

Fall City NEIGHBORS

Volume 28, Issue 3
March 2025



COURTESY OF EMPOWER YOUTH NETWORK

The COVID-19 pandemic, the effects of technology addiction, and societal pressures have resulted in social isolation and anxiety for many of our teens. In this month's issue, we explore what a dedicated Fall City neighbor is doing to empower our youth to find peace and belonging, we learn how books and flowers make for a better world, and we look back at the history that makes Fall City so unique.

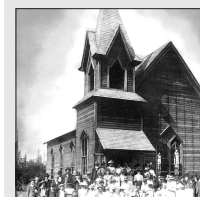
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You are invited to donate to Fall City Neighbors to help us cover expenses of the coming year. Please make your check to "FCCA/Fall City Newsletter," and mail to: Fall City Neighbors Newsletter, P.O. Box 1064, Fall City, WA 98024.

EDITOR'S NOTE

When I first started as editor two years ago, I shared with the team the goals I believed would help *Fall City Neighbors* become more relevant to a new generation and position it for readership growth. Key to this was broadening our reach through social media and direct email, as well as addressing the concerns and interests of a younger audience and a changing community.

I am happy to say that we have made great progress on all these fronts. *Neighbors* is active on Facebook, Instagram and NextDoor and we are monitoring other local groups and governmental entities to share news that is relevant to Fall City residents. As of February, we have 841 followers on social media, we average more than 100 online readers and 750 print readers each month, and we are trending towards a younger demographic (25 - 44). I'm also happy to report that our initiative to share the voice of younger members of our community is resulting in almost monthly contributions from reporters who are under the age of 18!

From a financial perspective *Neighbors* continues to be strong. Here is what 2024 looked like:

Income:		Expenses:	
Donations	\$1,930	Administrative Costs	\$359.24
Sponsors	\$15,000	Graphics Software	\$286.84
Bank Dividend	<u>\$20.34</u>	Graphic Production	\$2,595
		Printing	<u>\$10,047</u>
TOTAL	\$16,950.34	TOTAL	\$13,288.08

As part of our agreement with the Fall City Community Association, 20% of any profit for the year is donated back to the organization. This year we contributed \$974.90 to the FCCA's general fund. Our net income for 2024 was \$2,687 and current assets (money in the bank) is \$44,526.

Thanks for all for your support.

Hutch
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 February 2025 Meeting

PRESIDENT'S UPDATE. *Rachel Shepard.* Rachel encouraged Fall City residents to become members of the Community Association. Membership allows you to stay informed, have a say in community events, and be involved in your community. Membership is only \$30.

A motion was made to approve the January meeting minutes. It passed unanimously. Review of financials was postponed until March due to the budgets not being fully consolidated from all the committees.

COMMUNITY UPDATES

KING COUNTY LIBRARY. Library staff presented upcoming activities at the library and announced recent staff moves, including new Children's Services librarian and Teen Services librarians.

FALL CITY ARTS. *Barbara Center.* Barbara is taking over the presidency again to replace Krimsey who recently moved out-of-state. She needs board members to continue Fall City Arts programming and spend funds provided by King County. Volunteer board members interested in promoting and sharing the arts in Fall City can learn more and express interest in getting involved by visiting: fallcityarts.org.

SEPTIC SYSTEM PROJECT UPDATE. *Richard Wang, King County Project Manager and Kylie Thieme, Construction Manager.* Septic system will serve downtown Fall City business district with 48 connections. Ground breaking occurred in August 2024. The mainline conveyance sewer line across SR-202 was installed in October. Ninety-five percent of the conveyance line is now installed through the alley, behind the downtown businesses. In January the treatment facility construction began in Bernard Park.

The project is on schedule for completion in June 2026. Community members who will be connecting to the LOSS will be working towards a June 1, 2025 timeframe to have their individual connections ready. Contractors will be reaching out to homes and businesses to work through the details of work that needs to be done by county and community members. There was a lengthy discussion about the plans for connections by lot and it was agreed that copies of those plans should be made available at the Fall City Library in addition to all the project info on the King County Local Services website. Next update to the FCCA will be October 2025.

COMMITTEE UPDATES

FALL CITY DAY. *Carrie Lee Gagnon.* Carrie Lee announced that there will be pet parade as part of the Fall City Day parade.

She also announced that the community will be nominating local families for the position of Grand Marshall of the parade. The family must know they are being nominated. A family will be drawn from nominations at the March FCCA meeting. Details of the nominating process will be shared soon. Fall City Day is scheduled for Saturday June 14th.

COMMUNITY CENTER UPDATE. *Todd Brown.* A site feasibility consultant has been selected from a RFP (Request for Proposal) that was sent out last month. Work should be done by the middle of March to identify if there are any issues that would preclude a site from being selected. Once the process is complete the Community Center committee will bring a recommendation back to the FCCA.

SUMMER MARKET PROPOSAL. *Rachel Shepard.* Last year Aroma hosted a weekly market over the summer. This year they have decided not to host the market so they can focus on staffing and finances during these busy summer months. They have asked if the FCCA would consider taking over management of the market so it can still happen for the community.

The FCCA board is in favor of hosting the market monthly from May-September. We would need to form a committee to run the series. FCCA board member Adam Grossman has volunteered to lead the committee with help from Erica Mentor and Sarah Kieffer. They are seeking three more community members to join them as part of the planning team.

There was discussion by the community about the financial and volunteer commitments and permitting required to move the market to the streets. After the discussion the board motioned as follows: "We move to form a committee to manage the operation and financial responsibility of the 2025 Fall City Summer Markets with the intention of total net loss not to exceed \$3,500 without further approval." Motion passed unanimously.

FCCA meetings are open to the public on the first Tuesday of the month, 7:00 p.m. – 8:30 p.m., via Zoom, Facebook Live, and in-person at the Fall City fire station.



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Fall City Gets Its Own Bookstore

by Kate Grossman

More than one hundred years ago, Christopher Morley penned a novel about a mobile bookstore: “Books, the truest friends of man / Fill this rolling caravan... Every kind for every need / So that he who buys may read.” Andrea Amstutz’s bookselling adventure has a distinctly more modern feel, but after close to a year of driving her mobile “bookstore on wheels” around the Snoqualmie Valley and operating a pop-up bookstore in North Bend for the winter, she is opening up her own bookshop in Fall City. The Book Nest is tentatively slated to open the first week in April.

Andrea is no stranger to the Snoqualmie Valley, having spent more than twenty years nearby in Issaquah and the past three years in North Bend. Explaining the inspiration for the bookstore, Andrea says, “We’re big readers in my family, and [upon moving to North Bend] we realized there wasn’t somewhere to go to read and find new books to enjoy. So that’s kind of where the inspiration came from. I was reading a book about mobile bookstores, and I thought it was interesting that people do that, a very different model, and I thought, ‘Why couldn’t I do that?’”

The Book Nest began as a bus-turned-bookmobile in mid-2024, and Andrea has been taking her curated books on the road to block parties and other local events throughout the Valley. The mobile business “made a lot of sense” in the summertime, but winter necessitated bringing customers indoors. The Book Nest has been working as a popup bookstore at a wellness center in North Bend, but Andrea is looking forward to being in her own space in Fall City, tucked into a shared storefront next to the Lucky Duck Thrift Shoppe. Just past a small lobby area, “look for the small electric fireplace, a cozy seating area,” said Andrea. There will be lots of full bookshelves. There is also a plan to have a game and puzzle area.

As in The Book Nest’s other incarnations, Andrea expects to sell new and gently used books, and every book will have a purpose for being on the shelf. “I pick every single book that’s in my store, even when I get donated books. Is it current? Is it something people will enjoy? I really try to pick things that will be exciting and fun for the reader. I love having those conversations with people.” However, her own tastes won’t dictate everything on the shelves. “Not every book is written for every person. If you don’t like a book, maybe it wasn’t written for you.



What started as Andrea Amstutz’s and her daughter’s passion for books turned into a mobile bookshop in a converted bus and now is a bookstore in Fall City.

I like to keep things positive about books. It’s really brave of authors to write and share their thoughts, so my critique is based more on if it’s well-written.”

Her popup in North Bend concluded at the end of February, so she is spending March getting ready for her Fall City opening. The store was open Wednesdays through Saturdays, from 10 am to 5 p.m., and Andrea wants to keep hours that make sense for the Fall City community. “I feel like 5:00 p.m. is a hard cutoff time for smaller communities.

When we have events, it might make sense to have a later closure, at least for the summer months.”

Those events will be another key aspect of The Book Nest’s continuing presence throughout the Valley. In her last event before opening in Fall City, Andrea and the bookmobile have a starring role at the North Bend Swirl’s “Celebrate Summer in Winter” event on March 2nd. Shortly after, she will begin final preparations for her move, as well as planning for her first Fall City event, a children’s story time and book signing on April 5th.

“I’m very excited to meet the residents of Fall City,” says Andrea. “I have heard a lot of positive things about how wonderful and beautiful it is here. There’s so much that reading has given me, so I hope my store is a place people come to, not just pick up a book, but to find community.”

For those who are interested in getting a head start on The Book Nest’s suggestions, *The Bookshop on the Corner* by Jenny Colgan was Andrea’s inspiration for starting a mobile (and now permanent) bookshop, and *The Nightingale* by Kristin Hannah, which remains one of her favorite recommendations.



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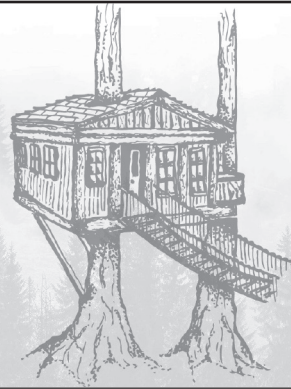


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Empowering the Next Generation

by Darsh Patel, Youth Reporter

In the heart of Fall City, Helene Wentink, a resident for more than 25 years, is making a difference in the lives of young people through her work with Empower Youth Network. As the director of communication and fund development, Wentink plays a pivotal role in ensuring that the organization is well-supported and able to carry out its mission to promote and inspire all youth to lead safe, healthy, and successful lives. Through her dedication, Wentink has helped support the *Youth Suicide Prevention*, *Youth Substance Use Prevention*, *Youth Success Mentoring*, and *Youth Ambassador* programs at Empower Youth. These programs help foster youth development in our community and the surrounding area.

Wentink's journey with Empower Youth Network began with a deep passion for nonprofit work. Having worked with several human service organizations in the Snoqualmie Valley, she was drawn to Empower Youth's mission and its direct impact on young people. "It is one of my passions," said Wentink. "We work closely with public schools, and I am constantly impressed with the way our community supports our work. I really love my job!"

In a world with many problems plaguing youth such as technology addiction and societal pressures that result in social isolation for these teens, Wentink and her team aim to mitigate these challenges by creating a supportive environment where young people feel heard, valued, and empowered to make healthier choices. In these environments, teens can have fun and hang out with each other through face-to-face interaction which is crucial to mitigate the repercussions of these problems.

One of the standout initiatives at Empower Youth is the *How to Help a Friend* suicide prevention program which equips high school students with the knowledge and confidence to support their peers. The program is particularly impactful because, as Helene explains, "Kids don't go to adults when they are feeling overwhelmed or anxious - they go to each other." The program serves as a powerful tool for teens to interact with one another and be better equipped with knowledge to help their peers in times of need or hardship. There are Help a Friend mentors in 17 schools in the Snoqualmie and Riverview school districts.

Wentink noted that a student volunteer from Mount Si High School utilized her personal struggles during the pandemic to motivate herself to become a trainer for the program. She wanted to use her experience to help others. "Last year, we had 12 high school students train 1,658 middle school students," Wentink said.



Fall City resident Helene Wentink has dedicated herself to ensuring that Empower Youth Network is able to carry out its mission to promote and inspire all youth in the Snoqualmie Valley to lead safe, healthy, and successful lives.

Another crucial initiative is the *Youth Success Mentoring* program, which pairs young students with adult mentors. This relationship provides stability and encouragement, sometimes lasting for years. "Many times, this becomes the youth's most important relationship because it is someone not connected to their daily lives," Wentink noted. Some mentorships have continued for more than eight years, guiding students from elementary school through high school.

Empower Youth also runs the *Needing Help Is Human* campaign, which challenges societal expectations around strength and self-reliance. The campaign promotes the idea that asking for help is a sign of strength, not weakness, reinforcing a culture of support within the community.

To keep running these programs, Empower Youth relies heavily on the work of volunteers in our community. Helene notes the need for more youth trainers for the *How to Help a Friend* program at Chief Kanim Middle School and for more adults to assist with the *Youth Success Mentoring* program, at Fall City Elementary. "We also need more adults to be speakers and worksite tour hosts for the *Pathways to Employment Success* program," said Wentink. She noted that volunteers are one of the most valuable resources that Empower Youth has in the community and that they cannot do this work without them.

Through her work, Helene has gained a deep understanding of the challenges young people face today.

(Continued on p. 11)

A Community Icon Stands For More Than 100 years

by Tina Drain



FALL CITY HISTORICAL SOCIETY

Churchgoers gather in 1899 at the grand opening of the Fall City Baptist Church, soon to become the "The Mary Ware Benedict Memorial Methodist Episcopal Church."

If you live in Fall City, you have undoubtedly seen the small white church on 337 Pl. SE, two blocks south of Highway 202. It has been described as "charming", "quaint", and even "like a Norman Rockwell church." But do you know the amazing history behind this historical building?

"Falls City" was established by three bachelors in 1869. The three, Edward and George Boham and James Taylor, staked claims on the south banks of the Snoqualmie River in 1872. After a post office was placed here, Fall City was officially born.

In 1885, the Methodist Episcopal Church sent a pastor, Reverend Andrew "Brother Mac" McNamee to preach to what was then called the "Squak Circuit", consisting of the towns from Issaquah north to Snohomish County, including Fall City.

"Brother Mac" would come to Fall City every third Sunday. At that time, he described Fall City as "a town of one family which kept the post office." (The town actually had around twelve families living here). Brother Mac preached in a rough board schoolhouse and after the building was sold, he held services in a small log cabin.

Brother Mac wanted to preach in an actual church building, so a resident, Mr. Orin Baxter, donated an acre of land and fifty dollars in labor to Brother Mac to enable him to build the first church in Fall City.

Brother Mac's account of the physical labor involved in building the church was nothing short of jaw-dropping. First, he spent four weeks clearing the one acre of land. Some of the trees were four to seven feet in circumference. The mill where he obtained the lumber was three miles up the Snoqualmie River at Tokul Creek. The mill's owner, Edward Kihn, was an experienced pilot and offered to help bring the lumber by raft from his mill to Fall City, assisted by a man named George Stephenson. The three loaded the lumber and set off downriver to Fall City. It was Thanksgiving Day, 1885.

It did not take long for Brother Mac to see this would not be an easy three-mile transport. The first thing his two companions did was lash themselves to the raft with ropes. When asked why they did this, the two pointed to the whirling water below the mill and said there was danger of being washed overboard. Initially, Brother Mac thought he was the brunt of a joke, and being a strong swimmer himself, opted not to lash himself and instead chose to steer the raft.

As the raft approached the whirlpool, Brother Mac wrote, "Sure enough, when we reached the whirlpool, we were tossed around like a chip on the water, and we went around several times before I could steer the raft into an eddy. It having sunk in the water we were left standing knee-deep on a raft of 10,000 feet of lumber".

After some maneuvering, the current brought them swiftly down the river. After about a half mile, Mr. Kihn announced they were "over the worst of it" and waded ashore, leaving Stephenson and Rev. McAfee with the raft. Shortly thereafter, the raft struck a large boulder and was stuck in the middle of the river and the two men were stuck in torrential rain, waiting for the river to rise enough to loosen the raft.

Two hours later, the raft floated free and finally reached the destination in Fall City. Stephenson then told Brother Mac he had not seen his family for four days and wanted to go home. This left Brother Mac by himself to carry the 10,000 feet of lumber up the slippery bank or risk losing it to the river. Someone named Ben Bailey helped him carry it and by the time they were finished, it was dark. Brother Mac had not eaten all day, but the lumber was secure.

The church was constructed at what is now the northwest corner of SE 46th St. and 328 Ave., SE. It was 22

(Continued on p. 10)



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Pop Up Museum March 25 - April 4

Join us at the Opening Night Gala!

Gala: March 25, 6:30-7:45pm * Pop Up Museum: Mon-Sat, 12pm - Closing

We are excited to welcome you back for another Pop Up Museum at the **Fall City Library!** This year, come explore information and artifacts from the Hops Craze, as well as many other items from our collection. We will also be hosting demonstrations of spinning and weaving.

Join us for refreshments at the Gala!



'Hops Craze' in Snoqualmie Valley

In the heart of Fall City, you will find the only structure remaining in King County from the "Hops Craze" - an agricultural boom in the 1880s to the early 1900s. 'During this period, hops were the largest agricultural enterprise in King County, and Western Washington was one of the major hop growing and exporting regions in the world. Completion of the U.S. transcontinental railroad in 1869 created access to new markets for the easily shippable product. *Golden Cluster* "Washingtons" hops were the first local product since the fur trade to gain an international market.' [King County Landmark Commission, 2021].



Fall City Hops Shed, 2016
after initial restoration

Located in Fall City Community Park, the Hops Shed was built by George Davis Rutherford in 1888, and was used as a hops drying kiln. 'Hop production was labor-intensive, and a major source of employment in the Snoqualmie Valley. A substantial number of workers were hired to construct buildings, make hop poles, harvest hops (stringing, picking, and baling), work the drying kilns, and service the Hop Ranch operations. Harvesting the hops drew a seasonal mix of Native American, White, and Chinese workers. Many Snoqualmie Valley settlers participated in all aspects of the hops industry. Entire families would work the hop picking season, with specific jobs for men, women, and children.' [King County Landmark Commission, 2021]. The Hops Craze ended due to an aphid infestation that destroyed fields across the state. At this time, the hops shed was shortened and sold to Jack Bush, and moved to its current location in 1904. It received Landmark status in 1982, and underwent two years of extensive restoration work in the 1990s after successful efforts of the Fall City Hops Shed Foundation to save it from demolition.

Support for our work from King County Heritage 4Culture is gratefully acknowledged.



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Public meetings are held on the 2nd Tuesday of each month
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COMMUNITY ICON

(cont'd from page 8)

X 35 in size and the whole operation was virtually debt free due largely to donations of money and labor.

Sadly, the church was not used for long because it was learned the acre of land gifted for the site did not belong to the donor. The land actually belonged to the Northern Pacific Railroad. The church building was subsequently sold. Services were held in the schoolhouse or at Lyceum Hall, located behind the present Masonic Lodge. Fall City was again without a church building.

Historical Source:

The Story of Our Church 1885-1985

Fall City United Methodist Church by Paul Katocs and Sanford Brown

In next month's issue...

Another church, a new name, a move, and where the church is today.

A New Place for Healing and Hope in the Valley

Recently, CarePoint Clinic, a leading provider of free medical and dental care in the Snoqualmie Valley, was thrilled to accept delivery of a new 39-foot mobile clinic that will significantly increase their capacity to serve the community beyond its current weekly Wednesday hours in Fall City.

According to Misty Messer, Executive Director of CarePoint Clinic, “This new Mobile Clinic will break down barriers to care and close gaps that have existed for years. Now more than ever, we have individuals making the impossible choice between housing, food, and health – we want to help patients prioritize their health without sacrificing basic needs.”

Attendees at the recent unveiling ceremony got a chance to tour the state-of-the-art mobile unit and learn more about the expanded services it will offer. CarePoint provides free medical and dental care to anyone who needs it. The mobile clinic will begin serving patients in underserved communities throughout the Valley this month.

“Our Mobile Clinics will allow us to serve patients throughout the week in areas around the valley – a big change from our current services,” explained Clinic Manager,



COURTESY OF CAREPOINT CLINIC

Tami Jones, CarePoint board member (l) and Misty Minner, Executive Director (r) stand beside the new mobile clinic that will allow the free healthcare clinic to deliver its services throughout the Snoqualmie Valley.

Andrea Pitman. “We will be increasing our volunteer staff to help meet those needs. Positions such as medical providers, nurses, administrative staff, and even drivers will be integral to our growth.” The organization is inviting individuals and businesses to join them in building a healthier community together. Those interested in learning more and volunteering may visit carepointonline.org.

EMPOWER

(cont'd from page 7)

She believes one of the biggest misconceptions adults have is the assumption that they have all the answers. “The ‘we know better approach’ just doesn’t cut it,” she says. Instead, Wentink advocates for listening to youth voices and tailoring solutions to their unique experiences.

When asked about the biggest factor holding teens back from success, Wentink highlights the importance of having a support system. “We all need someone who believes in us,” she says. “For those who lack that support at home, programs like *Youth Success Mentoring* can be life changing.”

Helene’s work is deeply personal to her and she finds daily inspiration in the impact Empower Youth has on the community. “Even in difficult moments, I see our community rally around our youth and families in ways that are really personal.”

Looking ahead, she envisions even more opportunities for youth engagement. One of her hopes for Fall City is the creation of a youth-friendly gathering space; a place where teens can connect, relax, and feel a sense of belonging. “We have great schools, a library, and recreational areas, but we need more gathering spaces that are welcoming to youth,”

she explains. A dedicated teen hub could serve as a vital resource for the community.

Through her leadership at Empower Youth Network, Helene Wentink is helping to build a stronger, more connected community where young people have the tools they need to thrive. Her dedication to mentorship, education, and mental health advocacy is making a tangible difference in the lives of thousands of students across Fall City and the Snoqualmie Valley.

In the words of one of the student volunteers she works with, “Taking our struggles and using them to help others is one of the most powerful things we can do.” Thanks to Wentink and Empower Youth, that philosophy is becoming a reality for young people in our tight-knit community. Her story serves as a reminder of the action we must take to help develop our youth by forming new leaders and helping remove the hardships plaguing teens in our tech-ridden world.

Darsh Patel is a 14-year-old student at Mt. Si High School who participates in Speech & Debate and Mock Trial clubs and currently is involved in the Empower Youth Network Youth Ambassadors program. Those wishing to learn more about Empower Youth Network, volunteer, donate or take advantage of their services can visit: empoweryouthnetwork.org.

Climate Musings

by Susan Miller

I'm feeling my way along as a garden writer, aware—as we all are—that climate changes like cold and heat and rain are apparent all around us in the West. Our Pacific Northwest geography provides us waterways, mountains, and forests that attract people who value the natural world as part of our best selves and favors leaders who protect such values. In the frigid month of February, my feelings were muddled and even my climate scope feels small and constricted.

I trust that reading and more reading will fill my brain with authoritative facts about how our atmosphere is warming. Some conversations I've had reflect how hard it is to figure out what will change in the foreseeable future to calm some uncertainty. I have heard one thoughtful author say, "I've decided to live with the uncertainty" and has told her kids that the weather cannot be predicted. They, too, live with this insecurity.

Meanwhile, the flora and fauna around us cannot escape the changing weather as we do, and their survival will demand or exact adjustments. I care about

the decline of native pollinators due to climate change and habitat loss. I listen carefully for a mention of loss or change of habitat and plants among professional gardeners who speak and zoom around me. Rarely do I hear their mention of loss or change going on around them due to climate change. Once, I have heard and welcomed a rosarian who pointed out that a large rose outlet no longer sells roses that have fared poorly due to climate change in their catalogs.

The one website I get consistently great and ever more refined climate change education and climate solutions from is Project *Drawdown.com*. Dr. Foley, Drawdown's CEO, explains from this site why "animal agriculture has a climate problem." If the planet devotes 37% of its land to either growing food for or growing cattle to eat. Revised practices have shown that regenerative grazing puts carbon into the soil. But a more consequential impact is the bodily cattle emissions we cannot see. Gains from drawing carbon down into the soil may be overridden and exceeded by the losses from greenhouse gases the cattle emit into the atmosphere. Cattle are a significant emitter of methane; and the offset or balance that regenerative farming/grazing offers may only last for 2-3 years. In other words, the methane constantly emitted by cattle is 80 times more environmentally harmful than the CO2 they also emit.

If we are serious about reducing greenhouse gases, we need to adopt and accept other ways to get our protein. Bottom line: You have to judge yourselves when you food shop: Protein from beef or plant protein? We expose our own preferences and addictions when we say "They" must stop feeding cattle.

In academic circles gardening is considered part of the science of Agriculture; so, to learn about gardening one would extrapolate from agriculture science whatever is useful. And round we come to the decline of essential pollinators such as birds, bats, and insects such as bees and beetles. Thank heavens native plant nurseries are multiplying in the PNW. Most have new native plant sections. I'm going there, at least!

This article contains reflections of the author and do not necessarily represent the opinions of Fall City Neighbors or the Fall City Community Association. Comments can be addressed to susanmiller@hotmail.com.



The Ephemeral Landscape & Garden

All those beautiful daffodils and tulips will soon be popping up in the flower fields, gardens, and along roadsides here in the Valley. You are probably wishing you had them around your home, too. Unfortunately, they require planning ahead to get that lovely spring bloom. Now is the time to get started.

These early-season, short-lived plants are known as Ephemerals. The definition of ephemeral is: *lasting for a very short time, fleeting or short lived*. In the plant world these are plants, often bulbs or perennials, that perform when resources are available but are dormant during droughts or other times. Because of this trait they need very little care once planted and really shine during the winter and early spring. They actually live for years and years.

Ephemerals are the first flowers to bloom in the spring and have a special importance to early pollinators. A most familiar native ephemeral is the probably the trillium. The trillium takes advantage of winter rains, bursts into flower in late winter/early spring and then recedes to dormancy during the dryer summers. They are tough - and will grow under conifers, among shrubby growth, and on exposed slopes. Several trillium cultivars, along with our native ones are suitable for the home garden. Purchase them from a reputable nursery as a plant or as a bulb rather than harvesting them from the forest.

The most recognizable cultivated ephemeral is probably the tulip and daffodil. While these are lovely in the garden, they generally flower a bit later than the plants discussed below and need a bit more care in order to attain repeat blooming.

Smaller bulbs such as Frittilaria (Checkered Lily), Anemone (Grecian Wind Flower), Ipheion (Spring Star Flower), Chionodoxa (Glory of the Snow), and Galanthus (Snow Drops) and even Crocus are all lovely massed under deciduous trees and shrubs and will spread over time to form a carpet of color when other plants are still waiting for warmer temperatures.

Larger bulbs and perennials will perform well also but may require a bit more space and thought about placement. Their show is quite grand. Erythronium, commonly referred to as Trout Lily or Avalanche Lily forms clumps of foliage with nodding lily-like flowers. They flower a bit later and prefer some shade. Garden Cyclamen form clumps of ground cover. The flowers come up before the leaves in colors ranging from white to pink and violet. The leaves are often mottled with silver or pale green. These do great for me under my large fir trees and have spread throughout the area as their seeds are dispersed by ants.

CLIMATE CHANGE GARDENING

by Guest Columnist
Teresa Kluver



COURTESY OF SWEETBLISSFUL BLOOMS

It's time for the short-lived ephemerals, including trilliums, tulips, daffodils and more, to grace the fields and homes of the Snoqualmie Valley.

Another great use for ephemeral plants is to incorporate them into a lawn area. Because they are dormant during the typical season of lawn growth, they can bloom within the turf early and then disappear during the summer. The smaller bulbs which bloom early are most appropriate for this gardening technique. You must wait until the bulb foliage is fading before mowing that planting space.

For damp or even wet areas, Camass bulbs can provide a splash of color, generally blue, to an area. A northwest native, now cultivated to provide a variety of sizes and colors, these bulbs will naturalize well, are great cut flowers, and are resistant to deer and rodents.

The downside of sharing information about ephemeral plants now is their availability is limited. You may find some as plants in local nurseries, but they are much more cost effective to purchase as bulbs and plant them in the fall during their dormancy. Most bulb catalogs will have an assortment, but order early! Now is the time to plan. Where do you want late winter/early spring color. Ephemeral plants can add another layer to your garden and provide a depth of interest at a time when few shrubs and trees have yet to start their show and most perennials are just beginning to wake up from winter dormancy.

Garden now, garden always.

Teresa Kluver, a Fall City resident, has a bachelor's degree in horticulture and a master's degree in urban forestry. She is the former park operations supervisor for the City of Redmond responsible for maintaining the city's parks and flower program.

Sno-Valley Senior Center, Carnation

PAINT & SIP: SPRING SHEEP

Friday, March 7 at 2:00 p.m. Irina will lead us in a sweet spring sheep painting project. Paint a beautiful picture, enjoy some wine and company. Max 24, Please Sign Up! \$20 members/\$30 guests.

BEGINNING CROCHET CLASS

Wednesday, March 12 at 10:00 a.m. Beginner-friendly class. We'll make an adorable crochet bee using amigurumi methods. No prior experience needed. All materials provided. Max 10, Please Sign Up! \$5 members/\$10 guests.

BASKETRY CLASS

Friday, March 14 at 1:00 p.m. Join Gay, Trisha, and Nancy to make two small, woven jars with airtight lids. Cute and easy to make. Max 20, Please Sign Up! \$20 members/\$30 guests.

POWER OF PLANNING: YOUR AGING JOURNEY

Monday, March 17 at 11:00 a.m. This seminar from Aging Wisdom will help you draft a road map for your own aging journey in terms of health, legal considerations, financial concerns, housing, and family issues. Q & A time included. FREE.

SPRING FLING RAINBOW BINGO

Friday, March 21 at 7:00 p.m., doors open at 6:30 p.m. \$20 per person, \$35 per twosome which includes 10 bingo games, the chance to win awesome prizes and a fun night of entertainment. Tickets are to be paid at the door, using a debit card, cash or check (no credit cards). Registration link: https://igfn.us/form/7_LwfA

WINE BOTTLE WINDCHIMES

Wednesday, March 26 at 2:00 p.m. All materials are provided. Decorate your wine bottle with various beads and

take home a beautiful wind chime. Min 5/Max 15, Please Sign Up! \$15 members/\$25 guests.

AIR DRY CLAY CLASS

Thursday, March 27 at 1:00 p.m. Join us for a fun introductory class. Perfect for the beginner. You will learn basic techniques to shape, mold, and create your very own unique clay pieces. Maximum 10, Please Sign Up! \$15 members/\$25 guests.

SPRING DINNER & DESSERT AUCTION

April 5 at 6:00 p.m. Get ready to bid on delicious desserts baked by Sno-Valley Senior Center members, benefiting SVSC.

For more information or to register for Sno-Valley classes and events go to snovalleysejior.org or call 425-333-4152.

Mt. Si Senior Center, North Bend

MARCH BIRTHDAY BASH

Thursday, March 13 at 12:00 p.m. Celebrate your March birthday with an afternoon of cake, conversation, and fun. Lunches are \$5.

TEA AT THREE

March 19 at 3:00 p.m. Enjoy a traditional British High Tea with an adventurous twist. Based upon The Adventures of Alice in Wonderland. Take a trip down the rabbit hole for an afternoon of whimsy, laughter, delicious delicacies, and good company. Only \$3.

For questions about Mt. Si events or membership, contact Tracie Jones at 425-888-3434 x 135 or email Development@MtSiSeniorCenter.org

HOUSES SOLD FASTER THAN YOUR MOM SELLS OUT HER FAMOUS BROWNIES AT THE BAKE SALE



Hey Neighbor,

Are you tired of looking at houses that "almost" work? Or sitting on a property that's "almost" sold? Don't settle for "almost" — call your guy who gets it DONE.

"Why Work with Me?"

- 200+ homes sold (that's A LOT of brownies).
- Negotiations smoother than your grandma's mashed potatoes.
- Fast, fun, and frustration-free real estate experiences.

So, let's make your real estate journey a walk in the park (a really fancy park with swans, of course).

Nic Chambers | 206.802.8120 | nic@chambersnw.com

LET'S GET REAL... ESTATE, THAT IS!

Track Your
Home's Value



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



CHAMBERS
NORTHWEST
A COMPASS TEAM



*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

March 5 and March 19

FALL CITY COMMUNITY FOOD PANTRY

Most Needed Items – Updated!

Thank You for Your Generosity

Your support makes a meaningful difference in the lives of our neighbors in need. We are deeply grateful for your donations, which help us continue this important work.



Below are the items we currently need most. Scan the QR code to visit our website for the full list of requested items.

Thank you for being part of our mission to serve our community!

Most Needed Items

Cases of 8 oz. boxes of shelf-stable milk

Boxed cereal

(like Life cereal; less popular are Cheerios and cornflakes)

Canned corn

Feminine items

Jif or Skippy peanut butter

Strawberry jam

Tomato sauce and tomato paste

Toilet paper

Toothpaste



MARCH 2025 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 preceding the month of the event.

TUESDAY, MARCH 4

7:00 p.m. - 8:30 p.m. *Fall City Community Association Meeting.* Fall City Fire Station Community Room. Join live or via Zoom or Facebook Live (Fall City WA).

TUESDAY, MARCH 4, 11, 18, 25

4:00 p.m. - 6:00 p.m. *Tutors at the Fall City Library (Study Zone).* Volunteer tutors provide homework help in the library for grades K-12. They can also give language support for homework or translation in many languages. Students may drop in any time during tutor hours.

WEDNESDAY, MARCH 5, 12, 19, 26

10:00 a.m. - 12:00 p.m. *Fall City Learning Garden.* Enjoy gardening with friends every Wednesday in March. Weather permitting. Garden is located behind the Masonic Hall at 4304 337th Pl. SE.

THURSDAY, MARCH 6, 13, 20, 27

1:00 p.m. - 4:00 p.m. *Craft-Tea-One.* Bring whatever craft you are working on and enjoy fellowship with other crafters. Fall City United Methodist Church, 4326 337th Place SE.

FRIDAY, MARCH 7, 14, 21

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

MONDAY MARCH 10, 17, 24, 31

6:30 p.m. - 7:30 p.m. *Monday Yoga Stretching.* Join in a deep stretching class designed to restore your body, calm your mind, and create space for rest. No sign-up required. Bring a yoga mat and water bottle. Class open to all skill levels and ages. Snoqualmie Valley Alliance (SVA) Church gymnasium, 36017 SE Fish Hatchery Rd.

TUESDAY, MARCH 11

2:00 p.m. - 3:00 p.m. *Fall City Library Book Group.* Join a relaxed and friendly discussion of a new book, covering a range of genres and topics. Whether you are an enthusiastic reader or just enjoy chatting about books, stop on by.

7:00 p.m. *Fire District Commissioners Meeting.* Join the meeting live at the fire station or remotely. Visit: king27fire.com/remote-meeting.

THURSDAY, MARCH 13

10:30 a.m. - 12:30 p.m. *Seed Packing Party.* Join the Fall City Learning Garden as they pack and label their garden grown seeds for sharing at the Snoqualmie Valley Seed Exchange on March 22. Fall City Library Community Room.

TUESDAY, MARCH 18

6:00 p.m. - 7:30 p.m. *A Musical Journey with Native & Mesoamerican Flutes.* Experience the soulful sounds of Peter Ali as he performs on Native American and Mesoamerican-style flutes. Through music and personal stories rooted in his Indigenous ancestry, Peter shares the history, cultural significance and healing power of these instruments. Fall City Library.

TUESDAY, MARCH 25

6:30 p.m. - 7:45 p.m. *Fall City Historical Society Pop-Up Museum.* Join us for the opening reception. Learn all about the Fall City Hops Craze and see spinning and weaving demonstrations. Fall City Library. Museum display continues through April 4th.

FRIDAY, MARCH 28

2:30 p.m. - 3:30 p.m. *Art For Kids.* Take a creative break after school. Art supplies will be available for all ages. Design your own masterpiece or do the suggested art project of the week. All ages welcome, ages 9 and younger with adult.

