



## **News from Sunrise Ridge**

### **Summer 2015**

Changes are coming to Sunrise Ridge! In June, the Sunrise Ridge board of directors met with several representatives of the community and organizations currently residing on Sunrise Ridge to explore ideas for future uses of the property. There are many options for both the buildings and the land, and the board is working to maximize value to the community. That includes seeking out other non-profit agencies that need inexpensive space for their businesses and putting more of the open acreage to use, particularly during the dry months, for the benefit of all Islanders.

Granny's Attic completed their move out of three Sunrise Ridge buildings and two additional storage containers as of June 30. Now the serious work of assessing building needs and finding new tenants can proceed past the discussion phases.

Several representatives of Sunrise Ridge spent time in our booth at Strawberry Festival. We were joined by people from Airlift Northwest, who came armed with information about their work throughout Washington and Alaska and service to Vashon Island in particular. They also had a variety of items to give away – candy, first aid kits, hand sanitizer, ear buds, shopping bags, etc. Candy especially drew children, while their parents had a chance to look at the site plan of Sunrise Ridge and tell us what uses they'd like to see made of the property. We collected just a few more dollars for the helicopter pad, where Vashon Electric will begin work early in September.

The board sadly accepted letters of resignation from long-time board members Lee Green and Mary Jo Svendsen. Both Lee and Mary Jo have volunteered many hours toward the operation of Sunrise Ridge and contributed much with their knowledge and skills. On a happier note, the board is pleased to announce two new members: Vor Hostetler and Stewart Jay. Vor is a hard-working young man known for his horticultural knowledge and volunteer work around the island. He recently chaired the Vashon-Maury Island Garden Club's annual plant sale and took responsibility for overseeing the AmeriCorps team's work on the Sunrise Ridge pond and Fruit Club orchard. Stewart recently retired from his position of Professor of Law at the University of Washington. He owns property next to Sunrise Ridge. There are still opening for new board members. To learn more about how the Board works and the commitment involved, the best person to contact is Greg Martin, the President of the Board. He can be reached at 206 463-2980 and by e-mail at [islehaven1@gmail.com](mailto:islehaven1@gmail.com).

## **VoV – Susan McCabe**

Voice of Vashon board, staff and DeeJays basked in the joy of thanking VoV members, whose support sustains the operation, on Sunday, August 2, when they hosted the second annual Member Thank You Barbecue under the trees in the 'meadow' east of the studio (and Food Bank offices). Nearly 80 people wined and dined under the dappled shade as VoV board members served a meal that earned rave reviews for chicken, steak and tofu skewers expertly grilled by Rick Wallace and Karen Baer; desserts by Melodie Woods and Tom Conway; salmon snacks, salads and hors d'oeuvres created by the organization's other Board members. Soul music from DJ Rik (Reed) and languid romance music from Arlette Moody showcased just a portion of the outstanding entertainment VoV has attracted since launching KVSH 101.9FM nearly one year ago. And, some members delivered star turns as they videotaped VoV TV station IDs for future broadcast.

The entire event was aimed at thanking those who have chosen to become Voice of Vashon sustaining members, providing monthly income to support operations for KVSH 101.9FM, the KVSH phone app, the 1650AM Alert System, VoV TV and our robust website where everything VoV broadcasts is available On Demand. Sustaining membership in VoV is available for as little as \$5 per month and as much as \$500 per month. The sky is the limit. VoV is the non-profit that supports and showcases all the other Island nonprofits and their stories. Join now to keep all this going at [voiceofvashon.org/membership](http://voiceofvashon.org/membership).

## **Amateur Radio Field Day – Bob Smueles**

On June 28 and 29, members of the Vashon-Maury Island Radio Club set up a field radio station on Sunrise Ridge to participate in the annual Field Day event sponsored by the American Radio Relay League (ARRL). Field Day is a picnic, a campout, practice for emergencies, a contest and mostly just a fun time to get together with radio enthusiasts on the Island to practice radio communications skills with more than 35,000 radio amateurs all across the US and Canada.

The contest part has the simple goal of contacting as many other stations as possible in a 24 hour period. There are no prizes awarded other than bragging rights for the most contacts. This year we had a Morse Code station and a voice station set up, as well as a "Get-On-The-Air" station for visitors to try their hand talking to someone on the other side of the country via radio. The club made 784 contacts using Morse Code and 94 contacts using voice. Points are awarded by a detailed formula; the result was a new club record. We won't know how we stack up against all the other stations across the country until the results show up in QST, the monthly magazine published by the ARRL.

Field Day provides an opportunity for the radio club to set up and operate the communications trailer owned by the club and to try different antenna configurations. We also hone our radio skills in a relaxed atmosphere as practice for the times when we might be called upon to provide emergency communications for an Island wide disaster or a search and rescue operation. Amateur radio operators, or "hams", have provided

such communications for emergencies all around the world, so it is good to know that we would be ready when needed here on Vashon Island, especially when our community might well be isolated in a region wide crisis such as a large earthquake. Field Day is also an opportunity to show off our skills to the public, including government officials and just regular folks who have an interest in radio.

More information about the Vashon-Maury Island Radio club may be found at <http://www.w7vmi.org>, or by contacting Bob Smueles at 206-473-7875.

### **Fruit Club – Anne Woodward**

On August 1st, the Vashon Fruit Club Orchard held their annual Salmon BBQ and potluck at the Orchard at Sunrise Ridge. Approximately 87 people attended, enjoying great food, the shade of the alder trees and a fabulous view of Mount Rainier.

Planting continues in the orchard. Two fig trees--Olympia and Pacific Queen--and Niwot double cropping black raspberries were planted. Bamboo was harvested from a club member's yard and is being used to assemble the Belgian Fence espalier trellis. We have about 150 grafted fruit trees in the nursery bed, growing on for eventual sale to club members and the public. The Orchard is a thriving place, with great sun exposure and good soil. The Fruit Club is grateful for the support of the Sunrise Ridge Board in helping us to accomplish this goal.

### **Vashon Maury Community Food Bank**

Robbie Rohr began work as the Food Bank's new Executive Director in June and has jumped into the operation of the Food Bank and the Vashon/Maury community. Robbie has a master's degree in social work, worked extensively in the non-profit sector, and had her own consulting business. Rachel Fesler-Schnitzer, the Farm and Garden Manager, is also new to her position this summer

For the second year, Picnics in the Park has successfully served the community's children and youth, providing nutritious food and recreation. It finishes this Friday August 28th.

The Food Bank continues to be open on Tuesdays from 1-3:00 p.m. and Wednesdays from 11 a.m. to 1 p.m. and again from 5 p.m. to 7 p.m. In addition, the Food Bank is open for senior and disabled clients from 4:30 to 5 p.m. on Wednesdays. Home delivery is available for those unable to access the Food Bank.

### **Franciscan Medical Clinic – Vashon Island**

The Clinic was re-roofed at the end of July, and various interior projects are planned. Dr. Dora Gonzalez continues as a temporary provider. Nurse practitioner Kimberly Valencia will join the clinic in November. See this fall's newsletter for big news.



## Sunrise Ridge Health Services Requests Your Help

Please consider making a donation to help complete the helicopter pad and to maintain Sunrise Ridge as a resource for the Island community.

You may send your check payable to SRHS to Box S, Vashon, WA 98070, along with the information below. You may also donate through PayPal on the Sunrise Ridge Health Services website: [SunriseRidgeHealthServices.org](http://SunriseRidgeHealthServices.org). Your gift is tax-deductible as allowed by law.

Also, if you place orders with Amazon.com, consider signing up for AmazonSmile and designating Sunrise Ridge Health Services as a recipient of 1% of your purchase price directly from you. There's no charge to you for this donation.

Name(s) \_\_\_\_\_  
\_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Amount: \_\_\_\_\_

Would you like your donation to be anonymous?

Yes \_\_\_\_\_ No \_\_\_\_\_

Email address (Optional) \_\_\_\_\_

### **Sunrise Ridge Health Services, P.O. Box S, Vashon, WA 98070**

Sunrise Ridge Board of Directors: Gregory Martin, President; Carol Olson, Secretary; Charlie Peterson, Treasurer; Carol Norton; Dan Erin; Nathan Green; Vor Hostetler; and Stewart Jay

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The mission of Sunrise Ridge Health Services is to steward and preserve Sunrise Ridge in ways that contribute to the health and well-being of the people of Vashon/Maury Islands.