

Welcome to Winter in Arch Cape

Next potluck: November 21, 2015

by Dan Seifer

The next potluck is Saturday, November 21, at the fire station (79729 Highway 101, between Castle Rock Estates and the historic cannon marker wayside) and begins at 6:00 p.m. Bring an entrée, side dish or dessert to share, and your plate, silverware and beverage. Wine is available for a modest contribution.

The speaker will be Cameron La Follette, Executive Director of the Oregon Coast Alliance (“ORCA”, of course). According to its website, ORCA’s mission is “[t]o protect the Oregon coast by working with coastal residents for sustainable communities; protection and restoration of coastal and marine natural resources; providing education and advocacy on land use development; and adaptation to climate change.”

Cameron La Follette has a law degree from Columbia University School of Law. She has worked on coastal issues advocacy for ten years, including managing the Coastal Futures Project for 1000 Friends of Oregon. In earlier environmental work she focused on protecting ancient forests on federal lands in Oregon to ensure clean drinking water, salmon habitat and ecosystem protection. She also served on the Salem Planning Commission for three years.



Remembering Barbara Shaw

by Diane Matson

Barbara Shaw, well known and loved resident of Arch Cape, passed away on September 22. She leaves behind her husband, Jim and two sons, Bob and Jim the third. She will be remembered as always having a smile on her face, ready to give advice about gardening, and for her yearly dips in the ocean during the Polar Bear Plunge. She was very active in the Community Club, played the organ at her church, was a weaver, and even hiked part of the Pacific Coast Trail. Her cookies and famous breakfasts will be remembered by many who stayed at her bed and breakfast. Her life is a beautiful memory and her absence is a silent grief. Arch Cape will miss Barbara Shaw.

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Meet Your Neighbors: Jack Birkby

by Linda Lapp Murray

Jack Birkby is one of those guys who doesn't know a stranger. The consummate salesman, he just loves talking to people. That would explain why his "weekend garage sale" at the old deli is so good for this 90 year old gregarious guy.

Jack was born in Sidney, Iowa in 1925. He has an older brother & sister who still live there. He graduated from high school in 1943 and, like many other men, joined the army during WWII. He was stationed in Missouri, Ohio, and Virginia, but when he finally got to Fort Lewis in Tacoma, Washington, life certainly improved. It was there that he met his wife Dorothy



Yost at a local ice arena. The two spent a summer dating and when he told her he was going back to Iowa, she said "Not without me... you're not going to Iowa!"

But when Dorothy found herself pregnant in an Iowa summer, in the hospital in 103 degree heat without air conditioning, she said to him, "I'm going back to Washington... with or without you!" It was in Tacoma that Jack began training as an auto mechanic with the local Lincoln-Mercury dealership. But, as typical in his life, he was only there for a few months when he was offered a job by Pennzoil as a truck driver calling on local dealers. While on his route, he met a gentleman who wanted to sell his service station. Jack ran the service station and sold for Pennzoil for a while, until his boss said he had to choose.

Being the independent sort, Jack chose the service station. He ran it for 6 years, but was offered a job as an auto parts salesman which was an easier job for a guy who had injured his neck in an accident. In 1962, the family, which now had 3 little girls Virginia, Debra, and Jackie, moved to Portland and bought a house in Milwaukie. Two years later, he started his own business, J.B. Sales, selling to retail outlets. He sold all kinds of auto supplies, but his best products were Royce CB radios, Walker Exhaust Systems and his favorite, Meguiar's Car Care Products.

At Jack's 90th birthday celebration this May, there was a beautiful flower arrangement & heart-felt note to "My dear friend and mentor" from Barry Meguiar, the company president. They met in 1964 when Jack was 40 and the young Meguiar was only 20 years old. Barry's grandfather, who started the company, sent him to learn consumer sales from Jack and Barry has never forgotten all Jack taught him.

In 1965, their Milwaukie neighbor, Evelyn Huff, lost her husband to cancer. She was forced to sell their Arch Cape cabin. When Jack found out she had an offer for \$6,500 with \$1,000 down and \$50 per month, he convinced her to sell it to him and she could still use it! The Huffs had built the cabin themselves out of wood reclaimed from an old army barracks.

The Birkbys remodeled the “cabin”, sold their Milwaukie home and moved to Arch Cape in 1980. Jack, entrepreneur that he is, opened Debra’s Surplus Store in Seaside. It turned into True Value Hardware Store across from Seaside High School. They closed the store in 1994 and retired to the RV lifestyle for 12 years.

In 1985, the Birkbys sold their Arch Cape home to Casey Short & Margaret Bax and moved to their house on the Necanicum River just south of Seaside. The couple lived there and wintered in Yuma, AZ until Dorothy’s death in 2006.

After her death, it was an offer from their good friends, George and Gwen Carney, that put him in his present home. When the Carneys heard he was looking for a place to live, they said “ Why don’t you live in The Cabin and take care of it?” “The Cabin” is their 3 story, ocean front home at the end of West Beach Road.

In 2011, Jack took over the old deli building to sell “stuff” the family had had in storage for years. When he went to the bank to open a savings account, the manager said “We really don’t pay very good interest.” So Jack decided to “invest” in more “stuff” instead. As Jack puts it, he is preserving the building for Butch Coleman’s future expansion. Butch didn’t want the building destroyed by vandals and raccoons, like the house behind it. So here is a gregarious 90 year old man, watching over not only his friends’ house, but Arch Cape’s future market & deli as well. You just never know what you might find at Jack’s Weekend Thrift Store, but you’ll sure find a guy with a good story to tell!

Commissioner's Corner: Turn, Turn, Turn

by Lianne Thompson, Clatsop County Commissioner, District 5

Turn, turn, turn. The seasons are turning, and Autumn is here. The generations are turning, lives ending and beginning. Processes are turning in the organizations, relationships, and institutions that impact our community life.

Rain today reminds me of the relationship of rain, forest, ocean, creeks, and rivers. Someone told me shortly after I'd moved to Oregon from Alaska that I'd know I was a real Portlander when I loved shades of gray. I'm there. Blue sky and sunshine are great, but I start longing for rain and gray.



One of our beloved and respected community members has left us. Barbara Shaw's intelligence, good will, and commitment to the people and place she loved were extraordinary. Her example will continue to guide and inspire those of us fortunate enough to have known her. Condolences to her family and friends.

Another part of the cycle of life is when a baby joins us, as will soon happen with Nadia Gardner and Mike Manzulli's child. Welcome and best wishes for that family.

Still another change is that Mike Balzer is no longer Chief of Cannon Beach Rural Fire Protection District. Thanks for his years of service and best wishes for whatever is next for him.

Looking at our community preparedness and resilience, please know that your Safety Committee and County Commissioner have been working on your behalf. We're collaborating with the Arch Cape Sewer and Water Boards. We're collaborating with the City of Cannon Beach and others.

We're contemplating how we can develop plans, skills, supplies, and relationships that will serve us, whatever need we face. Then we're acting to develop them. Ask us if you want more details.

We can prepare as individuals, but the bigger picture is our preparedness on wider level. As pointed out in "Unprepared," the Oregon Field Guide show on OPB, **it's our roads, bridges, hospitals, and airports that provide essential structures for our whole society.**

Strengthening those essential structures is a huge and expensive job. Whose responsibility is it to pay for them? Oh, boy! Isn't that just the question for us to answer!

You may have noticed that the County Board of Commissioners had a proposed ordinance to establish a Tsunami Hazard Overlay zone. The ordinance was tabled, set aside for later action, because of concerns raised by neighbors.

Rather than debate the pros and cons of the issue or describe the process used to develop the proposed ordinance, I'll just say that I'm committed to a collaborative process for this. I see the role of the Board as developing sound and informed public policy.

That means listening to the concerns of neighbors and bringing in experts in the fields of insurance and finance to get accurate information. Only then can we protect and serve the individual and common interests, which is our job.

To be clear, this is not about the FEMA flood maps, although some thought so. It's the DOGAMI maps and their latest and best science that provide our data. We're also in new territory here, on a learning curve, doing what hasn't been done: we're bringing resilience down to a personal level in a way to support everyone's well-being. Stay tuned for more developments.

Raffle Update

Long time members and former residents of Arch Cape, Bob and Jan Tarr, donated an antique pump organ to the community club. Jack Birkby championed the organizing of a raffle and had the organ available for inspection at Jack's Thrift Store. To encourage greater participation, Jack said that he would offer the winner \$500 if they did not want or have room for the organ.

On Labor Day, the winning ticket was drawn before a small group that had gathered. The winner was Jim Shaw. At the September meeting, Jack presented the community club with \$770 that had been raised by the raffle and was presented with a photo collage of the raffle drawing done by Linda Lapp Murray. Many thanks go to Bob and Jan Tarr for their donation and to Jack Birkby for running the raffle.



Jack Birkby of **JACK'S THRIFT STORE** held a drawing to benefit our community club on Labor Day. The Winner of The Antique Pump Organ, drawn by Dianne Matson, was **Jim Shaw**. Jack will be presenting \$770. to the club.

METER READING 101

by Phil Chick, Arch Cape Water District Manager

Summer is a busy season for the Water District. We experienced one of the driest summers on record. Although the creek levels were very low, we luckily did not need to implement any more than voluntary water curtailment measures within the water District. Thank you to everyone that made a personal effort to decrease their water consumption during this time!

Each summer we receive many inquiries regarding customer's water usage and water bills. Although staff makes a sincere effort to advise customer's of monthly water usage that is out of the norm for a particular residence, the homeowner is ultimately responsible for keeping an eye on their water use, as they are for similar utilities in the home. It's often difficult for staff to differentiate between increased summer home usage patterns, and a real problem after meters are read. The homeowner knows this the best. It's recently occurred to me that many people simply do not know how to read their water meter. So, to help folks out and to help the District in its conservation efforts, the following information is provided for guidance.



Your water meter is most likely located somewhere at the property line at the front of the house. Inside of the meter box is a meter that looks like the photo (but probably a little dirtier!). The numbers appearing in the black and white squares on the meter register are read monthly, generally on the 1st of the month. If you wish to track your water usage, simply write down this number. **IMPORTANT:** Be sure to include the stationary "0" at the end. Example: This meter reads **27320**.

The next time you check your meter, take another reading. Subtract the first register display from the second reading register display. Total gallons run through the meter is calculated as follows:

$$\begin{array}{r} \text{Meter Register Display Reading 2} \\ - \text{Meter Register Display Reading 1} \\ \hline \text{Total Gallons Used for Time Period} \end{array}$$

The red triangle is a leak indicator. If that triangle is spinning at all, then there is water running somewhere either in or outside the home. The red pointer dial is a gallon indicator. Each time the dial moves a complete rotation, ten gallons have passed through the meter. If you have questions about how to find your meter, how to read it, or want to have your water usage investigated please call the office at **503.436.2790**. We will happily assist you.

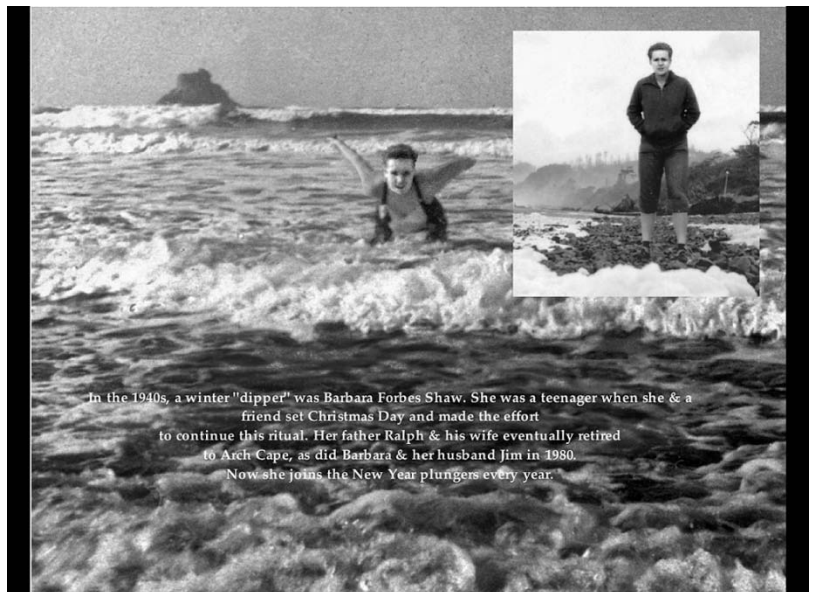
The District's Water Management and Conservation Plan final draft is targeted to be available for review in December. It examines the past and present water usage needs of the District, and strategizes the merging of future demand with conservation efforts. The plan will be available at the District office, and on archcape.com. Comments may be directed to Phil Chick at philchickacutil@gmail.com or by calling the office: **503.436.2790**.

In other District news, Water District Board President, Virginia Birkby, and Sanitary District Board President, Darr Tindall, attended the Community Club "town meeting" in September and described the Districts' activities and facilities. Several Club members expressed interest in receiving tours of the water and wastewater treatment plants. Stay tuned for a date to do this. Residents may always arrange with staff to see the treatment plants by calling the office to schedule a visit. District Board Meetings are held on the second Friday of every month at 6:00 p.m. at the fire station, and the public is always welcome.

Celebration of Life for Barbara Shaw

As told by her grandson Ben Shaw, October 25, 2015, shortened story

Barbara's passion was for the good things in life, her relationships and community, love of nature, faith in God, education, travel and art. She cared deeply about the people and world around her. She lived closely with the land and her community. She shared her home openly with so many people. Whether it was family or guests at her Bed and Breakfast. She always made a personal connection with them, cooking breakfasts and eating at the table with them. She made many lasting friendships. She truly loved people. She gardened passionately and grew most of her food. She kept beautiful flower gardens. She was very active, walking on the beach every day with her dog and hiking in the surrounding mountains. Education was central to her. Her faith was the core of all these things. She was very forgiving, knowing to err is human, and to forgive is divine. The love she shared with her faithful husband was never ending. Barbara Shaw will always be a part of Arch Cape.



Land Use: Design Review Board Update

by Dan Seifer

The Southwest Coastal Design Review / Citizens Advisory Committee is charged with design review recommendations to the County of all proposed new or expanded structures and development in Arch Cape, and serves also to provide community land use input to the County.

At its August meeting, the Committee reviewed an application from Misner and Roberti for a new single family residence on West Cedar at Highway 101. The Committee recommended approval but with a condition that the proposed driveway be moved 5 feet to the west, out of the “tree buffer” required by County ordinance for properties along Highway 101. Applicants had previously been granted a variance by the County to reduce the tree buffer from 25 feet to 15 feet. The Committee felt that a driveway would be in conflict with a “tree buffer”. The County, by Community Development Director Heather Hansen, rejected the Committee’s proposed condition and approved the application without the Committee’s recommended relocation of the driveway.

The Committee did not meet in September or October.

The Committee’s next meeting is expected to be the week before Thanksgiving. The agenda should include discussion of a process to provide community input to the County Public Works Director regarding projects and priorities for funds dedicated to road and drainage improvement within Arch Cape. Check the County website (www.co.clatsop.or.us) for date, time and location.



Ode to a Sailor

by John Piatt

Velella velella's
A nautical fellow, who
Floats along on the seas.
He can jibe, he can tack
With the sail on his back,
Propelled by a following breeze.

Like lemmings in reverse,
It seems they were cursed—
Surfing in from the sea to the shore,
Like leaves that kept mounting
And far beyond counting—
Each day it seemed there were more.

They turned to blue ooze
That stuck to our shoes—
Beach walks becoming a chore.
And the stench from their passing,
Like chem-warfare gassing,
Assaulted our nose at the door.

So, if I may suggest
I'd like to request
Please stay far away from our beaches.
And learn from your brothers,
Sisters, fathers and mothers,
The lesson their tragedy teaches.

When we, like this creature,
Are adrift without teacher
Or stars to shows us the way,
When we hear the surf roaring,
Set sails and go soaring
Back home, to safety we pray.



To learn more about Velella velella, see the April 2015 news article at:

[National Geographic](#)

E-Prep Tip: Four-of-Four in 2015 – First Aid Supplies

by Helen Chauncey

We are getting ready for disaster events – from wind storms to the Big One, an earth quake and local event tsunami. So far this year, we've looked at three emergency preparation topics – water, shelter, and food.

Our final e-prep topic for the year is an easy one. You will need first aid supplies.



This is a big one for the Big One: much of the immediate harm to people and pets is caused by the earthquake that precedes the waves. A major source of injury comes from personal possessions and debris thrown about as the ground shakes.

High on the list is broken glass – from the likes of dishes, mirrors, windows, and TV monitors, dislodged and hurled to the ground. Broken glass is the primary reason you should have an extra pair of shoes and sturdy gloves stored under your beds. If the earthquake occurs at night, you – and your pets – can cut yourselves groping about in the following confusion.

You want first aid supplies in three locations: your home, your go-kit, and your blue barrels. You also want a month's supply of any critical prescription medications for yourself and your family members. Talk with your health-care provider about getting a month in advance. Then "swap out" each month's supply, so the back-up is never past its expiration date. If your pets require critical medications, you'll want a month's supply of those on hand as well.

If you are making your own kits, rather than purchasing them, include as much of the following as you can:

- Disposable gloves, 2 pairs
- Scissors and safety pins
- Rolls of gauze and elastic bandages
- Non-stick sterile pads (various sizes)
- Assorted adhesive bandages
- "Triangle bandages" (3) – for supporting sprained or broken arms and legs
- Disinfectant
- Cotton balls and cotton-tip swabs
- Thermometer (have at least 1 mercury thermometer – these do not require batteries)
- Soap, clean cloth, cleansing solution
- Waterless hand cleaner
- Turkey bulb baster or other suction device for flushing wounds
- Tweezers
- Tongue depressors - several
- Eye dressing or pad
- Tape – preferably "paper" tape
- Aluminum finger splint
- Instant cold packs
- Plastic bags, assorted sizes
- First-aid manual (Red Cross, CERT, or similar)
- Non-prescription medications – pain relievers, antihistamines, hydrocortisone cream, antacids
- Small flashlight

Help may be a long time coming, but when it does come, you'll want to have on hand:

- medical consent forms for each family member
- medical history forms for each family member

As with all your emergency supplies, remember to check your first aid cache on an annual basis. Look for expiration dates on any of the medications, both over-the-counter and prescription. Check the batteries in your first aid kit flashlight.

Coping with Life's Stressors

by Diane Matson, R.N.

Coping usually involves adjusting to or tolerating negative events while attempting to maintain a positive self-image and emotional equilibrium. Coping occurs in the context of life changes, both negative and positive, that require us to adjust and to adapt.

What are some common coping strategies?

- Lowering your expectations
- Asking others for help
- Taking responsibility for the situation
- Engaging in problem solving
- Maintaining emotional composure
- Attempting to change the source of stress
- Distancing yourself from the source of stress

It is important to evaluate your overall lifestyle. Engage in stress-reducing activities like:

- Getting enough good quality sleep
- Eating a well-balanced diet
- Exercising on a regular basis (walking on the beach)
- Taking brief rest periods during the day to relax
- Taking vacations away from home and work
- Engaging in pleasurable or fun activities every day
- Practicing relaxation exercises such as yoga (Cannon Beach Yoga Arts)
- Avoiding excessive use of caffeine and alcohol

References:

- Cdc.gov coping with stress
- Familydoctor.org how to cope better with life's challenges
- American heart association four ways to deal with stress

E-Prep Update: Oregon Senate Bill Facilitates Emergency Planning for Essential Prescription Medications

A common concern for persons on medication for chronic conditions is how they can get an extra store of medication for a disaster kit. Oregon Senate Bill 93 was designed to address that issue and it has passed. It is effective January 1 of 2016. Here is a summary of the issue and the bill:

In the event of a major disaster, Oregonians may be prevented from accessing medications for chronic conditions. A recent study aimed at medical relief teams during extreme weather and natural disasters found that medication refills were a common need and a considerable number of patients mislaid or lost medications during evacuation and faced challenges when attempting to refill prescriptions. Current insurance programs and health benefit plans often allow for up to a 90-day supply of medications for chronic conditions; however, acquiring a 90-day supply can be cost prohibitive for the patient. SB 93 requires health insurance providers to reimburse patients for 90-day supplies of medications for certain chronic conditions.

Community Club Dues

For those who have not paid the yearly Community Club dues of \$16.00, there is still time. You can mail your check to Arch Cape Falcon Cove Beach Community Club, 79729 Hwy 101, Arch Cape, Oregon. 97102.

Thanks for your support. The Community Club is doing a lot for Arch Cape.

MoZo

Friday, Nov. 6, 2015, 7:00pm at the home of Paul & Margo Dueber

MoZo began as a Seattle street busking project, a 2-person empire of politically-minded bicyclists: Moe and Aimee Zoe.

Their music combines acoustic folk-pop with a bit of rock & roll, while their signature harmony-driven songs ponder government, environment, and the shared human experience. Live performances include anything from washboard and harmonica to full drum kit and electric guitars.

Please RSVP via email, text or phone.

henryp@opusnet.com

503.717.2997 text

503.436.0432 message

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 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.

Board Members

John Piatt — President

Dan Seifer — Vice President

Charles Dice — Treasurer

Diane Matson — Secretary

Daña Kittell — Member

Linda Lapp-Murray — Member

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Questions/Concerns/Comments?

Contact: acfbcc@gmail.com