

Tunnel Echoes

A Newsletter

November 2014

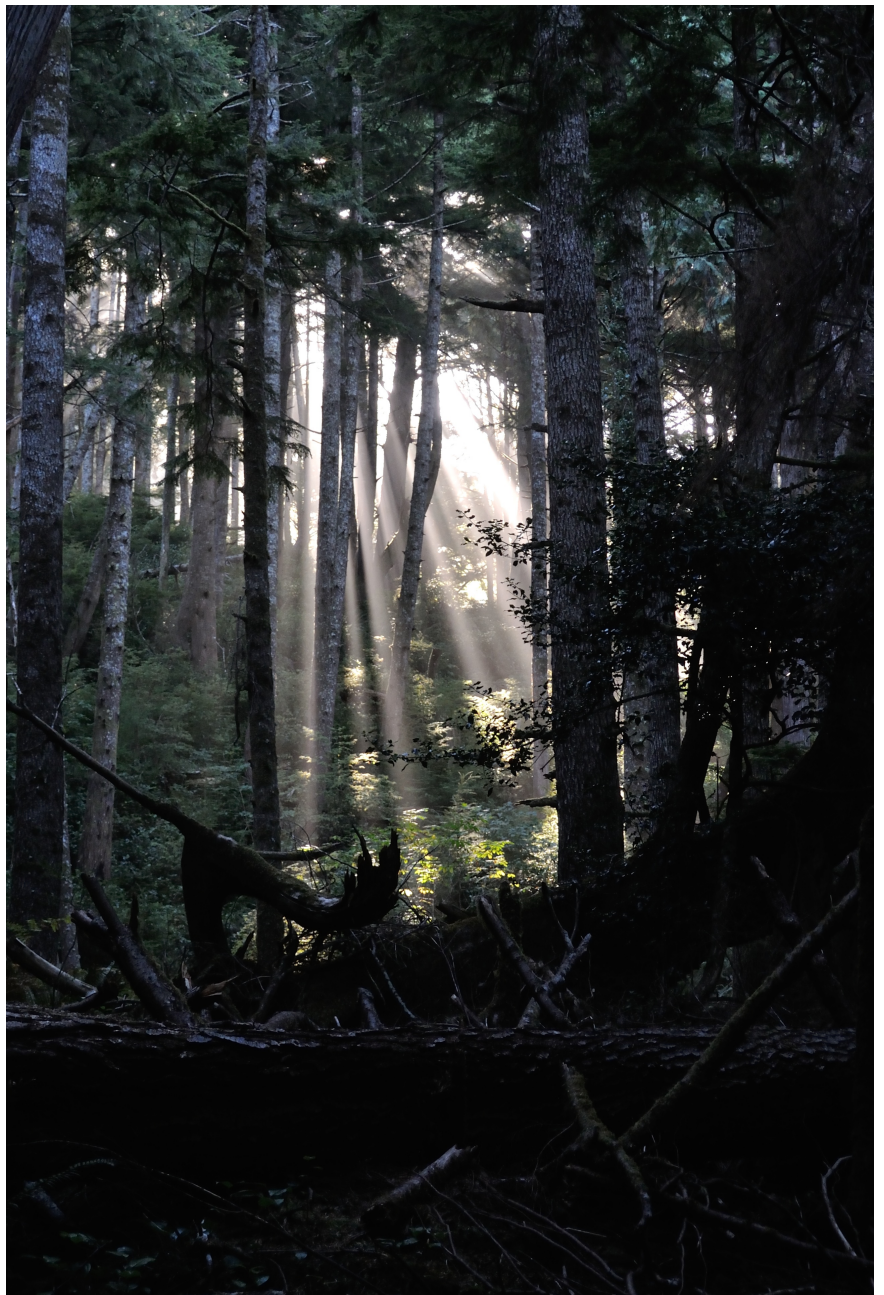
Welcome to Fall in Arch Cape

Happy Fall

Sad news. The Cannon Beach Academy sent our appeal packets to the state. We were optimistic for a favorable review from the staff for the Oregon Department of Education. Unfortunately they identified several errors we need to address before we resubmit. Specifically, we need to find a valid location for the school (we are working with the City of Cannon Beach on that matter currently) and need to raise a bit more money. So the school is on hold another year.

And more sad news. Personal circumstances compels me to step away from this project (serving as your editor) for the foreseeable future. Anyone willing can contact Nadia (she mails out the newsletter) to lend a hand and keep this project afloat. From what I understand we have had this local paper for over 30 years now...would be great if someone could step up for a bit.

Phil Simmons



Meet The Mersereaus

By: Linda Lapp Murray

"You don't own an independent book store to get rich, you do it because you love what you are doing," says Deb Mersereau. That statement stands as a metaphor for the lives of Deb & John

Mersereau. The two

met as part of the Cannon Beach art community in the 1970s. Both from the Portland area, they moved to Cannon Beach, as Deb says "because I had found My People." It was 1978 when they bought their house on Mill Road on the banks of Arch Cape Creek. John found the property while hiking. John's love of Arch Cape probably

began when his grandmother, who lived in Gearhart, used to pick up the children and take them on picnics and adventures along the coast, often to "have tea" with the English sisters at The Singing Sands Hotel in Arch Cape.

Of course, everyone in the community knows John Mersereau. Not only has he built or remodeled many homes on the north coast with his partner, Bob Cerelli, he served for many years on the Southwest Coastal Advisory / Design Review Committee. He is active in the North Coast Land Conservancy and Ecola Creek Watershed Council.

Because he is a self-described "Hunter-Gatherer", he works hard to protect the natural environment we all moved here to enjoy. He

also works with the Smiley Brothers who collect hatchery salmon out of fish traps on the Nehalem River and have it canned to give to local food banks. They also give fresh and frozen salmon to the food banks, assisted living communities and Meals on Wheels.



The Mersereaus have two children. Ashley, who lives in Manzanita is quickly becoming known for her jewelry and artwork. Her hand-made pieces called "Roots and Wings" are sold at "Found" in Cannon Beach, "Unfurl" in Manzanita, "The Beehive" in Nehalem, as well as on-line at www.etsy.com.

Taylor, who graduated from Humboldt State University, is building with his dad. As John puts it, "He builds to support his fishing and surfing. He has become part of the Corp De Bois."

Deb and her best friend, Maurine Dooley-Sroufe, sister of Tevis Dooley, recently bought The Cannon Beach Book Company. Deb went to work for that venerable institution in 2005.

When the owner of 32 years, Valerie Ryan, died earlier this year, the two long-time employees decided to carry on that bastion of Cannon Beach society. They took possession of the store on September 3rd. The two are striving to maintain the same cozy feel with the help of their staff.

The newest employee of the store has been there for 8 years and "The staff is like family", says Deb. They have had an outpouring of support and plan to expand the store to have more community involvement, such as story hour for children, readings by authors, and other events to be held at the store. "However," says Deb, "The store is definitely Old School. We don't have e-books and the cash register is a muffin tin."

She sees a bright future for the community bookstore. "The majority of independent book stores that went under, suffered with the e-reader craze and the recent recession; but, at this point, I keep hearing from our serious readers that, as much as they use their e-readers when they travel, there is nothing like holding a book in your hands," says Deb. Even though the new bookstore owner plows through hundreds of book choices a week, she has a current favorite "All The Light We Cannot See" by Anthony Doerr, which is a contender for the National Book Award. John's favorite is "The Highest Tide" by Jim Lynch and together one of their all-time favorites is "Mink River" by Brian Doyle.

6-Month Checklist

By: Helen Chauncey



Twice a year our clocks change on us. Standard time takes over on November 2nd. This is the perfect opportunity to verify your life-saving gear. Do a quick check of the following:

Water. Do you have a 72 hours supply of emergency water for each person in the house? Don't forget pets.

Fire extinguishers. Check the gauges. Flip each upside down and back up. Sound OK?

Go-kits. You have one, right? Check them out. Put in fresh batteries. Check pull-dates for meds and food.

Emergency pet supplies. Check pull-dates for meds and/or food. Anything moldy? Replace it.

Smoke alarms. Do you have 10-year batteries? When did you put

them in? If you have 1-year batteries, replace them.

House-hold and vehicle flashlights. Put in fresh batteries.

CO monitors, if you have propane. When did you install them? Check this.

Now settle in and relax. Storm season is here and you're ready.

Holiday Gift Giving Solved!

By: Linda Lapp Murray

In case you haven't heard, Christmas is sneaking up on us. The Community Club has an easy solution for your gift giving challenges. We just got a new shipment of Arch Cape Falcon Cove Beach full zip, hoody sweatshirts, so now we have sizes from extra large to small in the dove gray color. Rumor has it that they are the warmest, coziest sweats ever!

The sweatshirts are available for \$40. We also have navy blue tee shirts for \$16. You could always give an Arch Cape coffee mug or

two... they're available in both Royal Blue and Forrest Green for \$9 each. Any of these gifts would remind family & friends of the good times they've had at the beach.

We also have a few copies of The Arch Cape Chronicles left, too. They sell for \$16. Each and are a terrific read!

To order, contact Linda Lapp Murray by email at murraylapp@charter.net or by phone at 503-436-0893 and she will get your holiday gifts to you either by mail or personal delivery. You can also find the sweatshirts for sale at Jack's Thrift Store.



Arch Cape Birdwatch

By: Marney Beemer

An article about my bird feeding operation on Maxwell Lane.

Right now most of my 40# bags of black oil sunflower seeds are going to 14 Steller's jays, seven chipmunks, and three little Douglas squirrels. I do have my song sparrows that stay all year, a few chickadees are coming. I saw one towhee and one house finch last week. I also saw a Western scrub jay and a flicker...rare for my feeders.

Later this fall, the juncos, many towhees, house finches, chickadees and white-crowned sparrows will be eagerly eating my seeds, all winter. Many of the birds enjoy my bird bath too. Of course, the jays will stay all winter. I also have a few Anna's hummingbirds all winter and the rufous hummingbirds come in the spring from Mexico.

In the spring, I look forward to seeing the goldfinches, the black-headed grosbeaks and the varied thrush.



The interesting thing is that I have kept a list for 20 years, of every variety of birds that I have seen on my feeders - 30 varieties. Many of them I NEVER see any more... is it climate change? Many area citizens seem to be interested in crows and ravens, I don't know if I have ever seen a raven. They resemble crows, but are larger. I watched an interesting TV show on OPB last week, "Animals of Siberia". It showed ravens "playing" in the snow, really having a lot of fun.

The announcer said that ravens are the only birds that know how to play and have fun.

I assume that many other neighbors in Arch Cape and Falcon Cove Beach feed the birds. I will be happy to hear from you, visit your operation, and share mine with you.

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and
marnbeem@centurylink.net

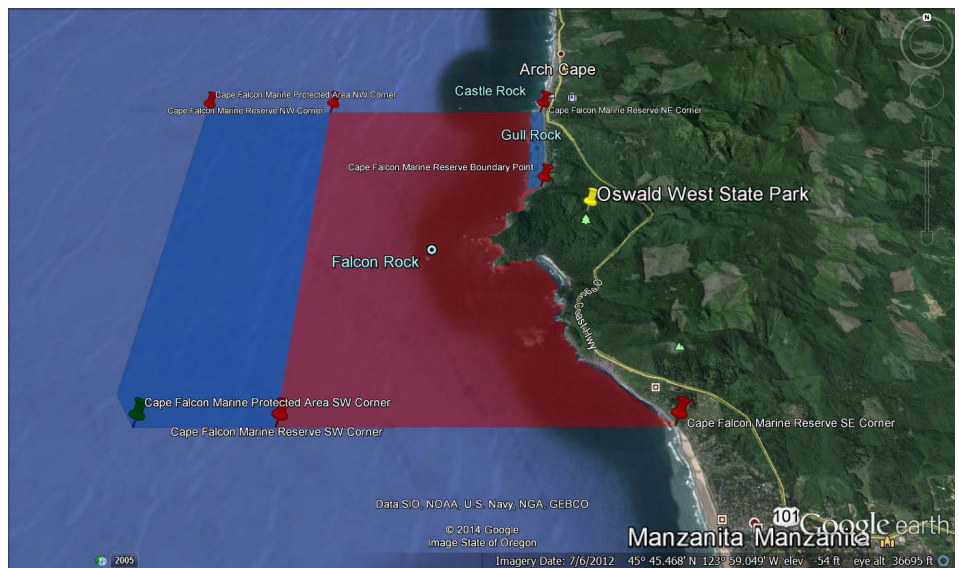
1 Year Countdown to Our Marine Reserve

By: Nadia Gardner

Fifteen years after marine reserves were first seriously proposed in Oregon, the Cape Falcon Marine Reserve will go into effect January 1, 2016. This underwater park is almost 6 miles long, from just south of Arch Cape (the actual cape) in north Falcon Cove to the north end of Manzanita's beach. Castle Rock is outside of the reserve, as is the "wash rock" south of Castle Rock. The ocean off Oswald West State Park, including Short sands (Smugglers Cove) is part of the reserve, effectively extending the park from land to sea.

Marine reserves are conservation areas set aside to protect biodiversity, where human take of living (e.g. fish) and non-living resources (e.g. mining) is prohibited to ensure protection of the conservation values. Such protected areas can serve as indispensable reference areas for scientific research and monitoring. Marine Protected Areas (MPAs) are areas of the ocean protected for a specific conservation purpose, allowing for some, but not all, uses. In 2012, Oregon designated 5 marine reserve-MPA complexes down our coastline. From north to south, there is: Cape Falcon, Cascade Head, Otter Rock, Cape Perpetua and Redfish Rocks (Port Orford). All of them are now in effect, except for Cape Falcon.

The second largest in Oregon's Marine Reserve network, the Cape Falcon complex consists of a marine reserve from shore out 2 miles. It prohibits all take of fish,



invertebrates, wildlife, and seaweeds as well as ocean development, except as necessary for monitoring or research. Beyond that, only salmon line fishing and crabbing are allowed out to the state line, 3 nautical miles from shore. The exception is along the sandy Falcon Cove beach, where you can clam, crab or fish from shore.

Over 20 seabird colonies with thousands of nesting birds can be found in this area including over 16,000 common murrelets in addition to black oystercatchers, marbled murrelets and bald eagles. With their sheltering nooks and crannies, the large, rocky reefs and gravel and soft bottom habitats around Cape Falcon are home to a rich array of plants and animals like rockfish and halibut. This site includes the deepest habitat of all sites, hosting plants and animals that require cold deep water to feed and breed, and helping Oregon's marine reserve network provide more comprehensive protection for diverse wildlife and habitats.

Oregon Department of Fish & Wildlife will spend 2015 doing baseline monitoring of the site. They will get out on boats and in the ocean diving to understand what the marine reserve complex has now. What are the topography, geology, and habitat types? What lives in the area – plants and wildlife? What is the condition of these habitats and what are the populations of plants and wildlife? This will help us understand how conditions change when the marine reserve complex goes into effect.

A local group has gotten together to start help getting the word out to the local communities and visitors. They will be bringing in scientist to give talks about the marine environment and marine reserves. They will table at events. They will lead walks and hikes. They will help teachers educate their students. Contact me, Nadia (503-298-9785) if you want to volunteer.

More info:
www.oregonmarinereserves.org
 Facebook: www.facebook.com/CapeFalconMR

HEALTH NEWS

By: Diane Matson RN

FLU SEASON IS HERE!

You hear This again and again. There's no better way to fight off the flu than to be vaccinated! This year, your healthcare provider may offer a new option-the quadrivalent vaccine-now available in both injection and mist forms, offering protection against the four most common strains of the influenza virus expected to be in circulation during the flu season.

WHAT IS SEASONAL INFLUENZA ("FLU")?

Influenza, commonly call "the flu", is an infection of the respiratory system (nose, throat, lungs) which is caused by a virus. Unlike other viral respiratory infections (e.g.,the common cold), influenza can cause severe illness and life-threatening complications in many people.

WHEN IN FLU SEASON?

The peak flu season typically occurs between November and March, but the Center for Disease Control and Prevention and World Health Organization monitors circulating flu viruses throughout the world from early October through May.

WHO CAN GET THE FLU/

ANYONE! Each year in the USA, between 5% and 20% of the population gets the flu, and 200,000 are hospitalized from flu-related complications.

WHAT ARE THE SYMPTOMS/

The flu can cause mild to severe illness. Fever, cough, body aches, chills, fatigue, headache, sore throat and chest discomfort.

HOW IS THE FLU SPREAD?

All flu is caused by viruses that infect the nose, throat and lungs: it is highly contagious because it is spread when an infected person coughs or sneezes, or by contact with surfaces or items that have been touched by hands contaminated with the viruses.

HOW TO AVOID THE FLU

Get a flu vaccination each year! Remember that the flu viruses are constantly changing, so a new vaccine must be made each year. Protect yourself from folks who are coughing and sneezing. Wash your hands often and thoroughly, especially before touching eye, nose, mouth, and before handling food for yourself and others.

AM I A RISH FOR COMPLICATIONS

Most people who get the flu will have mild illness and recover in less than two weeks. People at high risk for complications include the following:

- children younger than 5, but especially younger than 2
-
- adults 65 years of age and older
-
- pregnant women

people who have medical conditions including;

- asthma



- neurological conditions
- chronic lung diseases
- heart diseases
- blood disorders
- endocrine diseases
- kidney disease
- liver disorders
- weakened immune systems

IS THERE TREATMENT FOR THE FLU?

Yes, if you get sick, there are drugs that can treat flu illness. They are called anti-viral drugs and they can make your illness milder, and help you feel better faster. They are available through doctors' offices as a prescription.

For more information go to www.cdc.gov/flu

www.webmd.com/cold-and-flu/default.htm

www.flu.gov

Kelly Says, "Welcome to your authentic self!"

Arch Cape resident and therapist, Kelly Egan has opened a counseling practice in Nehalem sharing space at Three Village Healing Arts. The office is in downtown Manzanita just across highway 101 from veterinarian, Matt Didlake's Nehalem Animal Healing.

Kelly describes her foundation as based in Family Systems and Person Centered Humanistic Psychology, incorporating other models such as expressive arts, somatic therapy (body centered) and mindfulness.

She works with:

- Individuals
- Family
- Adolescents
- Couples
- Groups

Kelly says: "Working in a range of emotional and behavioral issues in a safe, comfortable, supportive atmosphere, I offer a highly personalized approach tailored to each person's individual needs to help them attain the personal growth they are striving for.

She provides therapy for issues such as: Anxiety, Relationships, Work & career issues, Stress management, Emotional management, Conflict resolution, Women's issues, Sports psychology, Personal Growth, A.D.H.D and related issues



Kelly provides free, 20 minute consultations on Fridays. Contact her for an appointment at:
Phone – 206-375-4228
Email – kellyegancounseling@gmail.com

Kelly Eagan Counseling
35750 7th St. & HWY 101
Nehalem

Volunteer (please)

By: Nadia Gardner

Because we are an unincorporated community, we lack much of the support that cities have. We rely largely on volunteers to keep potholes filled, events going and the beach clean. Join us!



Current Opportunities:

- Potluck Set-Up: Show up at 5:30 on potluck evenings to set up tables and chairs, make coffee and decorate.
- Newsletter Article Ideas & Writing: Generate ideas, write or recruit writers for the quarterly newsletter.
- Gardening: Help weed and plant the Cannon Wayside and possibly the new fire station.
- Safety/Emergency Preparedness Committee: Join this group to

work on traffic calming (speeding issues) and emergency preparedness projects.

- Mailings: Help get out newsletters, welcome packets, and membership mailings.
- Community Clean-Ups: Join us at 10 am on the potluck days to clean-up the highway.
- Newsletter Editor: Gather articles from community writers. Edit and format newsletter 4 times per year.

-SOLV Beach Clean-Ups:

Coordinate volunteers to clean up the beaches.

-Other: Do you have other ideas? Let us know!

Please contact Nadia if you'd be willing to take on any of these tasks at 503-436-1981 or acfcbcc@gmail.com Thank you!

Beekeeping on the North Coast? Really?

By: John Piatt

If you were a bee, would you live at the north coast? If you did, would you fly south for the winter? Are reports of honey bee colonies dying out true? Terry Fullan with the Oregon State Beekeepers Association will answer these questions and more at our potluck meeting November 15th at our personal hive, the Arch Cape Fire Station to express your interest.

The Saturday, November 15 potluck doors open at 6 pm with the speaker starting at 6:30.

Please bring a dish to share and your own plates and cutlery. Also,



don't forget the morning community clean-up. It starts at 10 am at the Catholic church.

Put the 2015 potlucks on your calendars now! February 21, May 16, September 19, and November

21, 2015. Meetings are the 3rd Saturday every February, May, September, and November. See you there!



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

The Tunnel Echoes is published 4 times per year. February, May, September, November

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- 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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