the time of service. Over the decades, as the insurance and overall healthcare systems have gotten more complex, the payment system has gotten more complex as well. However, with the house call model, patients now pay their physicians directly. Patients pay Dr. Schick a flat fee, for example, but she provides a "super bill" that patients can submit to insurance for reimbursement. Dr. Magoun similarly charges a flat fee for a house call or telehealth visit and provides a bill, but the transaction, like the healthcare itself, remains directly between the physician and patient. "When you think about the costs of a doctor visit," says Dr. Magoun, "the travel time, the waiting, the copays can be really expensive, even after insurance."

Locally, Snoqualmie Valley Health and the hospital also see a growing need for individualized medicine recognizing what local patients need. With a recent rebranding effort earlier in 2024, they emphasize inclusive, individualized healthcare. "While we don't currently offer concierge medicine or house calls, we're deeply committed to delivering personalized care from trusted professionals," says Nichole Pas, Director of Public Relations for SVH. "[We are] committed to providing care that's ... uniquely tailored to our community."

While some online services, like Amazon Clinic and Doctor-on-Demand, provide virtual house calls, many clinics have started using telehealth as a faster way to see patients. Technology certainly provides efficiencies, but face-to-face interaction has long been integral to medicine. "House calls are an extension of the medicine people want," says Dr. Magoun. "It's highly personalized, the care is excellent, and the experience is great."

"The house call model gets back to why most physicians get into medicine," explains Dr. Schick. "We're here to help people who are sick and need medical care. It's so cliche, but that's why I got into it. We like the science and we like helping people."



THEY CALLED HIM "DOC"



In small town America at the turn of the 20th Century, there was usually someone called "Doc." Fall City had William W Cheney, MD. Doc Cheney and his wife came to Fall City from the Chicago area in 1905. He built a structure next to the Fall City Hotel that became his drug store. In the rear he had his office and surgery. There he performed tonsillectomies and sewed up cuts. Patients often used the barter system to pay him bringing produce from their gardens, eggs, and the occasional rabbit. The drug store sold, in addition to medication, perfumes, fancy stationery, toilet articles, and newspapers. He even allowed kids to sit and read the comics he had for sale. The drug store became a gathering place to keep up on the latest gossip. He always knew what was going on in town.

In front of his house

Being an old-time doc, he made house calls. The nearest hospital was in North Bend, so he would rent a horse or rig from the livery stable and go to his patients. He eventually bought a buggy and team – but they weren't quite tame. Stories have it that the team would come screaming into town without him. Townspeople would corral the team, and set out to find Doc.

By 1912, he decided to upgrade to a Model T. but he didn't know how to drive. He hired Jesse Kelley to teach him to drive and come along as his helper. They travelled far and wide and became best friends.

He was forced to adjust to a different life as his eyesight failed. In addition to running the drug store, he was an anesthetist at the Snoqualmie Falls Hospital. You could see him racing across the bridge in his '41 Buick when he got the call.



Doc Cheney in his drug store,1908

Doc Cheney stood only about 5'3" tall, but loomed large as a man of high principles and steadfast character. He lived in a house in back of the Farmhouse Market so he could be close to the people who needed him. As he walked to work in his suit and tie, he greeted everyone with a "Ha...do." In 1953 a reception was held in his honor. Over 450 people attended – many were babies he had delivered. He died at the age of 91 in 1959 and is buried in the Fall City Cemetery.

What a generous community we live in. Thanks to all of you who renewed your memberships and made donations to our fall fundraiser. We appreciate your support!

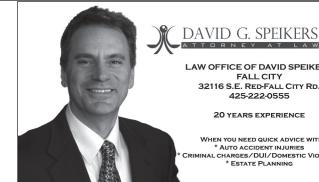




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Valley Public Pool Initiative Has New Player

by Jim Hutchins

E fforts to build a community swimming pool in the Valley for public use and competitive swimming events have been ongoing for many years. The approval of an expansion of the Snoqualmie Community Park, including a pool, was approved by the Snoqualmie City Council in 2023. Design and architectural plans have since been developed, but lack of funding has plans for the pool on hold. Despite this setback, Valley Pool Together, a community organization focused on advocating for public aquatic access for all Snoqualmie Valley residents, has continued its efforts.

The organization recently announced that the City of North Bend is officially collaborating with Si View Metropolitan Park District to develop a regional pool to replace the Si View Pool which is too small for the Valley's expanding population and local school swim teams. The North Bend City Council's approval of the Capital Improvement Plan on October 15th includes \$5 million in park impact and REET funds directed to go to a future pool project. The vote by the North Bend City Council adds another potential player to the Valley aquatic facility initiative.

"This partnership is a huge step in the right direction when it comes to forming a regional partnership," said Kate Moscato Leen, co-founder of Valley Pool Together. "It aligns with our goal of making a public regional pool more affordable by spreading the cost over more funding sources and lessening the burden on taxpayers."

Impact fee funds are paid into by developers, not taxpayers, and are earmarked specifically to offset capacity issues in parks, schools, and more. REET funds come directly from selling houses within the city and must go toward capital facilities costs. Both these funds can only be used for capital improvements and cannot be used in the general fund. The total amount in capital funds available for all city capital projects over the next five years is \$193.8 million. Both are not funding sources that Si View Metropolitan Park District, as a junior taxing district, can receive directly. They can only use them on projects if they partner with a city that does receive them. Up until now, they did not have that partner.



RTESY OF VALLEY POOL TOGETH

This partnership means that finally, money from developers and home sales will go directly into this project, offsetting the need to rely on taxpayers and using that money for what it is meant for: increasing capacity due to our increased Valley population. It will also open even more funding avenues through future partnerships, grants, and appropriations, including the King County Aquatic Grant.

Valley Pool Together credits direct advocacy from the community towards the mayor and city council for the inclusion of a new pool in the Capital Improvement Plan. Their research and that by the City Of Snoqualmie has shown that a strong majority of Valley residents want to have access to a public pool.

The organization recently launched a website (*valleypooltogether.org*) as a hub for community connection around the need for a regional pool. It features several free resources for the benefit of all Snoqualmie Valley residents, including a Snoqualmie Valley Swim Lesson Guide and the Snoqualmie Valley Swim Lesson Survey.

(Continued on p. 16)



Annual Bell Concert Rings in the Season

The Fall City United Methodist Church handbell choirs will ring in the Christmas season with their holiday tradition of a free concert at the church at 6:30 p.m. on December 15, 2024. The concert will feature three handbell choirs. The Cabbage Patch Ringers and Bell Hops under the direction of Carly Evans and the River City Ringers and Rhythmics under the direction of Marion Querro. Refreshments will be served following the concert. Everyone is welcome to enjoy the music in the church sanctuary at 4326 337th Place SE in Fall City.

Come Light Up the Town

The annual Fall City holiday celebration is scheduled for Saturday, December 7th. Everyone is invited to come join in the fun, meet your neighbors, enjoy the holiday music, and find some great holiday gifts for friends and family.

Here's what's up:

Holiday Market

10:00 a.m. – 3:00 p.m., Chief Kanim Middle School Commons

The 24th annual Holiday Market will offer many handmade items for sale from more than 30 local crafters and artists. Find unique gifts for friends and family. Pick up ornaments, fresh wreaths and live poinsettias for your holiday decorating. Visit *FC HolidayMarket* on Facebook for information about all the vendors.

The Fall City Historical Society will again be there with great gift ideas including the 2025 Fall City Calendar, historic photo prints, postcards, wine glasses featuring a Salish salmon or Fall City's latitude/longitude, the newest Steamboat pint glass, a collector's mug 'Fall City – Circa 1906', and of course, their books: *Preserving the Stories of Fall City* and *Jack's History of Fall City*.

This year's Bake Sale will be filled with many delicious goodies prepared by the Fall City United Methodist Church's United Women of Faith. They'll also be serving breakfast and lunch items at the café including coffee, tea, and hot chocolate, holiday breads, quiche, soups, and chili. Bring your friends, enjoy a cup of coffee, and enter to win one of many unique raffle prizes.

Holiday music will be played by pianist Johann Sasynuik and a jazz trio of local students.

Luminaria Crafting

December 3, 4:00 p.m. – 6:00 p.m., Fall City Library Join in an evening of creativity by crafting personalized luminarias to honor loved ones or bring light to your hopes and wishes. All materials, plus hot cider, cocoa, and snacks are provided. For those who can't make it, luminaria materials are available from November 19th through December 6th to craft one at the library or at home. Finished luminarias need to be returned by December 7th at 1:00 p.m. Then, help put them out just before the tree lighting at 5:00 p.m.

Holiday School Music Concert

4:00 – 4:45 p.m., Fall City Elementary School Gym Come enjoy the joyful music of Fall City Elementary's 4th & 5th Grade Choir and Chief Kanim Middle School's Jazz Choir.

Annual Cherry Tree Lighting & Festival of Lights 5:00 – 9:00 p.m.

Enjoy live music, food trucks, beer and wine garden, Santa photos, face painting, balloon art, craft activities, a silent auction, and a treehouse ribbon cutting with tours. 6:00 p.m.

Stay for lighting up the Totem Garden, sponsored by Gray's Way, and lighting the cherry trees along the river, presented by the Fall City Metropolitan Park District and Fall City Fire Department.

Also check out the Community Calendar and Senior Center Events in the issue of Neighbors for even more holiday happenings.

See you at the celebration!

Changing Focus

My intention when I added climate change to a monthly garden column after the 2020 Fall City Workshop on Food, Soil, and Climate Change was to bind two weather-related subjects together monthly into one article. Seemed odd, but doable. Gardening kept on cooperating, as it always does to seasonal weather changes, Climate Change created, of human action, has invisibly messed with normal weather patterns. To pair gardening and climate change now is to attempt a tough if not impossible merger. We know that slow rising temperatures will ultimately drive most of the world's flora and fauna to their disappearance. But the process is so slow. A surprisingly large number of us can fool ourselves into denying or believing it is a hoax. Slowly respectable research is keeping us factually better informed.

Why was I drawn to climate change? Because I sensed it had a dangerous future and wanted to be ahead of it. I've often said I don't like surprises. I wanted to know when our number was up with enough time to alert those who also had my weird proclivity. I apologize to my readers locally who may have questioned why I selected the facts I did. I kept hoping I was giving readers a far-off red flag. My flag was "far off" only because I had to use research wherever Climate Change seemed observable in the US, though often not near us in the Pacific Northwest. Finally, I can say it's drought and fire that's upon us.

We know, thanks to Yale researchers, "Climate change is highly correlated with generalized anxiety, so it tends to affect people who are already anxious about other things and that 27% of us have anxiety re climate change." Over the past six years, the number of people who are "alarmed" has tripled. The "alarmed" do not know what to do, though they are quite eager to do something, "but have never been asked by someone they like or trust. There's enormous work to be done there by the climate community.

The Science Advances Journal reports that big swathes of the West in Arizona and California have been in drought condition since the year 2000 with rising temperatures and evaporation. Droughts used to be caused by shifting weather patterns and fluctuating rainfall as part of a natural cycle. But now, as the planet keeps getting warmer, evaporation is playing a major role and is only going to increase. Even if you have rainfall, much of it won't reach major reservoirs because it will evaporate along the way. That has profound implications.

CLIMATE CHANGE GARDENING

by Susan Miller

Master Gardener & Pruner

Warmer temperatures lead to longer and more intensive droughts. This has been our driest period in 1,000 years. All other states, except for Alaska and Kentucky are enduring drought. This "evaporation demand" grows as drought rises.

If you have a home within the trees and live at the interface of a forest, have you considered ways to protect your home from wildfire if a drought-inspired spark should cause a fire? If your home is close to large forest trees, as mine is, then cut down trees and shrubs 5 feet away from the home and carport and replant with sedums and interesting rocks. Aesthetically it's been hard to buzz down graceful conifers and expose the un-charming corners of my old house.

Once gone, I knew my eye would do well with colorful sedums and rocks, so bye-bye close-by arborvitae and juniper. They become torches from one small ember hits them. I have The Plant Lovers Guide to Sedums by Brent Horvath from 2014. It is very readable, full of 150 colored photos of sedums and in the back is a list of nurseries that offer sedums worldwide. The closest to us is Cistus Nursery north of Portland. Solid sedum choices exist locally, but a vaster expanse lives beyond us! Sedums may be odd, but they are colorful, work well draped over rocks, in pots, have water-filled leaves, regrow well from solid roots, and come as tall as sedums get with Sedum Autumn Joy or 3-4', usually need sun for 6 hours/day, min., and can be pruned in late summer or early fall. Remember the story I told you about two households that shared sedums and survived a neighborhood wildfire untouched because of their surrounding sedums? They are great flowers for beginners.

Send your comments and questions to: susanamiller@hotmail.com

Sno-Valley Senior Center, Carnation

WISE GAL'S BOOK TALK

Wednesday, December 4 at 1:00 p.m. Jinny Benson, niece of Elizabeth Sudmeier, will be sharing stories of her aunt who is featured in the book Wise Gals by Nathalia Holt. Elizabeth was a pioneer in breaking down gender barriers at the CIA. She worked as a field operations officer, serving overseas in places like the Middle East and South Asia for almost nine years, and helped usher in a new era of woman's equality at the Agency. Free event.

HOLIDAY BAZAAR

Saturday, December 7, 9:00 a.m. – 3:00 p.m. Support Sno-Valley Senior Center and local artisans for a fun day of festive holiday shopping, crafts, coffee, and baked goods. Quilt raffle tickets on sale for \$1 each or \$15 for 20. Beautiful queen-sized quilt made by SVSC quilting group.

UNDERSTANDING DEMENTIA

Monday, December 9 at 11:00 a.m. Dementia is an umbrella term that describes a broad range of symptoms. In this talk, participants will gain a better understanding of brain changes as we age, dementia, and its various types; also, what's normal, what's not, causes of dementia, signs, symptoms and more.

12 DAYS OF GOODNESS

Tuesday, December 10 at 11:00 a.m. Wear your Blue & Green! Seahawks fans are encouraged to be more mindful of their senior loved ones during the holidays, and throughout the year. We're excited to have former Seahawks players and a special guest joining us to celebrate. If you'd like to stay for lunch, make your reservation by calling 425-333-4152 at least 24 hours in advance.

DECEMBER BIRTHDAY LUNCH

Friday, December 20 at 12:00 p.m. Come celebrate your birthday with us. Members receive a FREE lunch the month of their birthday. Guests, \$5 suggested donation for 60+, under 60 \$10. Please call 425-333-4152 to make your reservation at least 24 hours in advance.

HOLIDAY CLOSURE

December 23 – January 1 Sno Valley Senior Center will be closed for the holidays beginning December 23rd and will reopen on January 2nd.

Mt. Si Senior Center, North Bend

SANTA PANCAKE BREAKFAST

Saturday, December 7 at 8:30 a.m. Enjoy a delicious pancake breakfast at the Mt. Si Senior Center including free photos with Santa and fun raffle prizes that family, friends, and neighbors will love. Early bird tickets are \$10 for adults, and \$5 for kids 13 and under. (At the door, adult tickets are \$15.) Join Santa at the Mt. Si Senior Center for a holiday breakfast.

SUGAR & SPICE BAKE SALE

Saturday, December 7 at 9:00 a.m. Head over to the Si View Parks Community Center for our Holiday Bazaar Bake Sale where you will find a wide selection of festive treats perfect for gifting—or keeping for yourself.

For more information or to register for events at Sno-Valley Senior Center go to snovalleysenior.org or call 425-333-4152. For Mt. Si Senior Center, visit mtsiseniorcenter.org or call 425-888-3434.

SINCE 2023 THE REAL ESTATE MARKET HAS BEEN UNPREDICTABLE.

OUR RESULTS REMAIN CONSISTENT

5

AVERAGE NUMBER OF DAYS OUR LISTINGS ARE ON THE MARKET BEFORE ACCEPTING AN OFFER 5.3%

AVERAGE PERCENT OVER LIST PRICE ALL OF OUR LISTING SOLD FOR 5.6%

AVERAGE PERCENT EVERY BUYER WE WORKED WITH PAID UNDER LIST PRICE



Hey Neighbor, Interested in learning more? Let's chat over a coffee, tea, or something stronger.

Nic Chambers I 206.802.8120 I nic@chambersnw.com

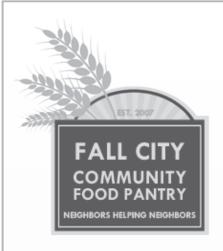
A REAL ESTATE BROKER WHO DOESN'T SUCK.

Track Your Home's Value



Just hover your camera over this QR code to get started!





Anyone in need may receive ~ spread the word!

DROP-OFF LOCATIONS FOR NON-PERISHABLES

Farmhouse Market FC United Methodist Church Hauglie Insurance Agency

DONATE

Please make checks payable to: FCCFP c/o Fall City UMC P.O. Box 640, Fall City, WA 98024

Gift Matching

Gift matching is available through Boeing and Microsoft

JOIN OUR TEAM!

Please call 425-269-8098 if you are interested in volunteering – more hands are always welcome!

Dates

1st & 3rd Wednesday of every month

Time

12 - 1:30 P.M. & 6:30 - 7:30 P.M.

Location

Fall City United Methodist Church 4326 337th Place SE fallcityfoodpantry.org

Like us on Facebook!

NEXT FOOD PANTRY DATES

December 4 and December 18

FALL CITY COMMUNITY FOOD PANTRY

Community Generosity Fuels Food Pantry Ahead of the Holidays

In early November, the Snoqualmie River Ward youth group of the Church of Jesus Christ of Latter-day Saints conducted its annual food drive to support the Food Pantry. At noon on Saturday, November 9, the group's leader, Erin Christiansen, collected and delivered all the donations to the Food Pantry. Erin's car was filled to the top! On hand at the Pantry were several volunteers who date-checked, sorted and stored the items for immediate and future use.

Alan Bates, who has expertly organized this drive for many years, once again provided neighborhood maps and a list of the Pantry's "Most Needed Items" for the enthusiastic volunteers to deliver door-to-door on the Ridge. Early Saturday morning, the youth volunteers wedged the bags they had collectively procured into Erin's car for transport to the

Pantry. The volunteers also collected \$460, which will be used to purchase meat items for distribution before the holidays.

Alan Bates (second row on the right) is pictured with Food Pantry volunteers as they eagerly awaited the delivery of collected donations.



Many thanks to the youths, parents and

organizers of this greatly appreciated food drive. Thanks to all their efforts and the generosity of the Snoqualmie Ridge community, our empty shelves have been filled!

The continued support from our community partners and volunteers is a true blessing as we strive to meet the needs of those we serve during this holiday season. *Thank you!*

Changes to January 2025 Distribution Days

Due to the New Year's Day holiday falling on our usual first Wednesday distribution day, we will be shifting our January distribution dates to **Wednesday**, **January 8**, and **Wednesday**, **January 22**.

Thank you for your understanding. We kindly ask for your help in spreading the word to ensure everyone is informed of the updated schedule!

DECEMBER 2024 FALL CITY COMMUNITY CALENDAR

Not-for-profit organizations and elected/appointed government groups may submit calendar items to editor@fallcity.org.

Deadline is the 10th of the month before the event.

TUESDAY, DECEMBER 3

2:00 p.m. *Fall City Library Book Group.* All welcome. Meet at the library.

4:00 p.m. - **6:00 p.m.** *Luminaria Crafting at Fall City Library.* Create luminarias to decorate the town during the Festival of Lights celebration on December 7th. Materials are available through December 6th to craft one at the library or at home.

6:00 p.m. – 8:30 p.m. Fall City Community Association Meeting. Fall City Fire Station Community Room. Join live or via Zoom (members) or Facebook @Fall City, WA (nonmembers).

SATURDAY, DECEMBER 7

10:00 a.m. - 3:00 p.m. Holiday Market at Chief Kanim Middle School

4:00 p.m. - 4:45 p.m. Holiday School Music Concert at Fall City Elementary School Gym

5:00 – 9:00 p.m. Annual Cherry Tree Lighting & Festival of Lights See details of all events on page 12.

FRIDAY, DECEMBER 8

5:30 p.m. – 7:00 p.m. Guided Meditation & Sound Bath.

Join in a guided sensory experience with local artist and yoga instructor, Inga Rouches. Enjoy live quartz singing bowls, a guided meditation and organic teas. Bring your own yoga mat (a few will be available), a pillow and blanket. Comfy clothes

or pajamas encouraged. Location: Fall City Masonic Temple. Sponsored by Fall City Arts.

FRIDAY, DECEMBER 13

10:30 a.m. - 11:30 a.m. Family Story Time at the Fall City Library. Enjoy stories, music, movement and rhymes that help with your child's early literacy skills. A short play time follows. All young children are welcome with an adult.

SATURDAY, DECEMBER 14

1:00 p.m. - 3:00 p.m. Crafternoon for Adults. Bring your own project or try something new by learning the basics of using a Cricut machine at the Fall City Library. All materials provided, along with snacks and drinks. Open to all skill levels.

SUNDAY, DECEMBER 15

6:30 p.m. Holiday Handbell Concert. The Fall City United Methodist Church handbell choirs ring in the Christmas season with their holiday tradition of a free concert at the church on 337th Place SE.

FRIDAY, DECEMBER 20

2:30 p.m. – 3:30 p.m. *Blocks & Bricks*. Build together at an unstructured, creative play open house at the Fall City Library. Both Legos and large building blocks are available. Stay for the entire event or pop in for a few minutes. We supply the bricks. You supply the imagination! Supplies are limited. Suitable for kids ages 3 to 9 with an adult.

SWIM

(cont'd from page 11)

The Snoqualmie Valley Swim Lesson Guide is a comprehensive guide to 35 swim lesson providers within approximately a 45-minute drive of Mt. Si High School, including Swim Guru right here in Fall City. It provides detailed information about cost, commute, facility features, scheduling, registration, availability of adult and adaptive lessons, as well as other services families have said are important to them.

The Snoqualmie Valley Swim Lesson Survey is a slide presentation highlighting results of the research as well as shareable infographics developed from the data collected. The survey was conducted in August and September of this year and assesses the state of water safety and the serious barriers to swim lesson access in our area. Results include:

• 43% of children and 21% of adults included in the survey are not water competent.



VALLEY POOL TOGETHER

- Only 19% of respondents reported the only reason their child didn't take lessons last year was because they were too young or could already swim, suggesting that other barriers, such as cost and accessibility, are faced by a sizeable share of Snoqualmie Valley residents.
 - Of those who plan to take lessons in the next year, 93% consider \$59 or under per month per child affordable,
 43% consider \$100-149 affordable, and 10% consider
 \$200 and over affordable.

"We wanted to put actual numbers to many of the stories and concerns we have heard from families in recent years," said Kate Moscato Leen, co-founder of Valley Pool Together. "With 530 responses, the survey captures the experience of the parents and caregivers of potentially over 1,000 Valley youth. We hope that the comprehensive information provided can help Valley leaders finally come together to meet this critical need."