

Tunnel Echoes

Arch Cape/Falcon Cove Beach Community

A Newsletter

September 2014

Welcome to Fall in Arch Cape

Happy Summer!

What an amazing summer so far. Endorsement issue. I have 3 of em:

First: The Cannon Beach Academy. We have our hearing on 23 October in Salem in front of the State Board of Education. If they grant our appeal, we will open our school next fall. Folks who have read my posts over the years know of my support for a local elementary school. Our community becomes less of a community without an elementary school. The primary issue on appeal is if we have sufficient financial support. If you have not yet pledged support, please consider doing so at our website

www.cannonbeachacademy.com

Second: Due to an error by the County, Lianne Thompson is running again for County Commissioner. I ran a story about Lianne in our newsletter 3 years back. I wholeheartedly

endorse her candidacy.

Third: As reported last issue, Teresa Dufka is offering delivery of her baked goods. They are good. Call her to put in your order at 503-436-0329.

Questions, comments, critiques? Have something you want to say, or something that needs to be said? Can you write an article? Perhaps you just want to list your couch for sale (we can do that) Let us (let me) know.

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Phil Simmons



Falcon Cove Beach Water District

By: Charles Dice

Hidden away just south of the Arch Cape Tunnel is the small community of Falcon Cove Beach.

Fortunately (for those of us who live here full time), many people don't even see our small, discrete "entry" road and just think they are cruising through the State Park and zip right on by. We have 92 (soon to be 93) homes in our small Community – with about 13 of these home to full time residents.

Our Community is very rural, and very "natural" with the sea to the west, the "Mountains" of Oswald West Park to the east, the essentially insurmountable Arch Cape Tunnel to the north and Falcon Head (also difficult to climb) to the south and plenty of forests, wetlands, and bluffs in between.

Our community is zoned Coastal Residential (CR) with 20,000 Square foot minimum lot sizes since everyone here uses a Septic System and must have sufficient space on their lot for a drainfield and a back-up drainfield. We are also home to lots of local "friends" – a herd of 15-20 elk that cruises through from time to time, deer, bears, raccoons, rabbits, eagles, hawks, gulls, coyotes, skunks, and all of those sea "creatures" that appear from time to time (whales, Crabs, clams, mussels, starfish, urchins, surfboarders, etc).

Our drinking water comes from two natural springs – the North Spring which supplies an abundance of clear, clean, cool water and a much smaller South



Spring. We supply most of the Community using the North Spring by Pumping the water up to two concrete reservoirs at an Elevation of 245 feet – one with a capacity of 80,000 gallons and the second with 105,000 gallons – and letting gravity take the water to our users. This means that if (and when) the power fails, we really don't have to worry about not having water as we have plenty of capacity from the 185,000 gallons of storage and also have plenty of pressure given the height of the Storage Tanks.

In 2009 we took advantage of the Federal Government "Stimulus" Program to essentially complete the buildout of our Water System (including the new 105k gal reservoir) using Grants and low cost Loans. We also made our first (and hopefully last) increase in our annual water bills from \$315/year to \$369/year as part of this large project. We now have sufficient water Storage and Delivery capacity for "Fire Flows" and also for the Summer "Tourist Season" when our daily water usage can jump by 10 fold over

the more "normal" usage rates in the Winter.

We have managed to accomplish this stable, inexpensive rate by having an all Volunteer (and unpaid) Board of Directors, a very simple and easy to maintain Water System, and dedicated unpaid volunteers as System Operators with the occasional need for maintenance work by local contractors. As noted above, we have tried to utilize available Grant funding for our Water System Improvements over the years. Even though we have a small, efficient, cost-effective Water System, we still must meet all of the same EPA and State of Oregon Clean Water Rules and Regulations as any other Community Water System in the state as well all of the other many, many, many "Rules" imposed on "Special Districts" by numerous Oregon State Laws (ORS 198, ORS 264, ORS 279, etc. etc.etc). Our volunteers put in hundreds of man-hours each year to maintain, operate, and manage this precious resource for the benefit of all of our residents (and visitors) – this level of Community Spirit, Involvement and Commitment is what really makes this such a special place to live.

Commissioner Election - Take 2!

By: Nadia Gardner



Lianne Thompson



Dale Barrett

The May 20 election results for South Clatsop County's Commissioner (District 5) were set aside in July and a special election is underway. Ballots are in mailboxes now and are due back at Clatsop County Elections by Tuesday, September 16. The candidates are Lianne Thompson

(Falcon Cove) and Dale Barrett (Highway 26).

After the last census, the Commissioner District boundaries were re-drawn in 2011. However, the elections office did not integrate the changes into their system. This resulted in voters in other Districts getting District 5-related ballots and people within District 5 not getting the correct ballot. The candidates and voters pointed these errors out to County staff, resulting in the election being negated.

The unofficial numbers from the May election were 706 votes (53%) for Lianne Thompson and 625 votes (47%) for Dale Barrett.

The election mistake is costly both to the County and to the candidates. The County had to

spend numerous staff hours correcting the mistake and sending out correction postcards. They also had to re-send the ballots and have to spend time counting and officiating a special election. The Commission candidates have to continue campaigning – doorbelling, attending events, removing and then putting up signs, and even sending mailings. Let's hope this doesn't happen again!

For the special election, voters just have two weeks to get their ballots in. Voters are urged to get their ballots in early to avoid reminder phone calls. Send ballots by Friday, September 12, or drop off in official drop boxes at Cannon Beach or Seaside City Halls.

Fall Is Coming... Keep Warm & Cozy

By: Linda Lapp Murray

With cool days around the corner, you're going to need a cozy Arch Cape zip-up hoody sweatshirt to keep you warm while you sip coffee out of your new Arch Cape bistro coffee mug.

The community club has beautiful dove gray full zip hoody sweatshirts with our logo on both front & back. They sell for \$40. In sizes medium to extra large.

And for morning coffee, why not a royal blue or forest green bistro

coffee mug with the Arch Cape logo in white? The mugs cost \$9 each.

We also have navy blue tee shirts in navy blue with our logo in white on the chest. They sell for \$16 in sizes medium to extra large.

Contact Linda Lapp Murray either by email at murraylapp@charter.net or by phone at 503-436-0893. She will get your logo items to you either by mail or by hand delivery. You can also get a sweatshirt at Jack's Thrift Store on the highway. We're running low on stock, so get yours right away!



New Plant Operator For Arch Cape

By: Steve Hill

Randy Cruse became the new Plant Operator for the Arch Cape Water and Sanitary Districts on August 2nd having replaced Phil Chick who became the District Manger following Tom Merrell's departure earlier this year.

Randy is married with a young family of two daughters and a son ages three years to four months and resides nearby in Wheeler. He loves living on the north coast where he enjoys outdoor activities with the family including canoeing and hiking, hunting for berries and mushrooms and just playing with the kids.

Having come from the public works department of Rockaway Beach which utilizes the same



water treatment technology as Arch Cape, he is a welcome addition to the district's staff.

"I'm really excited about being here and the amazing amount of technology in the districts. I like these smaller communities and the chance to know the people." Mr. Chick said that Randy would be largely responsible for the operation and maintenance of both the water treatment and waste water treatment plants with the distribution and collection systems they support. Randy interjected that, "There's room for growth here and I look forward to being here for many years to come."

The Arch Cape Water District supports 279 customer connections and the Arch Cape Sanitary District 329 connections. The public is invited to arrange for plant tours by calling the office at 503-436-2790.



Arch Cape Polar Bear Plunge Photo Presentation

By: John Piatt

If you've ever seen any of Linda Lapp Murray's photos, you won't

want to miss the coming Community Club pot luck starting at 6:00 pm September 20th.

Linda will be showing a photographic history of the Arch Cape Polar Bear Plunge which she has taken and collected, showing the history of this annual

event. You may even find yourself featured with blue lips, chattering teeth, and goose bumps.

Eventually many of these photos will hopefully be available in a book on which Linda has been working.

LIVING WITH THE EAGLES

By: Linda Lapp Murray

How lucky we are to live in paradise with eagles! One morning in May, there was an eagle perched on top of my tippy flag pole just above the sand. He (or she) calmly sat there watching two juveniles sitting on the second rock in front of the headland. The bird stayed for at least half an hour, even allowing me to walk right up under the pole to photograph a classic eagle portrait. I thought this was a once-in-a-lifetime experience, but the bird has been back several times. It seems we have a family of eagles living quietly with us in Arch Cape. Their nest is on the headland. Darr Tyndell has also photographed the family & several of her pictures are



included. Here is information about eagles, so we can get to know them better.

Eagles build their nests, called Eyries, in old growth trees or on high cliffs near large bodies of water. They use the same nest over and over, adding to it each year. The largest nest ever found measured nearly 10 feet wide and 20 feet deep.

It takes the eagle 4 to 5 years to mature. The young do not have the white head of the adults. Both sexes have identical plumage, but the female is about 25% larger than the male. The female can weigh up to 17 pounds with a wingspan of up to 8 feet.

It is said the birds mate for life. The Bald Eagle courtship involves elaborate calls & flight displays, including swoops, chases & cartwheels, in which they fly high, lock talons & free fall, separating just before hitting the ground. A pair's territory is usually between

half and one and a quarter miles of waterside.

They lay their eggs in mid-February & eggs hatch from April to May. The young eaglet can gain up to 6 ounces a day, the fastest growth of any North American bird. They pick up & manipulate sticks, play tug-of-war, practice holding things in their talons and stretch & flap their wings. The young fledge, or fly, between 8 and 14 weeks of age, but remain close to the nest, attended by their parents for a further 6 weeks.

The Bald Eagle eats mainly fish, which it swoops down & snatches from the water. The bird is a powerful flier reaching speeds of 35 to 40 miles per hour & 30 miles an hour when carrying a fish. Its dive speed is between 75 & 99 miles an hour.

Clatsop Vision 2030 Involves AC-FCB to Develop Initial Vision

By: Nadia Gardner

Arch Cape and Falcon Cove Beach folks have participated in two workshops in Arch Cape, surveys, and in small group drafting teleconferences, helping to ensure our values are integrated into the final outcome. Clatsop County is large and each area has a culture and interests of its own. Southwest Clatsop citizens' involvement brings the views of a small, unincorporated beach community.

The vision will cover six focus areas: Economy & Jobs; Art, Culture & History; Education & Learning; Health, Safety & Resilience; Community Development; and Environment, Natural Resources & Recreation. Each section starts with what we want to see in Clatsop in 2030 and then outlines strategies on how we might get there.

One theme I heard repeatedly in workshops is how much we value the beauty and health of our local beaches, streams, wetlands and forests. Also, we value our small community character, not overdeveloped or crowded. We



brainstormed ways that we can ensure that this persists even as Portland and Seattle rapidly grow, and thus our visitors and number of homes also increase. Do you have ideas on how we might promote our vision?

Most recently, the Clatsop Together Vision 2030 Team held a workshop Saturday, August 2 at Clatsop Community College to review and refine the draft vision and core values created from input at earlier workshops, online surveys and ongoing outreach activities throughout the county. The workshop also explored possible strategies to pursue the vision.

The Vision team will work with the Clatsop Board of Commissioners in September on further refinements, if necessary. To review the latest draft vision materials online, visit the webpage at 2030together.com. Also, for project updates you can follow on Twitter @2030Together and on Facebook at Clatsop Vision – 2030 Together.

If you have further questions or comments, feel free to contact the Vision team at this email address (dzenn@zennassociates.com), or call Doug Zenn at 503-256-7222.

HEALTH NEWS

By: Diane Matson RN

Now that we have been walking and exercising all summer, it is time to make sure we eat right. Eating and physical activity patterns that are focused on consuming fewer calories, making informed food choices, and being physically active can help you attain and maintain a healthy weight, reduce your risk of chronic disease and promote overall health. The Dietary Guidelines for Americans summarizes nutrients and food components into an interrelated set of recommendations for healthy eating. It encompasses two overarching concepts. Maintain calorie balance over time to achieve and sustain a healthy weight and focus on consuming nutrient-dense foods and beverages.

The following are the Dietary Guidelines for Americans 2010 key recommendations.

Foods to reduce

- Reduce daily sodium intake to less than 2,300mg and 1,500mg for persons 51 and older.
- Consume less than 10% of calories from saturated fatty acids by replacing them with monounsaturated and polyunsaturated fatty acids.
- Consume less than 300mg per day of dietary cholesterol.
- Keep trans-fatty acid consumption as low as possible by limiting foods that contain synthetic sources of trans-fats, such as partially hydrogenated oils and limiting other solid fats.

- Reduce the intake of calories from solid fats and added sugars.
- Limit the consumption of foods that contain refined grains, especially refined grain foods that contain solid fats, added sugars and sodium.
- If alcohol is consumed, it should be consumed in moderation.

Foods to increase

Increase vegetable and fruit intake.
Eat a variety of vegetables, especially dark green, red and orange vegetables, beans and peas.
Consume at least half of all grains as whole grains.
Increase intake of fat-free or low-fat milk and milk products such as milk, yogurt, cheese or fortified soy beverages.
Choose a variety of protein foods, include seafood, lean meat, and poultry, eggs, beans and peas, soy products and unsalted nuts and seeds.

Use oils to replace solid fats. Choose foods that provide more potassium, dietary fiber, calcium and vitamin D, which are nutrients of concern in American diets. These include vegetables, fruits, whole grains, milk and milk products.

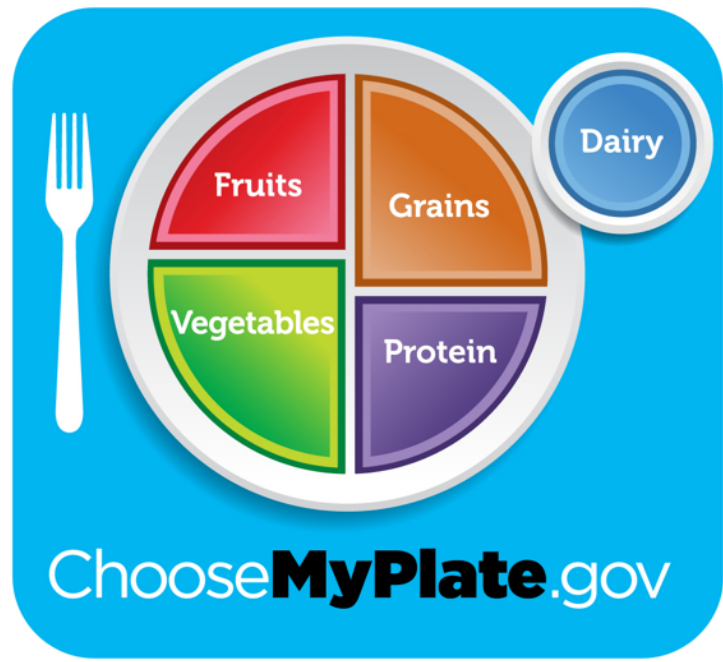
By adopting the recommendations in the dietary guidelines, we can live healthier lives.

Below are some helpful tips

Enjoy your food, but eat less. Avoid oversized portions. Make half your plate fruits and vegetables. Switch for fat-free or 1% milk. Compare sodium in foods like soup, bread and frozen meals and choose foods with lower numbers. Drink water instead of sugary drinks.

Links

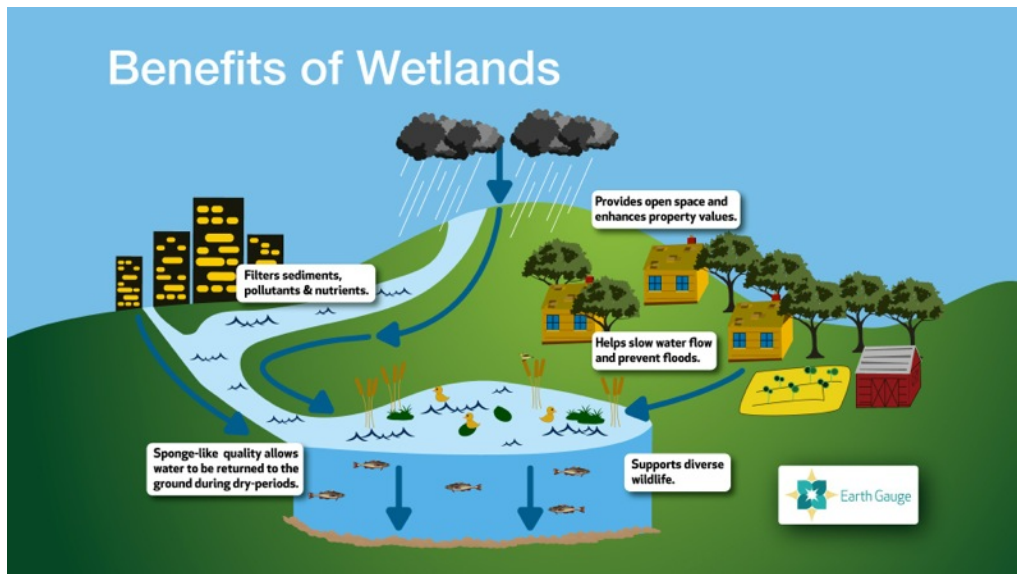
www.cannonbeachmarket.org
www.choosemyplate.gov
www.health.gov/dietaryguidelines
www.healthfinder.gov/prevention



Help Preserve Our Coastal Wetlands!

By: Charles Dice

As you may be aware, a number of individuals and groups have been working for the last several years to try to find ways to better protect our local, natural wetlands. So far, we have arranged for a Local Wetland Inventory (LWI) study by a professional wetland consulting firm and have had this Arch Cape/Cove Beach LWI approved by DSL. It was then registered with Clatsop County so that the wetlands in Arch Cape and Cove Beach are now shown on the Clatsop County GIS maps (Webmaps). Check it out



here: <http://maps.co.clatsop.or.us/applications/login.asp>

We are forming an ad-hoc committee of people who might

want to support us on this issue. If you would like to help us please contact Charles A. Dice at cadice@hotmail.com, or 503-436-0146 to express your interest.



Arch Cape - Falcon Cove Beach Community Club

The Community Club meets four times yearly on the third Saturday of May, September, November and February. Membership in the club is \$16 for a household and includes membership in the Club as well as a subscription to this newsletter.

Not a member? Please join or renew today. You can mail to ACFCB Community Club, Attn: Treasurer 79729 Hwy 101, Arch Cape, OR 97102

Board Members

- Nadia Gardner — President**
- John Piatt — Vice President**
- Charles Dice — Treasurer**
- Marney Beemer — Secretary**
- Dañña Kittell — Member**
- Linda Lapp-Murray — Member**
- Diane Matson — Member**

Questions/Concerns/Comments

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