



DES MOINES 

# CITY CURRENTS

**SPRING 2015**

**FROM THE CHIEF**  
**Personal Safety TIPS**

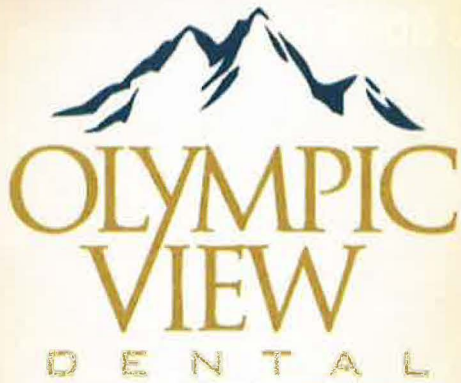
**GRAND OPENING**  
**The Recology Store**

**SUMMER FESTIVALS**  
**Fun Volunteer**  
**Opportunities**



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Dr. Paul Chilton

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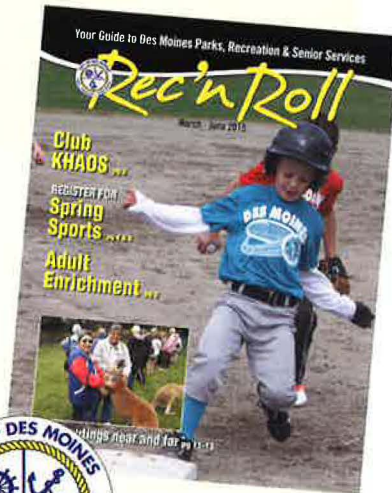
# On the flip side...



## Your Guide to Des Moines Parks, Recreation & Senior Services

Flip the magazine over to check out the spring schedule. Don't miss:

- Enjoy a leisurely EGG-HUNT!
- Try an Adult Cooking and/or Watercolor Class!
- Get Out and Have Fun: Outings to Gardens, Restaurants, Golfing, Theatre performances and even American's Music Cities.
- **SAVE THE DATE: VEGAS LIGHTS CASINO NIGHT**  
March 21, 2015 Proceeds benefit Youth Activities. For tickets call 206-870-6527!



## SPRING 2015

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Cover photo: Joe Mabel/Wikimedia Commons



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**CITY CURRENTS**  
**City Council Highlights from**  
**December-January**  
**Ordinance 1611-1617**  
**Resolution 1280-1285**

**Held Public Hearings:**

- Draft Ordinance No. 14-213 and Draft Ordinance No. 14-216, Year 2015 General Property Tax Levies.
- Draft Ordinance No. 14-214, First Reading for Adoption of Year 2015 Budget.
- Eminent Domain: Transportation Gateway Project, Segment 1-A.

**Approved the Following Action:**

- 2014-2016 Agreement between the City of Des Moines and Exempt Employees.
- Substitute Draft Ordinance No. 14-043-A, Tree Regulations.
- Draft Resolution No. 14-215, 2015-2020 Capital Improvement Plan.
- Draft Ordinance No. 14-255, 2014 Budget Amendments, First Reading.
- Approved Short Term Lease with Bjornson Motors for the Use of dock space in the Marina Guest Moorage Area.
- Extended Public Works and Parks Landscape Maintenance Contract with Northwest Landscape Services (NLS).
- Re-Appointment to the Arts Commission.
- Adoption of Year 2015 Budget.
- Adoption of 2014 Budget Amendments.
- Approved 2015 Council Intergovernmental Policies and Positions.

- Draft Resolution No. 14-211, Parks, Recreation and Senior Services Non-Profit Facility Rates.
- Approved 2015 City Council Vision, Mission Statement, Goals and Strategic Objectives.
- Consultant Contract Amendment: Transportation Project Manager, Leonard D. Madsen.
- Consultant Contract Amendment, Grant Fredricks.
- Draft Resolution No. 14-249 Authorizing Deposit and Withdrawal of Funds in Local Government Investment Pool (LGIP), Superseding Resolution No. 1256.
- Staff Request for Additional Funding to Complete the Marina Short Plat Project.
- Interlocal Agreement between Normandy Park and Des Moines for Senior Services for 2015 and 2016.
- Arts Commission Appointment.
- City Manager's Compensation and Employment Contract Amendment.
- 2015-2016 Recycling Program Grant Funding.
- Interagency Agreement with Highline Community College for the Small Business Development Center.
- Normandy Park Interlocal Agreement for Monitoring Compliance with Public Defense Standards.
- Normandy Park Interlocal Agreement for Finance Services.
- 2015 Comprehensive Plan Periodic Update – Economic Development Element.
- Draft Resolution No. 14-241 Accepting Findings of Fact that an Emergency Existed.

- Resolution No. 14-240, Setting Public Hearing to Consider Zoning Code and Development Regulations for the Community Commercial (C-C) Zoned Properties in the Area Along Pacific Highway South Between South 252nd Street and South 272nd Street.
- Draft Resolution 15-002: Funding Certification for South 216th Street, Segment 1-A (24th Avenue S to SR 99) Improvement Project.
- Human Trafficking Awareness Day Proclamation.
- Senior Services Advisory Committee Appointment.
- Interlocal Agreement with King County, for use of Electronic Fingerprint Equipment Provided by the Regional AFIS Program.
- Update on Marina's Financial Sustainability Plan.
- Nuisance Property Abatement Fund.

**Other Action Taken:**

- City Council Retreat held November 15, 2014.
- University of Washington Community Environment & Planning Student presentation.

**DES MOINES CITY COUNCIL**



**Dave Kaplan**  
Mayor



**Matt Pina**  
Mayor Pro Tem



**Jeanette Burrage**  
Councilmember



**Melissa Musser**  
Councilmember



**Jeremy Nutting**  
Councilmember



**Bob Sheckler**  
Councilmember



**Vic Pennington**  
Councilmember

**City Council meets**  
**1<sup>st</sup>, 2<sup>nd</sup> and 4<sup>th</sup>**  
**Thursdays at 7pm**

## DES MOINES DIRECTORY

### City Hall

21630 11th Avenue South  
878-4595

### Business Hours

Monday – Friday  
8:00am – 4:30pm  
www.desmoineswa.gov



### City Council

Dave Kaplan, Mayor DKaplan@desmoineswa.gov  
Matt Pina, Mayor Pro Tem MPina@desmoineswa.gov  
Jeanette Burrage JBurrage@desmoineswa.gov  
Melissa Musser MMusser@desmoineswa.gov  
Jeremy Nutting JNutting@desmoineswa.gov  
Vic Pennington VPennington@desmoineswa.gov  
Bob Sheckler BSheckler@desmoineswa.gov

### City Offices

City Attorney	206-870-6553
City Clerk	206-870-6519
City Manager	206-870-6541
Planning/Building	206-870-7576
Engineering	206-870-6522
Facilities Rentals	206-870-9370
Finance Director	206-870-6532
Marina	206-824-5700
Municipal Court	206-878-4597
Parks Administration	206-870-6527
Police Department	206-878-3301
Public Works/Park Maintenance	206-870-6559
Recreation	206-870-6527
Senior Services	206-878-1642

### Other Numbers

Emergency	911
Animal Control	206-870-6549
Field House	206-870-6527
Fire (non-emergency)	253-839-6234
Library, Des Moines	206-824-6066
Library, Woodmont	253-839-0121
Police Dispatch (non-emergency)	206-878-2121

### Utilities and Services

Century Link	800-573-1311
CleanScapes	206-762-4900
Comcast	877-778-7008
Highline Water District	206-824-0375
Lakehaven Wtr/Sewer	253-941-1516
Midway Sewer District	206-824-4960
Puget Sound Energy	800-321-4123
SW Suburban Sewer	206-244-9575
Water District #54	206-878-7210

### CALL BEFORE YOU DIG:

Utility Locates 800-424-5555

DES MOINES

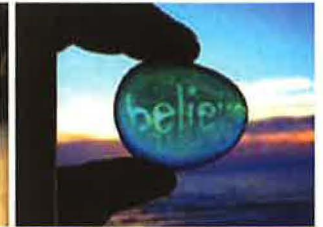
**CITY CURRENTS**

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for the City of Des Moines

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Abbie Nielsen	206-870-6583, anielson@desmoineswa.gov

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## Landmarks Commission Members Sought

The City of Des Moines Landmarks Commission has a three-term City Council appointed position available in 2015. The City through an Interlocal Agreement with King County has Special Membership on the King County Landmarks Commission. The role of the Special Member is to participate in and vote on all matters pertaining to landmark nomination and designation, and review of certificates of appropriateness, special tax valuation, and other incentive program applications for properties within the City of Des Moines. A second three-year position is available for an Alternate Member who shall participate when the Special Member is not able to participate.

If you would like to serve on the Des Moines Landmarks Commission in one of these capacities, please fill out the application and return it to the Des Moines City Clerk at 21630 11th Ave. S. Des Moines, WA 98198, via fax at 206-870-6587 or by e-mail to [pthorell@desmoineswa.gov](mailto:pthorell@desmoineswa.gov). If you have questions about the Commission process, please contact Patrice Thorell at 206-870-6529.

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## Lodging Tax Advisory Committee Members Sought

The City of Des Moines partners with Seattle Southside Tourism Promotion Area through an Interlocal Agreement with the Cities of SeaTac and Tukwila to promote Des Moines as a tourism destination for the economic benefit of our local businesses and the greater South Seattle area. In 2006, the City passed Ordinance No. 1319 to create a Lodging Tax Advisory Committee indentified in RCW 67.28.1817 whose purpose is to recommend to Des Moines City Council how best to spend the City's Hotel/Motel Tax collections. The Tax collects about \$20,000 annually and is expected to grow when the new Sheraton Four Points Hotel opens. All funds must be spent on tourism activities and promotion.

The Lodging Tax Advisory Committee has three openings to be filled in 2015; one position is available for a representative of the Hotel/Motel industry and two positions are open for representatives of the Tourism industry. The Committee will meet as needed, at least one time annually.

If you would like to serve your community and the Hotel/Motel industry as a Lodging Tax Advisory Committee member, please fill out the application and return it to the Des Moines City Clerk at 21630 11th Ave. S. Des Moines, WA 98198, via fax at 206-870-6587 or by e-mail to [pthorell@desmoineswa.gov](mailto:pthorell@desmoineswa.gov). If you have questions about the Committee process, please contact Patrice Thorell at 206-870-6529.

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## Study of Medicare Wellness & Disease Prevention

In cooperation with the Center for Medicare and Medicaid Services Study and Senior Services, Des Moines Senior Activity Center is looking for seniors 66 years of age or older to participate in our Enhance Fitness classes. Seniors will be paid for their participation and able to participate in the classes at no cost during the 8 week study. Eligible seniors must not have participated in the Enhance Fitness classes for at least 12 months. Time will be required to complete a few surveys prior to and during the study. The goal of the project is to show that regular exercise for seniors improves wellness and disease prevention and to support Medicare reimbursements for such exercise programs around the U.S. All participant information is confidential and privacy is insured.

The Des Moines Activity Center Enhance Fitness classes are held on Tuesday, Thursday and Friday, at either 8am or 9:30am. Classes are one hour, and held at the Des Moines Field House.

For more information or to register for this study, please contact Sue Padden, Senior Services Manager, City of Des Moines, 206-870-6584; [Spadden@desmoineswa.gov](mailto:Spadden@desmoineswa.gov)



## 2015 Sonju Community GARDEN PLOTS AVAILABLE

Come and play in the dirt! Des Moines' only community garden has spaces available for this growing season. Plot assignments are made based on the order of applications received. We fill up every year, so email or call now to get on the list! A 6' x 12' plot is \$25/year. Sonju Community Garden is located at 24728 16th Ave S, Des Moines.

Contact us at [friendsofsonjupark@hotmail.com](mailto:friendsofsonjupark@hotmail.com) or call Parks, Recreation and Senior Services at (206) 870-6527 for more information.



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# PERSONAL SAFETY: Know your surroundings and stay alert.



By Chief Delgado

Over the past month, the Des Moines Police Department has investigated several attempted luring incidents near the Mount Rainier High School Campus. These incidents have included strange vehicles following young females walking to and from school to suspects attempting to talk unsuspecting females into areas that are dark and hidden. We as an agency are working with local schools and our community to increase awareness and create a safer environment. As the Des Moines Police Department works to identify the suspect(s) in these cases we'd like to take the time to share tips on personal safety that families should consider as they discuss the importance of personal safety with their loved ones. Although the victims in these incidents have been young women in our community, everyone must take precautions to keep themselves safe. All of us should remember that we live in an era where human sex trafficking exists. For more on that topic, you can contact the Des Moines Police Department, or visit the website for the Southwest King County Coalition Against Trafficking at <http://www.swkcat.org/>.

The Des Moines Police Department and staff from the Highline Public Schools are discussing the topic of personal safety and ways to increase safety and awareness. Please feel free to contact the Des Moines Police Department for more information.

Please feel free to contact me with ideas, questions, comments or suggestions.

*Committed to progress,  
Chief George Delgado  
gdelgado@desmoineswa.gov  
Twitter @ChiefDelgado*

## Coffee With a Cop

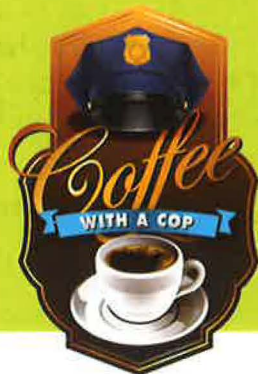
Get better acquainted with the Des Moines Police Department by joining us for Coffee with a Cop. No presentations, just the opportunity to sit down and talk with your local police officers.

### MARCH 2015

**Monday, March 9**  
11:30am – 12:00noon  
Des Moines Activity Center

**Saturday March 14**  
8:00am – 10:00am  
Redondo Safeway

**Wednesday, March 25**  
8:30am – 9:30am  
Huntington Park



## Personal safety tips to practice and discuss with your family:

- **Always know where you are!** What street and cross street, or simply provide the description of a landmark. We'll get to you.
- **Avoid walking alone.** Find a friend that walks the same route and plan on walking together to and/or from school or events.
- **Limit distractions** (cell phones, iPods, etc.) and be alert to whom and what is going on around you at all times.
- **Walk with purpose;** project a confident image; keep your head up, look around and make eye contact.
- **Use highly traveled routes** rather than a shortcut. Shortcuts through forested areas or areas of restricted visibility increase risk and should be avoided if possible.
- **When possible arrange transportation** with a family member or friend, especially during hours of darkness.
- **If you sense danger,** quickly move towards a more populated area.
- Don't be afraid to **approach a business or residence for help.**
- **It's ok to yell.** Making a scene will often alert citizens to call 911.
- **If you have a cell phone, call 911** and tell the dispatcher that you're walking home or to school, and that someone is following you.
- **Be focused on your environment,** do not be distracted by personal electronics or so involved in your phone conversation that you are not aware of potential hazards in the area.
- **Dress in clothing** that does not hamper your movement and shoes that have good traction.
- **Carry a noise making device** and activate it if you feel threatened.





## Get Fido Ready for the Outdoors

Springtime brings warm, sunny weather, budding trees and blooming flowers, and many fun outdoor activities for us and our dogs! Those of us who enjoy getting out and about with our canine companions certainly welcome the coming of spring, with its more comfortable temperatures and longer daylight hours.

One of the (many) great things about our dogs is that they keep us accountable for our fitness! It is important to work back into our outdoor activity slowly and steadily, both for us and for our dogs- they can get injured from being a "weekend warrior" just like we can! Making sure our dogs are at proper weight and condition, and being mindful of any prior illnesses, injuries, or special physical needs they have, are important aspects of having a productive and enjoyable fitness routine. It is a good idea to have a thorough veterinary exam if that has not been recently done, including appropriate vaccines, parasite control, and anything else deemed necessary by vet staff.

Getting our dogs out in public frequently includes seeing other dog owners out with their dogs too. It is important to be respectful of whether the other person and dog want to stop and visit, as some folks do not want their dog to be approached by other dogs, plus some people who are doing a "power walk" may have a fitness goal in mind and want to keep in motion!

Please remember that not all dogs like all other dogs- do you like every person you meet? Probably not, dogs are the same way, and often dogs that are large and rambunctious can be

upsetting to a smaller dog or a calmer, older dog. Basic Obedience/Good Manners training is especially important when we take our dogs out in public- having them walk nicely on a leash, sit and stay when told, and not jump on or lunge at others is imperative.

We have fun, educational Basic Obedience/Good Manners classes at the Des Moines Fieldhouse through our Park and Recreation Department- our upcoming session begins March 5, and the following session begins on April 9. We would enjoy having you join us, please call the Fieldhouse at 206-870-6527 to register!

Master Animal Control Officer  
J. Magnuson  
Des Moines Police Department  
21900- 11 Av S  
Des Moines, WA 98198  
Desk (206) 870-6549  
Main (206) 878-3301  
www.desmoineswa.gov

*"Courage can't see around corners, but goes around them anyway."*

## Fireside Chats 2015

We continue our informative and interesting Fireside Chats at Des Moines Activity Center. Local community leaders are invited to the center to answer questions and provide information on their area of expertise and the services they coordinate. Our spring Fireside Chats are as follows:

### MEDICAL TEAMS INTERNATIONAL MOBILE DENTAL VAN

Volunteers with the Mobile Dental Van in Des Moines will share your options for free and affordable dental care. Applications will be available for the Des Moines monthly mobile dental van funded in part by the Des Moines Legacy Foundation.

Tu April 14  
11:30am DMAC Free

### ECONOMIC DEVELOPMENT UPDATE

Meet our new economic development director for the City of Des Moines Michael Matthias. Michael will provide an update on what he has been working on for the past 8 months for our city.

Tu May 12  
11:30am DMAC Free

## DESTINATION DES MOINES:

### *Our Waterland Community*



#### MEMBERSHIP *As a business or an individual.*

Be the first to hear about the happenings in Des Moines and advertise your business. Membership has its advantages.



#### VOLUNTEERS *A gift to the community.*

Sign up to be a part of one of our great community events. Volunteer in short 2-3 hour shifts and be a part of what makes our Waterland Community so much fun!



#### COMMUNITY PARTNERS

Links to City of Des Moines Community Organizations & Partners in making Des Moines a great place to live, work and conduct business.

#### CONTACT US TODAY!

22506 Marine View Dr. S., Suite 301, Des Moines, WA 98198  
Phone: (206) 870-7675

Email: [info@destinationdesmoines.org](mailto:info@destinationdesmoines.org)

[destinationdesmoines.org](http://destinationdesmoines.org)

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Fireworks Over Des Moines,  
Waterland Festival, Trick-or-Treat  
Path and the Des Moines Holiday  
Tree Lighting.



## GRAND OPENING OF THE RECOLOGY STORE

### Recycling-Focused Retail Store and Customer Service Center

Recology CleanScapes officially opened a new recycling focused retail store and customer service center in the Five Corners Shopping Center in Burien on Saturday, January 31. The new store and customer service center provides Recology CleanScapes customers in the communities of Burien, Des Moines, and SeaTac opportunities for face-to-face customer service, the ability to drop-off hard to recycle items, and offers creative products and gifts designed to reduce waste while encouraging recycling.

Recology CleanScapes customers in the Highline area will now be able to use the store as a resource for community events to learn about environmental stewardship. The company's first store in Issaquah's Gilman Village has hosted numerous community organizations from scout troops to environmentally-minded organizations.

"The new Recology Store in Highline will serve as a great resource to encourage and promote environmental stewardship for future generations," said Des Moines Mayor Dave

Kaplan. "The City of Des Moines is pleased to see this type of investment in our community."

The products the store sell are designed to be durable, reusable and be kept out of landfills. Many products have been "up-cycled", which turns something of lesser value into a higher use. Additionally, customers can use the location as a resource to drop-off hard to dispose of items like electronics or bicycles. Recology CleanScapes works with local non-profits to recycle, re-purpose or up-cycle these items. A complete list of these items is available on their website: [www.cleanscapes.com/about\\_us/store](http://www.cleanscapes.com/about_us/store).

"Recology sees a world without waste," said Dan Bridges, General Manager for Recology CleanScapes. "This store and the commitment to environmental stewardship of these communities in Highline will bring us closer to achieving that goal."

Store address: 15858 First Avenue S, #A100, Burien, WA; Hours: Mon-Sat 10am - 6pm; Sun 12pm-5pm.

## PUGET SOUND STARTS HERE! Let's all do our part Spring Volunteer Opportunity!

The City is continuing a great volunteer activity for anyone interested in protecting the environment and working outdoors. The Surface Water Management Division is looking for Storm Drain Marker volunteer(s) to place "Puget Sound Starts Here" markers near neighborhood catch basins in our community. The Storm Drain Marker program will help raise awareness about the impact of pollution in the waterways of Des Moines, and help stop illegal dumping down our storm drains which ultimately lead to Puget Sound. Last year 13 kits were checked out and volunteers marked over 700 stormdrains.

For more information about volunteering, please call Tyler Beekley at 206.870.6869 or email at [tbeekley@desmoineswa.gov](mailto:tbeekley@desmoineswa.gov).



## Housing Repair Assistance Program



The City of Des Moines is once again providing minor home repair services to City resident homeowners who have "extremely low" to "low" incomes based on the U.S. Department of Housing and Urban Development (HUD) income guidelines. This is done by providing free repair services to improve the health and safety of our residents as they live in their homes.

### SERVICES PROVIDED INCLUDE:

- Electrical – faulty lights, switches, plugs, circuits or exhaust fans
- Plumbing – faulty toilets, clogged drains, leaking faucets, faulty water heaters
- Disability Aids – installation of grab bars, handrails, hand held showerheads, bath seats, high toilets, access ramps and application of non-skid surfaces
- Safety – installation of smoke alarms, security/safety lights, carbon monoxide alarms & locksets
- Other – faulty furnaces, faulty gutters and roof leaks, broken window glass panes

### HOW DO I QUALIFY FOR THESE FREE SERVICES?

1. Be an owner/occupant within the Des Moines city limits for at least one year with no intention of selling in the next 12 months and have proof of home owner's insurance
2. Complete the application process

### HOW DO I APPLY?

To apply for this program please follow these directions:

1. Request an application by calling 206-870-6535
2. Complete the application forms and return them with the supporting documentation to the City of Des Moines/Minor Home Repair at 21630 11th Ave. S. Ste. D, Des Moines WA 98198
3. Once your application is processed and evaluated you will receive a phone call informing you of your acceptance or non-eligibility for our program. Upon acceptance your job will be referred to one of our contractors who will call you to make an appointment to perform those services. Services that are required for your health and/or safety are the highest priority.



### Household Maintenance Best Practices Prevent Illicit Discharge

It's important to maintain your home, landscapes and cars. Done properly, you can prevent illicit discharges. Here are some tips to keep it green while you clean:

- Take your car to a car wash or wash it on the lawn so wash water drains to a landscaped area. (Avoid parking over drinking wells or septic systems.)
- If pressure washing, use the lowest setting and aim the wash water to a landscaped area. When possible, avoid using cleaning products and sweep/rake up paint chips to prevent them from entering stormdrains.
- Sweep sidewalks and driveways instead of using pressure washers (place swept up debris in garbage), or aim the wash water to a landscaped area.
- When cleaning carpets, filter and flush dirty water (if on sewer) or filter and spread over landscaped area if you are on a septic system (dirty wash water and cleaning agents can harm your septic system). If you are having your carpets professionally cleaned, ask the company about their wash water disposal policy first.
- Dispose of yard waste in a compost bin, yard waste bin or at a collection facility. Never dispose of yard waste in drainage ditches or stormwater ponds, as they interfere with the function of these stormwater facilities.

Following these tips will help ensure that only rain goes down the drain. For more information or to report an illegal discharge, please contact Tyler Beekley at 206.870.6869 or email at [tbeekley@desmoineswa.gov](mailto:tbeekley@desmoineswa.gov). After hours call the hot line at 206.550.5612.



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Normandy Park, WA 98148

206-243-9843

[www.theupsstorelocal.com/2485](http://www.theupsstorelocal.com/2485)  
[store2485@theupsstore.com](mailto:store2485@theupsstore.com)

Dr. Vivian Bae has been serving the Des Moines/Burien area since 2005. As members of the local community, her office is committed to providing personal, high quality dental care to you and your entire family.



**Vivian H Bae DDS**  
FAMILY DENTAL CARE



20710 1st Ave S, Des Moines, WA 98198 | 206-878-8180 | [www.vivianbaedds.com](http://www.vivianbaedds.com)

# Call before you cut



- Do I need a permit to cut a tree on my property?
- May I cut a tree in the city right-of-way?
- Are there any seasonal restrictions?
- Am I allowed to cut a tree on a steep slope?

## New Tree Regulations in Effect

After a yearlong process and extensive work by all of those involved, the City Council adopted a new "Trees" chapter to the Des Moines Municipal Code (DMMC) on November 13, 2014. Staff has prepared a Public Assistance Memo, or PAM, to inform property owners and contractors of the general requirements regarding the cutting, pruning and removal of trees on public and private property. The PAM can be found on the City's website at: [www.desmoineswa.gov/landuse](http://www.desmoineswa.gov/landuse). The PAM should not be used as a substitute for codes and regulations. Please see Title 16 of the DMMC for complete text and requirements: [www.codepublishing.com/wa/desmoines/](http://www.codepublishing.com/wa/desmoines/).



For answers to your questions and more information please contact the Development Services staff at (206) 870-7576.



## Advertise in City Currents

Mailed to more than 22,000 residents, Des Moines City Currents and Rec n' Roll magazine offers an exciting new communication tool for the City — and an efficient marketing venue for your business!



Contact Maddie DuBray at [maddie.dubray@philipspublishing.com](mailto:maddie.dubray@philipspublishing.com) or 206-284-8285 to place your ad or for more information.

[www.PhilipsPublishingGroup.com](http://www.PhilipsPublishingGroup.com)

## Retiring Soon? What About Health Care?

Are you overwhelmed exploring health care coverage? Meet with a SHIBA volunteer at Des Moines Activity Center and start the process in good hands. SHIBA (Statewide Health Insurance Benefits Advisors) is a service of the Washington State Office of the Insurance Commissioner providing free, unbiased information about health care coverage and access to help improve the lives of all Washington state residents. A SHIBA volunteer is at Des Moines Activity Center to assist individuals determine their general eligibility for health care coverage programs, evaluate and compare health plans and coverage and can provide enrollment help with Medicare. The Des Moines Activity Center, in partnership with Senior Services, hosts SHIBA the 2nd Tuesday afternoon each month. To make your one-hour appointment, call 206-878-1642.



## The Village at Judson Park

Your Preferred Provider for Short Term Rehabilitation and Person-Directed Nursing Care

Commission of Accreditation for Rehabilitation Facilities (CARF) awarded Judson Park a 5 year accreditation for high quality care services and appointed the Village a special accreditation in Person-Directed Care

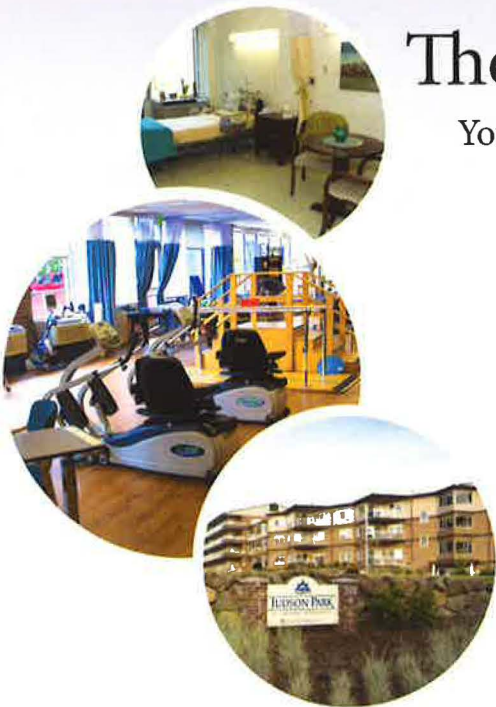
*Registered Nursing Staff on site 24 hours a day*

*Physician/ARNPs on site 7 days a week*

*Awarded 5-star CMS rating in staff ratio and quality measures*

*Inpatient/Outpatient (physical, occupational and speech therapy - Specialized for older adults)*

*Our therapists specialize in faster recovery, earlier discharge, and enhanced quality of life*



23620 Marine View Drive South  
Des Moines, WA 98198  
(206) 423-9712 • [judsonpark.com](http://judsonpark.com)



## The 2016- 2021 Parks, Recreation And Senior Services Master Plan Community Survey On-Line In March!

The City of Des Moines 2016- 2021 Parks, Recreation and Senior Services Master Plan Citizen Advisory Committee is hard at work to determine the community's values and vision for the City's parks, trails and open space; landmarks; recreation facilities and recreation, senior services, arts and culture and human services programs for the near and long term.

The Citizen's Committee is striving for the most inclusive planning process possible and all Des Moines citizens are invited to get involved and make your voices heard! We want to ensure that the City is being responsive to the current needs of the community and pro-active in planning for the needs of future generations by assessing how well our community's needs are being met, identifying areas that need to be developed, improved or enhanced, and responding to emerging needs as the community grows and changes.

During the months of March through June 2015, you are invited to fill out the on-line citizen's survey at [www.desmoineswa.gov/prmasterplan](http://www.desmoineswa.gov/prmasterplan) to give us your future vision of parks and recreation in the City of Des Moines and of aquatics in the Des Moines Pool Metropolitan Parks District. We want to know what your overall impression is of the City's Parks, Recreation and Senior Services and of the District's Mt. Rainier Pool facilities, programs and services. What do you value most in the facilities and services provided? Are there improvements to existing facilities or new facilities that you believe are needed? Are there improvements to existing programs or services or new programs or services that are needed? And, what importance do you place on meeting the need for future parks, recreation and pool facilities and programs?

Paper surveys will also be available at all City facilities and distributed at community events through June 2015. The Citizen Advisory Committee will complete the planning process and make their recommendations to City Council in the fall of 2015.

Master Plan Committee meetings are open to the public. More details are available on the City of Des Moines Web site at <http://www.desmoineswa.gov/index.aspx?nid=443> or contact Patrice Thorell Parks, Recreation and Senior Services Director at [pthorell@desmoineswa.gov](mailto:pthorell@desmoineswa.gov).



# MEET BEACH NATURALISTS

Join trained volunteers and explore the beach with us!  
Look for signs at the beaches below. \*Lowest summer tides

### Des Moines Beach Park:

<b>June 6</b>	12:30-3:30pm	<b>July 4</b>	11:45am-3pm	<b>July 31</b>	10am-1:15pm
<b>June 7</b>	1:45-4:15pm	<b>July 5</b>	12:45-3:15pm	<b>Aug. 1</b>	10:45am-1:45pm
<b>July 1</b>	9:45am-1pm	<b>July 14</b>	9:30am-noon	<b>Aug. 2</b>	11:45am-2:15pm
<b>July 2*</b>	10am-1:30pm	<b>July 15</b>	10am-12:45pm		
<b>July 3*</b>	10:45am-2:15pm	<b>July 30</b>	9:45am-12:15pm		

### Redondo Beach:

<b>July 4</b>	11:45am-3pm	<b>Aug. 1</b>	10:45am-1:45pm
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This project is funded in part by a King County Flood Control District Cooperative Watershed Management grant

2015

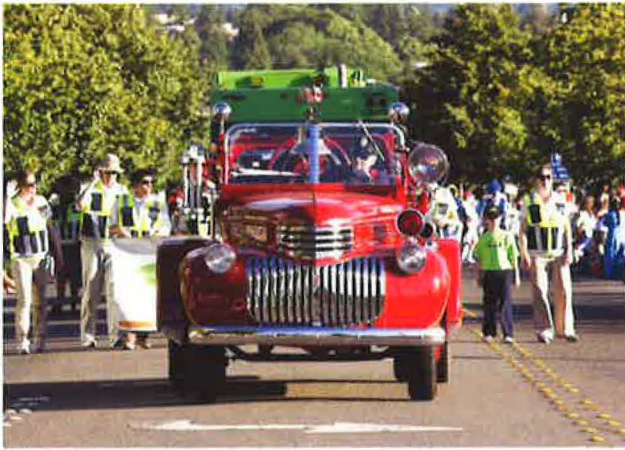


Photo by Michael Brunk

## THE WATERLAND FESTIVAL NEEDS VOLUNTEERS!

Destination Des Moines is busy making plans for the Waterland Festival to be held Friday-Sunday, July 17-19, 2015.

WE NEED YOUR HELP to bring this event to our Waterland Community! There are many volunteer opportunities available:

- Waterland Parade
- Kid's Carnival - featuring Funtastic Traveling Shows
- Classic Car Show
- 5K Fun Run

If you can spare a few hours, please call or write Elana Bryan at (206) 444-5794 or [waterlandfestival@comcast.net](mailto:waterlandfestival@comcast.net). Thank you!



## Help Light the Sky at Fireworks Over Des Moines

It takes a lot of citizen and business support to fund our Waterland Community events and to make them run smoothly. Join with your neighbors and friends in donating funds or some of your time and energy to the Fireworks Over Des

Moines celebration or any of the Destination Des Moines community events year round. Funds raised help offset the costs of fireworks, entertainment, event security and safety! Large or small, each donation is a significant contribution towards maintaining this charming event and ensures we pass along this family-fun tradition!

### DONATE:

- \$5.00 - Firecracker
- \$20.00 - Sparkler
- \$50.00 - Bottle Rocket
- \$100.00 - Cherry Bomb
- \$250.00 - Sky Flyer
- \_\_\_\_ Name your price!

Make your tax-deductible donation at: [www.FireworksDesMoines.com](http://www.FireworksDesMoines.com)

Or, send a check to:  
**FIREWORKS OVER  
 DES MOINES FUND**  
 c/o Destination Des Moines  
 22506 Marine View Dr. S #301  
 Des Moines, WA 98198

**VOLUNTEER!** Here are some easy ways to support the fireworks:

- Join a Destination Fireworks Over Des Moines or Waterland Festival Committee!
- Work a shift (or two) at Fireworks Over Des Moines or at the Waterland Parade!
- Perfect for pre-teens/teens and their friends!
- Shop for supplies (all reimbursed; list provided) 4-5 volunteers needed
- Coordinate equipment with rental companies (can handle via phone) 1-2 volunteers needed
- Other ideas? Email Us: [info@destinationdesmoines.org](mailto:info@destinationdesmoines.org)  
 Call Us: 206-870-7675



Carmen Scott

## Marina District Banners-

Many notice that the entire way down Marine View Drive and 7th Avenue, there are street banners posted promoting local businesses. If you are interested in participating in this program please contact Janet Best at [jb主@desmoineswa.gov](mailto:jb主@desmoineswa.gov) or call her at 206-870-6547. This opportunity as well as the newly adopted Banner Sponsorship Program at Steven J Underwood Park and Field House Park are wonderful ways to promote local business.

## Banner Sponsorship Program

Effective the spring of 2015, the City is launching a Banner Sponsorship Program at the very popular Steven J Underwood Memorial Park just off S. 216th Street and/or the Des Moines Field House Park off 220th Street. The City will have either a 4'x4' or 4'x8' banner made with their logo and information to promote their business to the community for either one or three years. Thousands of athletes and fans of all ages visit these locations from March through November annually. Typically, these parks are booked solid so the banner would receive tremendous exposure. For more information please contact Janet Best at [jb主@desmoineswa.gov](mailto:jb主@desmoineswa.gov), or by phone at 206-870-6547.





## Dining Hall Almost Ready for Rent

The City of Des Moines is proud to announce that the renovation of the Beach Park Event Center Dining Hall is nearly complete!

The City received an \$850,000 Washington Heritage Capital Project Grant to rehabilitate and re-open this historical building. The renovation construction started in late 2014 and is slated to be completed in early May. The Facilities Staff hope to begin giving tours of the Dining Hall as soon as the keys are turned over!

The Dining Hall is available for rent starting June 1, 2015. If you are interested in seeing the progress on the Dining Hall you can view pictures and video tours on FaceBook. Visit the Des Moines Beach Park web page <https://www.facebook.com/BPEventcenter?ref=hl>.

For additional information on how to schedule your wedding, family reunion or company event at the Des Moines Beach park Event Center please visit our web site at [www.beachparkeventcenter.com](http://www.beachparkeventcenter.com) or call the Facilities office direct at 206-870-9370.

## Meet Recreation Coordinator Rick Scott

Rick Scott joined the City as its Recreation Coordinator on February 25. Rick comes to the Des Moines Parks, Recreation and Senior Services Department from Eastern Washington



University where he managed the Club Sports Federation of 37 sports teams, intermural sports and recreation and served as the advisor for Campus Programs of over major campus events and 130 student clubs and organizations.

Rick is passionate about sports and recreation programs because of the positive influence that they have on all aspects of youth development and he enjoys mentoring young leaders to become successful in life. Rick has a M.S.S. Sports Management, United States Sports Academy and B.S. Exercise Science, Eastern Washington University. You can reach Rick at 206-870-6586 or at [rscott@desmoineswa.gov](mailto:rscott@desmoineswa.gov). Rick's office is located at the Des Moines Field House, 1000 S. 220th Street, Des Moines, WA 98198.

## Vegas Lights Casino Night 2015

Join us for a night out supporting a great cause on March 21st, 2015. The Des Moines Legacy Foundation presents Vegas Lights Casino Night. Dress in your Vegas best and enjoy a variety of casino games, heavy hors d'ouvres, raffles, prizes and more! To purchase tickets, simply call the Des Moines Field House and ask to be a "High Roller" and Double Down for Kids (includes double drink tickets, double the fun and a flashy accessory to show off your high roller status) or ask for general \$50 admission.

Can't attend the event? Support the cause through our 50/50 raffle where you need not be present to win. Tickets are \$5 each and available for sale at the Field House. Proceeds of this event benefit youth scholarships allowing Des Moines youth to participate in programs that inspire them to realize their full potential and discover their gifts in life. We look forward to seeing you there! Please call the Field House at 206-870-6527 to purchase tickets.



## Egg Hunt

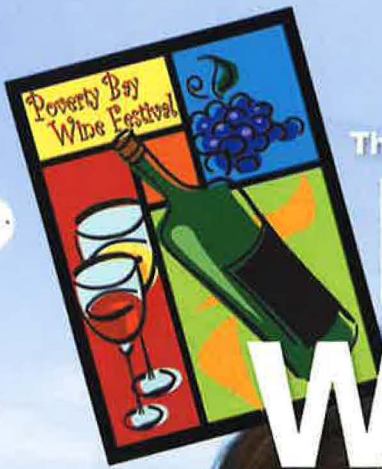


### Saturday, April 4, 9-10 am Des Moines Beach Park, \$5

Fun Crafts, Activities & Prizes, Photo Opportunities with the Easter Bunny. Children Grade-6 & under, children under age 5 need to be accompanied by an adult







The Rotary Club of Des Moines presents the 11th annual

# Poverty Bay Wine Festival

Located at the Des Moines Beach Park



**Friday, March 6th**  
5:00pm to 10:00 pm

**Saturday, March 7th**  
12:00 pm to 9:00 pm

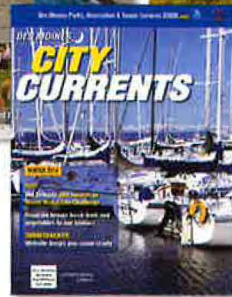
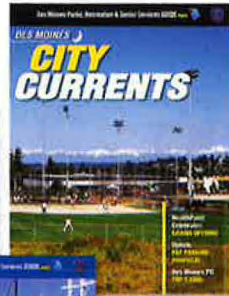
Celebrating Fabulous wines, great music and Northwest cuisine, all in the extraordinary setting of the Des Moines Beach Center



Thank you to our sponsors

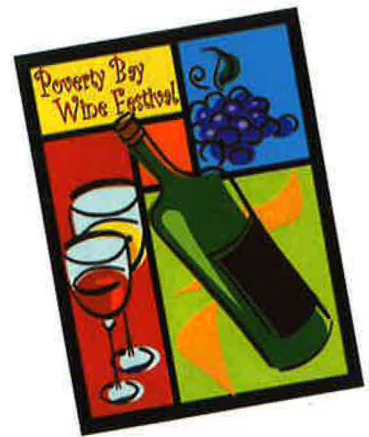


# Get to know your community.



Your source for  
Des Moines city  
news and events.

[www.desmoineswa.gov](http://www.desmoineswa.gov)  
[www.philipspublishing.com](http://www.philipspublishing.com)



The Rotary Club of Des Moines  
and Normandy Park  
presents the 11th Annual

## POVERTY BAY WINE FESTIVAL

Located at the Des Moines Beach Park

### DATE

**Friday, March 6th**

5:00pm to 10:00 pm

Featuring music from **Rouge**

**Saturday, March 7th**

12:00 pm to 9:00 pm

Featuring music from **Julian Catford**

### TICKETS

**\$35 - advance price; \$40 - at the door**

Purchase tickets in advance at  
[www.povertybaywine.org](http://www.povertybaywine.org) or at the  
following locations:

- B&E Meats
- Auntie Irene's
- Des Moines Drugs
- Normandy Park Market
- Print Place

### WINE FESTIVAL TICKET INCLUDES

**10 tasting tokens** (tastings range  
from 1- 4 tokens). Additional tasting  
tokens available for \$1.00.

**DESIGNATED DRIVER** tickets are  
also available at a discounted price if  
purchased with Wine Festival Ticket(s)  
or can also be purchased for \$15.00 at  
the door.

**Must be 21** or over to attend.  
Please bring your IDs as IDs will  
be checked at the door.

# We support the Rotary Club of Des Moines.

**Doug Myers, CFP®**  
Financial Advisor

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Member SIPC

# Like what you sampled?

All the wines are available for purchase. Below, next to the wine name please indicate the number of bottles that you would like to buy, fill in your contact information then turn this form in at the festival Wine Shop located inside the event center.

Bottles purchased cannot be consumed onsite. Wines are available for tasting on the festival floor.

\_\_\_\_\_  
First Name

\_\_\_\_\_  
Last Name

\_\_\_\_\_  
Phone

## 22 Wineries...and one brewery!

<i>Wine</i>	<i>Taste</i>	<i>Bottle</i>	<i>Wine</i>	<i>Taste</i>	<i>Bottle</i>	<i>Wine</i>	<i>Taste</i>	<i>Bottle</i>
<b>Antolin Cellars</b>			<b>Kontos Cellars</b>			<b>Severino Cellars</b>		
__ Chardonnay	2 tokens	\$20	__ Alatus Blend	3 tokens	\$37	__ Riesling	1 token	\$13
__ Cabernet Rose	1 token	\$17	__ Cabernet	3 tokens	\$36	__ Severino Red	1 token	\$13
__ Malbec	2 tokens	\$26	__ Syrah	3 tokens	\$37	__ Merlot	2 tokens	\$23
<b>Bunchgrass Winery</b>			<b>Laurelhurst Cellars</b>			<b>Skylite Cellars</b>		
__ Triolet	2 tokens	\$28	__ Vinum Vidua	2 tokens	\$24	__ Cabernet	3 tokens	\$30
__ Founders Blend	3 tokens	\$31	__ Laurus Nobilis	2 tokens	\$28	__ Soiree	2 tokens	\$24
__ Cabernet	4 tokens	\$46	__ Azorica	2 tokens	\$28	__ Red Hiney	1 token	\$12
<b>Castillio de Feliciano Winery</b>			<b>Martinez &amp; Martinez Winery</b>			<b>Su Lei Cellars</b>		
__ Vino Verano	1 token	\$16	__ Viognier	1 token	\$14	__ Riesling	1 token	\$14
__ Tempranillo	1 token	\$18	__ Ceasar Red	2 tokens	\$22	__ Sauvignon Blanc	1 token	\$18
__ Adentro Red Blend	3 tokens	\$30	__ Carmenere	3 tokens	\$37	__ Dena Rae Red	2 tokens	\$26
<b>Convergence Zone Cellars</b>			<b>Michael Florentino Cellars</b>			<b>Waving Tree Winery</b>		
__ Drizzle	1 token	\$16	__ Sauvignon Blanc	2 tokens	\$20	__ Sweet Sangiovese Rose	2 tokens	\$20
__ Storm Front	2 tokens	\$25	__ Tinto Fino	2 tokens	\$22	__ Muscat Canelli	2 tokens	\$20
__ Virga	2 tokens	\$25	__ Sangiovese	2 tokens	\$26	__ Grenache	2 tokens	\$20
<b>Davenport Cellars</b>			<b>Northwest Totem Cellars</b>			<b>Whidbey Island Winery</b>		
__ Snow Flake	1 token	\$16	__ Salish Riesling	1 token	\$17	__ Siegerebe	1 token	\$18
__ R H D	2 tokens	\$28	__ Cabernet Franc	2 tokens	\$29	__ Sangiovese	2 tokens	\$22
__ Continuity	2 tokens	\$29	__ Cabernet	3 tokens	\$36	__ Cabernet Franc	2 tokens	\$22
<b>Finn Hill Winery</b>			<b>Page Cellars</b>			<b>William Church Winery</b>		
__ Riesling	1 token	\$18	__ Preface	3 tokens	\$36	__ Viognier	2 tokens	\$25
__ Syrah	3 tokens	\$31	__ Lick My Lips Syrah	2 tokens	\$22	__ Bishops Blend	2 tokens	\$23
__ Semillon Ice Wine	3 tokens	\$36	__ Twisted Knickers	1 token	\$13	__ Malbec	3 tokens	\$37
<b>Five Star Cellars</b>			<b>Patterson Cellars</b>			<b>Airways Brewing Company</b> will		
__ Merlot	3 tokens	\$33	__ Melange Blanc	2 tokens	\$24	be serving two varieties of its award		
__ Cabernet	3 tokens	\$37	__ Due Anni	1 token	\$18	winning microbrews. Tastings will		
__ Sangiovese	3 tokens	\$31	__ Syrah Sirah	3 tokens	\$33	be 1 token.		
<b>Genoa Cellars</b>			<b>Rolling Bay Winery</b>			Additional Tokens Available for \$1.00 Each		
__ Springline	1 token	\$19	__ Pinot Gris	1 token	\$16			
__ Traveler	2 tokens	\$28	__ Syrah	3 tokens	\$30			
__ Even Keel	2 tokens	\$28	__ Manitou Red	3 tokens	\$31			

# The Village at Judson Park

Your Preferred Provider for  
**Short Term Rehabilitation and  
Person-Directed Nursing Care**

Commission of Accreditation for Rehabilitation  
Facilities (CARF) awarded Judson Park a 5 year  
accreditation for high quality care services and  
appointed the Village a special accreditation in  
Person-Directed Care

23620 Marine View Drive South  
Des Moines, WA 98198  
(206) 423-9712 • judsonpark.com



## Poverty Bay Wine Festival: **The Tradition Continues!**

By Ric Jacobson  
Des Moines Rotary  
Poverty Bay Wine Festival Chairman

After a seven year run at the now-closed  
Landmark Events Center, the Poverty Bay  
Wine Festival is returning to its roots in  
the newly remodeled Des Moines Beach  
Park Auditorium where it all started eleven  
years ago.

Our first Wine Festival in 2004 was  
held in an aging building where in prior  
years we hosted a haunted house. The  
2015 event will be held March 6th and  
7th in a newly remodeled and beautifully  
restored historic building providing a  
fantastic setting for an intimate and  
entertaining weekend of tasting fine  
wines.

### What will we offer this year?

More than twenty wineries are registered  
and we'll offer food and some specialty  
booths, strolling minstrels and engaging  
but quiet entertainment.

In response to attendee input, the  
volume will be turned down to allow us to  
better focus on the wine. The new format  
will allow all attendees an opportunity to  
meet the winemakers and learn about the  
wines that they produce.

The Poverty Bay Wine Festival will  
continue our tradition of providing a  
unique opportunity to purchase high-  
quality wines affordably—by the bottle  
or by the case—knowing your wine  
purchases support the many charitable  
projects of the Des Moines Rotary Club.

Your kind contributions allow us to  
give back to the community through the  
many programs we support. The Rotary  
Club of Des Moines donates 100% of net  
proceeds from fundraisers back to the  
community.

## THERE ARE 531 WAYS TO CLAIM SOCIAL SECURITY

Which strategy will you be selecting to MAXIMIZE your Social Security?



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official "Consumer Guide  
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Social Security Income"!

**Call (206) 241-2634 to Claim Yours Today!**

\* There is no obligation or costs for your official Consumer Guide.



Buy Wine Festival tickets online at  
[www.povertybaywine.org](http://www.povertybaywine.org)

Poverty Bay Wine Festival

# RAFFLE

Win a bit of Wine Festival History!

- 2007 Poverty Bay Wine Festival Commemorative 3 liter etched bottle from Page Cellars  
**Value \$800**
- 24" x 19" framed and matted poster from 2008 Wine Festival. Signed by the artist.  
**Value \$250**
- 2 Chances to win Gift Cards from Total Wines and More  
**Value \$50 each**

**\$5 Tickets** available only at the Wine Festival

Winners need not be present to win. Drawing to be held at conclusion of Wine Festival on March 7th.

# WINE GRAB!

Help raise money to buy dictionaries for every 3rd grader in our service area!

\$25 gives you the opportunity to 'grab' a bottle of wine. It could be a \$15 wine, it could be a \$100 wine—but all the proceeds buy dictionaries!

For **\$25 per 'grab'** attendees will choose from dozens of bottles wrapped to disguise their identity. The bottles available will range in value from \$15 to over \$100 with the actual value marked on the bottom of the bottle. Once the attendee grabs his/her bottle, the bottle will be set aside so that the purchaser can pick it up as he/she leaves the festival.

## Marvin J. Osterhout, D.D.S. Family Dental Practice



Dr. Osterhout's practice philosophy begins with the personal relationships which he has built with his patients over his 30 years of dedicated service. He believes that improving his patients' dental health and smiles provides a positive impact on their general well being and self-confidence. He is known for his uncompromising pursuit for excellence, honesty, integrity and for his compassion for his patients. We look forward to welcoming you and your family to our friendly, family orientated atmosphere.

### November - March Hours

Monday - Thursday  
8 am - 5 pm  
Friday  
7 am - 12 pm

### April - October Hours

Monday  
8 am - 5 pm  
Tuesday  
6 am - 12 pm  
Wednesday - Thursday  
6 pm - 2 pm  
Friday  
6 am - 12 pm

22221 7th Ave S  
Des Moines, WA 98198  
206-878-2673  
[www.drosterhoutdentistry.com](http://www.drosterhoutdentistry.com)

## Fred Meyer.

# Ask our wine expert

Pondering the perfect pairing? Talk to Andy, our friendly Puyallup Wine Steward. He'll help find a great bottle for your dinner parties, special events or everyday enjoyment.

The best part? He has hundreds of wines to choose from at Freddy's, including a big selection of Northwest varietals. So next time you need a recommendation, just ask!



Andy, Wine Steward  
Puyallup Fred Meyer





**Service Above Self  
Rotary Club of Des Moines  
and Normandy Park**

Founded in 1958, The Rotary Club of Des Moines and Normandy Park is an association of community leaders who seek to make our community and the world a better place to live, learn, work and play. Club members adhere to our motto, "Service Above Self; embrace the high ethical standards of Rotary International; advocate on behalf of children and the needy; support programs to eliminate polio and provide clean water worldwide; and offer assistance with educational and recreational projects in our community.

The Poverty Bay Wine Festival directly supports the Des Moines and Normandy Park Rotary Club mission of making a lasting difference at home and abroad through service and financial support.

The Rotary Club of Des Moines and Normandy Park donates 100% of the net proceeds from our fundraisers back into the community. Club member contributions, both volunteer and financial, cover all of the club's administration expenses.

Following is a partial list of the projects we have or are supporting:

**Education**

- Mount Rainier High School College Scholarships
- Highline Community College Scholarship
- Pacific Middle School - Afterschool Program
- Dictionaries given to every third grader in Des Moines)
- Highline Schools Foundation for Excellence
- Mount Rainier High School Interact Club
- Mini Grants to local schools
- Pacific Middle School Essay Contest
- School "Athletic Fee" Scholarships

**Community Betterment**

- Bike Helmet Program
- Des Moines Farmer's Market
- Des Moines Food Bank - Weekend Back Pack Program
- Des Moines Park and Recreation Youth Scholarships
- Rotary First Harvest Food Program
- Adopt-An-Apartment Tenant Program
- Yard care service projects for the elderly

**International Projects**

- Shelter Box - Disaster Relief
- Nepal Wheelchair Project
- Nepal ICU Clinic
- Philippine Medical Clinic
- KIVA microcredit loans
- South Africa College Scholarships
- Bio-Sand water filter project
- Solar power / Water project in Nicaragua



**Friday Performance  
Rouge**

Paris in Des Moines! French Café music inspires this ensemble. Enjoy 1930-60's French songs and more! Whether Edith Piaf, musette, or modern tunes, the group loves introducing and transforming French music.



**Saturday Performance  
Julian Catford**

An event favorite! Seattle's top guitarist will perform music inspired by classical, Spanish, Brazilian, Gypsy jazz genres.



We fund dreams.

The Highline College Foundation works to support educational efforts of the college through scholarships, emergency need awards and special projects.

Highline Community College  
Office Outreach Center  
Building 99, Room 248

206.870.3774  
Email: [rstephen@highline.edu](mailto:rstephen@highline.edu)

Buy Wine Festival tickets online at [www.povertybaywine.org](http://www.povertybaywine.org)



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- ▶ Drop off special recycling items
- ▶ Pay your bill
- ▶ Attend our community events

**R** THE **Recology** STORE  
 a WASTE ZERO<sup>®</sup> place.

Five Corners Shopping Center

Monday-Saturday 10-6 Sunday 12-5

206.246.5669  
 recologycleanscapes.com/store

POVERTY BAY

**BLUES & BREWS**

Proceeds benefit HighlineHabitat. Proceeds partial support to community food banks in the region. Thank you!

**SATURDAY • AUG. 29**  
**Noon - 8pm**  
**Des Moines Beach Park**

**FEATURING GREAT MUSIC, FOOD, SUNSHINE AND FUN!**

*Nominated as the "Best Community Blues Festival" by the Washington Blues Society*

**Seattle Southside Visitor Center**



SEATTLE SOUTHSIDE

Visitor Center

**Did you know there are 2 local Visitor Centers?**

Located in SeaTac and Westfield Southcenter

877-885-9452  
 SeattleSouthside.com



**Clear Channel** Outdoor

PROUD TO BE A SPONSOR OF THE POVERTY BAY WINE FESTIVAL



**PROUD SPONSOR OF THE 11TH  
ANNUAL POVERTY BAY WINE FESTIVAL!**

Visit Muckleshoot Casino this April to celebrate 20 years with over \$1,000,000 in cash and prizes up for grabs! Muckleshoot Casino offers over 3,100 video gaming machines and more than 100 table games including the largest non-smoking facility in the State. Enjoy eight delicious dining experiences and unforgettable entertainment in Club Galaxy, where admission is always free with your Players Club card. Always a great time at Your Casino, Muckleshoot Casino, the Biggest and Best in the Northwest!

Promotions are subject to change without notice. Management reserves all rights.



2402 Auburn Way South, Auburn, WA 98002  
800-804-4944 | [muckleshootcasino.com](http://muckleshootcasino.com)







**SIGN UP FOR SWIM LESSONS TODAY**

# SWIMMING SAVES LIVES



**No other sport does that**

**Swimming is fun, healthy and could save your child's life.**

Sadly, drowning is the second most common form of accidental death in children, so **learning to swim is an essential life skill.**

The great thing about swimming is that **children of any age, size or ability can take part** - and it is more accessible to children with disabilities than most other sports.

**Children love swimming.** But it's not all about having fun, there are other great reasons to get your child swimming:

- ◆ It keeps heart and lungs healthy, improves strength, flexibility, stamina and improves balance and posture
- ◆ There are plenty of opportunities for kids to make friends
- ◆ Swimming can open the door to other sports and activities, such as: boating, scuba diving, rowing and sailing
- ◆ It's a skill that once learned is rarely forgotten - we've had participants well into their 90s in our water aerobic classes
- ◆ Swimming also provides competitive opportunities from high school to state and international competitions

You can't always be there when your child is around water, but **arming a child with swimming skills may save their life.**

**mrp**  
mount rainier pool



22722 19<sup>th</sup> Avenue South  
next to Mount Rainier High School

206.824.4722  
[www.mountrainierpool.com](http://www.mountrainierpool.com)



# City of Des Moines Parks and Recreation Facilities

**Parks & Recreation Offices**

**FIELD HOUSE**  
1000 S 220th Street  
Des Moines, WA 98198  
206-870-6527

**ACTIVITY CENTER**  
2046 S 216th Street  
Des Moines, WA 98198  
206-878-1642

**Facility / Address**

Acreage	PLAY AREA	BALLFIELDS	RESTROOMS	PICNICKING	BASKETBALL HOOPS	FISHING PIER/BOARDWALK	TENNIS COURTS	NATURAL AREAS/TRAILS	RECREATION CENTER	WALKING PATH	SCENIC VIEW	BOAT MOORAGE/LAUNCH	PARKING	BICYCLING	FACILITY RENTAL	BEACH	SKATEBOARDING	ART / HISTORICAL SITE	SEATING	
1.2																				
0.2																				
0.2																				
19.6																				
N/A																				
9.58																				
45																				
0.1																				
0.86																				
5.2																				
3.2																				
1.6																				
0.1																				
0.5																				
4.4																				
14																				
2.79																				
5.5																				
9.3																				
0.8																				
20.5																				
1.34																				
1.34																				
8.7																				
2.3																				
0.1																				
5.5																				



# MEETING SPACE & FACILITY RENTALS



BEACH PARK AUDITORIUM



BEACH PARK FOUNDERS LODGE



DES MOINES ACTIVITY CENTER



FIELD HOUSE GYM



## BEACH PARK AUDITORIUM

Our historic, yet contemporary Beach Park Auditorium boasts stained glass windows, a large outdoor patio, and cathedral ceilings. Exposed wood beams enhance the ambiance in true Pacific Northwest style. This facility is equipped with 25 round tables, 13 six foot tables and 250 chairs.

## BEACH PARK FOUNDERS LODGE

Nature is ever present in this updated rustic venue spanning the Des Moines Creek. Floor to ceiling windows offer breathtaking views of the Puget Sound and Olympic Mountain Range beyond. Patio doors open directly onto a wraparound deck pouring into the meadow, just feet from the waters edge.

## DES MOINES ACTIVITY CENTER

The Activity Center is a true hidden gem that has a charm accentuated by wood flooring, a brick fireplace and stained glass. Opening onto a 50'x50' concrete patio, this venue features a peak-a-boo view of Mt. Rainier and looks to Stephen J. Underwood Memorial Park. The patio is highlighted by the trellised landscaping of Mary's Rose Garden and a running fountain.

## FIELD HOUSE GYM

The Field House is a full Log Cabin located in the heart of Des Moines. Generations of memories have been hosted in this venue, including weddings, corporate events, graduations and much more. Its log cabin appeal is enhanced with a full-length decorative stone fireplace, a 19'x16' stage and maple flooring.

## HOSTING AN OUTDOOR EVENT...

Outdoor venues are the perfect location for company or family gatherings of any type. Every event is one of kind when set in the gorgeous City of Des Moines.



BEACH PARK PICNIC SHELTER



BEACH PARK MEADOW



FIELD HOUSE PICNIC SHELTER



WOOTON PARK GAZEBO

**CONTACT**

Shannon Kirchberg  
Events and Facilities Coordinator  
206.870.9370  
skirchberg@desmoineswa.gov  
www.beachparkeventcenter.com

**BEACH  
PARK  
EVENT CENTER**  
DES MOINES • WASHINGTON



# SENIOR OUTINGS

## DAY TRIPS

Explore the Northwest and leave the driving to us!

Premium Outlet Mall	North Bend
Wed April 8	9:30am-4pm \$9
Working Waterfront Maritime Museum	Tacoma
Wed April 15	9:30am-2pm \$14
Wine & Chocolates Tour ( <i>limited space</i> )	Seattle
Wed April 22	9:15-2:30pm \$25
SilverSounds Northwest Concert	Burien
Sun April 26	1:15-4:30pm \$23
Historic Flight Paine Field	Mukilteo
Wed April 29	8:30am-4pm \$25
Antiques & Shopping	Centralia
Wed May 6	9:30am-4pm \$10
Pigs Peace Sanctuary	Stanwood
Wed May 13	8:45am-5pm \$15
Tacoma Graffiti Tour & Farmer's Market	Tacoma
Thur May 28	9:30am-3pm \$10
The Mighty Wurlitzer & Silent Movie, Paramount Theatre	Seattle
Mon June 1	4:30-9:30pm \$25
The Buddy Holly Story, Tacoma Musical Playhouse	Tacoma
Sun June 6	1-4pm \$37



## MEET TO EAT

### Out to Lunch

Enjoy a no-host lunch at new and old favorite eateries all around the Sound.

Age 50+

Departures 10:30-11am

Friday, April 3

Friday, May 1

Friday, June 5

\$9 Transportation Fee

Return 2pm

British Pantry, Redmond

Asado Cucina Argentina, Tacoma

Two Town Pub & Cafe, Tacoma Waterfront



## REGISTRATION INFORMATION

### City of Des Moines Parks, Recreation and Senior Services Department

**HOLIDAY CLOSURE:**  
Monday, May 25, 2015

#### PARKS AND RECREATION ADMINISTRATIVE OFFICE

1000 South 220<sup>th</sup> Street  
Des Moines WA 98198  
206-870-6527  
TDD Line: 206-824-6024  
Fax: 206-870-6587  
recreation@desmoineswa.gov  
www.recreation@desmoineswa.gov  
Hours: Monday – Friday, 8am-6pm

#### DES MOINES ACTIVITY CENTER OFFICE SENIOR SERVICES

2045 S 216<sup>th</sup> Street  
Des Moines WA 98198  
PO Box 98576  
206-878-1642  
seniors@desmoineswa.gov  
www.seniors@desmoineswa.gov  
Hours: Monday – Friday, 9am-4pm

**Resident Priority:**  
Effective January 1, 2010, the City of Des Moines implemented a Resident Discount Policy offering residents discounted fees for recreation programs. Non-residents and city residents who choose not to provide proof of residency will be assessed the full fee for programs.

The Resident Discount ("RD") Fee is available to residents living within the City of Des Moines' jurisdictional boundaries and Senior Adults. To qualify for the "RD" Fee participants must provide proof of residency such as: Valid picture ID with a Des Moines address, Valid picture ID accompanied by a utility bill with their Des Moines Address. Sports Teams qualify for the "RD" Fee when 51% of their players are Des Moines residents (proof of residency will be requested.)

The full program fee will be charged to participants who are not Des Moines residents or choose not to provide proof of residency. Questions related to residency should be directed to 206-870-6527.

#### HOW TO REGISTER:

Walk-in: Check, Cash, Visa/MasterCard.

Phone: Visa/Mastercard.

Mail-in: Registration Form with payment by check or Visa/MasterCard information.

Registration forms are available in the offices or online at [www.desmoineswa.gov/recreation/forms](http://www.desmoineswa.gov/recreation/forms)

#### Registration Policies:

Pre-registration is required for all programs unless otherwise stated.

Registration is taken on a first paid basis. Returned check Fee: \$40 (plus 50% surcharge if collection action needed).

#### Refund Policy/Cancellations:

When DMPR/SS cancels a program, a full refund or credit will be issued.

Refunds, less a \$10 administrative fee, will be granted when requested a minimum of 5-business days prior to the program/course start date. The administrative fee will be waived if you opt for a credit to be used for another course/program. Credits must be used by the close of each calendar year.

No refund will be issued for:

- Programs costing \$10 or less.
- Programs where admission fee was purchased in advance.
- Special Events.

Medical illness or other extenuating circumstances will be handled on a case-by-case basis. Documentation of circumstance may be requested.

#### Disclaimer:

Every effort is made to ensure that the information in this Recreation Guide is accurate. Because policies, personnel and funding can change, DMPR&SS reserves the right to amend or modify programs.

#### Accommodation of Disabilities:

The City of Des Moines is committed to accommodating citizens with disabilities and special needs. Des Moines Parks, Recreation and Senior Services will make every reasonable effort to ensure that programs are accessible. If you need assistance participating in our programs, please call us at 206-870-6527. TTY/TTD 206-824-6024.

#### Gender Equity Statement:

The City of Des Moines complies with the State of Washington's "Fair Play in Community Sports Act" (Chapter 467, 2009 Laws, effective July 26, 2009) that prohibits discrimination against any person on the basis of sex in the operation, conduct or administration of community athletics programs. Third parties, who contract with or receive leases or permits from the City of Des Moines for a community athletic program, are also prohibited from discriminating on the basis of sex.

If you have questions or comments contact Patrice Thorell, Parks, Recreation and Senior Services Director.



## SENIOR ACTIVITIES

### Blueprint for Living Workshops

A series of workshops and presentations designed to enhance your independence. Presentations are Free unless otherwise noted.

#### Veterans Services Update

Joshua Wheeldon, retired Afghan & Iraq veteran with Valley Cities, will provide updates on the many services available to retired veterans and their spouses. As a vet, you may be eligible for much more than you realize and Josh can help you "navigate" the system for veteran specific resources. This service is funded by the King County Veterans and Human Services levy and the Washington State Dept. of Veterans Affairs.

Wednesday, April 22 10:30am DMAC Free

*Note: starting May 13 join Joshua's first monthly Veterans Coffee Hour and enjoy good coffee, companionship, conversation and receive sound veteran's support information!*

*Ongoing, 2nd Wednesday monthly 10:30-11:30am DMAC*

#### Changes in the Aging Eye

An informative presentation discussing eye care, normal changes as our eyes age as well as unexpected changes due to macular degeneration, glaucoma, diabetes, strokes or cataracts. Helpful resources and information will help you adapt to potential vision changes. Facilitator: Kate Fewel, Social Worker w/Sight Connections & Comfort Keepers.

Tuesday, May 5 10:30 - 11:30am DMAC

#### AARP Smart Drivers

Discover how to be more aware in today's traffic. Reinforce your good habits and iron out the little bad habits that have crept into your driving pattern. Upon completion of the course your certificate will get you a discount on your auto insurance as required by state law.

Lunch break provides an opportunity to take advantage of the Nutrition Lunch Program.

Adults Age 50+ \$15AARP Member/\$20AARP Non-member  
April 14 & 15 10am-2:30pm Activity Center

#### Our Medical Lending Program benefits programs and services for older adults and their families!

Are you slated for surgery and needing Medical Equipment such as bath benches, walkers or commodes during rehab? Check out our self-service Medical Lending Closet – you just might find what you are looking. Suggested donation ranges from \$5-25.

- The equipment is available for short-term use (1-3 months) on a first-come basis.
- Items are clean when checked out and should be returned clean and ready for the next borrower.
- Medical Lending Closet at Des Moines Activity Center is open Monday-Friday from 9:00am – 3:30pm!
- We accept clean equipment donations such as transport wheelchairs, shower benches, transfer benches and commodes.



## GET OUT THERE....

Trips are hosted by the Washington State Association of Senior Centers in partnership with Des Moines Activity Center. Flyers will be available soon. Contact Sue Padden at 206-878-1642 for more details and instructions on how to sign-up!



H. Michael Miley/Wikimedia Commons

### America's Music Cities

October 4-11, 2015

Hosted by Collette Vacations

Travel through New Orleans, Memphis and Nashville and take in the sights including the French Quarter, New Orleans School of Cooking, Swamp Tour, Graceland, Grand Ole Opry show & Backstage Tour, Country Music Hall of Fame and Ryman Auditorium.

Double: \$2,620

Single: \$3,329

Triple: \$ 2,599

Price includes round trip airfare from Seattle, taxes and fees, surcharges and hotel transfers.

Final payment due August 4, 2015. Travel Insurance recommended at \$205 per person.



# SENIOR ACTIVITIES



## Golf Outings

Enjoy playing 9 holes at Puget Sound courses. Transportation is available on a first paid basis. All players draw numbers to determine playing partners and tee position.

**\$9-11 Transportation Fee\***

**No Host Green Fee & Lunch**

Departure Times: 8-8:30am

Return time: Varies

Date	Course/City	Green's Fee
Monday, April 20	Eagles Pride, Ft Lewis	\$15
Monday, May 4	Classic Golf Club, Spanaway	\$20
Monday, May 18	Madrona Links, Gig Harbor	\$17

\*Meet at the course option: must be enrolled by Thursday prior, \$5 program fee applies.

## Mobile Computer Classroom Workshops

King County Library System's mobile computer classroom returns to Des Moines Activity Center with a variety of workshops! Register now, space is limited!

Adults 50+

FREE

### Intro to Computers

Learn and practice the basics skills necessary for using a computer including operating the mouse, selecting items, adding text, opening windows and programs.

W May 13 10:30-11:45am Activity Center Parking Lot

### Intro Microsoft Word 2007

Learn basic skills for entering, correcting and revising text on a computer.

W June 10 10:30-11:45am Activity Center Parking Lot

### Facebook Basics

Discover how to use this social networking website, set up an account and start socializing. Must have a basic understanding of the Internet and an email account!

W June 10 12:30-1:45pm Activity Center Parking Lot

Let us know what type of computer classes you are looking for, call 206-878-1642 or email seniors@desmoineswa.gov.



## HORTICULTURE OUTINGS

Explore lush and varied Northwest gardens and nurseries. No-host lunch and garden admission fees when applicable.

Age 50+

\$9 Transportation Fee \$5 Carpool

10am departure unless otherwise noted

### FRIDAYS DESTINATION:

- April 10 Windmill Garden/Sumner & Watson's Greenhouse/ Puyallup
- April 24 Lake Washington Technical College, Kirkland
- May 15 Kruckeberg Botanical Garden, Shoreline
- May 29 Bloedel Reserve & Bainbridge Garden, Bainbridge, 9:30am
- June 12 Iris Gardens, Olympia
- June 26 Chinese Reconciliation Garden & Pt Defiance Park, Tacoma



## ADULT & SENIOR FITNESS

### Zumba

Ditch the workout – Join the Party! Working-out is healthy, rewarding and beneficial, but it's never been known to be exhilarating until now! Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a unique program that will blow you away and help you achieve long term benefits.

**Adults** \$32R \$37NR 5-class punch card or \$10/drop-in  
 M Ongoing  
 6-7pm Field House

### Power Yoga New!

Start your day off right with Power Yoga in a Vinyasa style. Builds core body strength while opening hips and strengthening back. Work to your own capacity. Bring a mat and water bottle. Instructor: Rhonda Allison.

**Adults** \$36  
 T April 14-May 19 6:30-7:30am Activity Center  
 T May 26-June 30 6:30-7:30am Activity Center

### Energy Yoga

Release stress and re-direct your energy to gain a sense of well being. Sustained poses and gentle stretches will improve muscle strength, range of motion, balance and stability reaching the deep core muscles that stabilize the spine and increase flexibility. Bring a yoga mat. Instructor: Rhonda Allison.

**Adults** \$36  
 Th March 5-April 9 11am-12pm Normandy Park Cove  
 Th April 16-May 21 11am-12pm Normandy Park Cove  
 Th June 4-July 9 11am-12pm Normandy Park Cove

### Enhance Fitness

Improve physical conditioning levels and decrease the risk of falling with stretching, low-impact aerobics, strength training and balance exercises. Gym-type shoes are required and a water bottle always recommended. Cosponsors: Group Health and Senior Services. Instructor: Mary Brown.

**Adults** Field House  
 T/Th/F April 2-30 8-9am or 9:30-10:30am \$39  
 T/Th/F May 1-29 8-9am or 9:30-10:30am \$43



## SENIOR ACTIVITIES



Live Music by Randy Litch

### Senior Dance

Dancing stimulates your mind, body and soul! Stafford Healthcare provides hot beverages and a door prize - you bring finger-food refreshments!

**Adults of all ages welcome!** \$5  
 Su April 26 1-3pm Activity Center  
 Su May 24 1-3pm Activity Center  
 Su June 28 1-3pm Activity Center

### Dance for Parkinson's *Do you have a movement disorder?*

Dance for Parkinson's is designed for you! Stretch and strengthen your muscles, focus on balance and rhythm through many styles of dance and discover how to use your thought, imagination, eyes, ears and touch to control movement in a welcoming environment accompanied by live music. Caregivers and friends are invited to join in! No dance experience necessary. Classes are based on the Dance for PD® method, a program developed by Mark Morris Dance Group and the Brooklyn Parkinson Group. Presented by Seattle Theatre Group (STG) and Spectrum Dance Company. Funding support from Des Moines Legacy Foundation. Register at <http://www.nwpcf.org/Programs.aspx?Event=313> or call 877-980-7500. Drop in participants welcome

**Adults** \$5 Suggested Donation  
 M Ongoing through April 13 2-3:30pm Activity Center

*"Thank you—  
 we love your  
 time spent  
 with us to  
 help mentally,  
 physically and  
 with a loving  
 spirit!"*

*-Participant*



## LIFE –Continuing Education Classes

Offered through Wesley Homes in cooperation with Highline Community College and Des Moines Activity Center.

**Registration:** contact Lisa Meinecke, 206-870-8555

**Location:** Wesley Homes Terrace Classroom

### Alfred Hitchcock: Film Series

Filmmaker Alfred Hitchcock was nicknamed the “Master of Suspense” for employing a kind of psychological suspense in his films, producing a distinct viewer experience. Hitchcock directed more than 50 feature films in a career spanning six decades. In this class you will learn about the life of Hitchcock and how he changed film through his distinctive directorial style. This course will feature lectures, screenings, discussion and analysis. Instructor: Christine Kennedy, BA in Communications & completion of the acclaimed Mediaworks.

Th March 19-April 16 6-8pm \$60

### Genealogy & Family History

Learn how to research your family history by using records, census data and other sources. You will also receive helpful hints for un-puzzling your family tree, using maps and more. Instructors: Winona Laird, Professional Genealogist & Green River Community College instructor; Janet Camarata, President of South King County Genealogical Society & founding member of the Genealogy Training Center.

W April 8-29 1-3pm \$60

### Holocaust: Victims and Oppressors

The Holocaust continues to be one of the most heinous events in history. Join us to examine the causes and consequences of the Holocaust. Events of the Holocaust will be examined, from the rise of Hitler to power, through the adoption of anti-Semitic laws and the implementation of the Final Solution. Instructor: Rick Karkavy, current rabbi of Bet Chaverim, a Des Moines synagogue and previous executive director of the Holocaust Museum in New York.

F April 24 1-4pm \$20



## ADULT LEAGUES

### Adult Men & Coed Softball League

Spring ball is approaching soon! Get to first base with your team and signup for a 14-game season topped off with a double elimination post season tournament.

Registration Deadline: April 15

Coach's Meeting: April 15

#### Adults

**\$940R \$995NR (includes sales tax)**

Coed Recreation Division\* Monday evenings Starts April 27

Men's Recreation Division\* Tuesday evenings Starts April 28

Coed D/E Division Wednesday evening Starts April 29

Men's D/E Division Thursday evenings Starts April 30

\*no E or D caliber players

### Senior Adult Coed Softball

Now recruiting avid softball players for Des Moines' recreational coed softball team!

**Age: 50 & better**

**Player fee: ranges between \$20-\$40 (determined after the sign-up and sponsor deadline.)**

Practices Tu/Th

April

Games Tu/Th

May 5- early August

Game Times

10am

Practices & Home Game

Steven J Underwood Memorial Park

Away League Games

Fields throughout King County

Call 206-878-1642 for details.



## ADULT ENRICHMENT

### American Boating Course

Learn the essential information to operate a boat: boat handling, seamanship, necessary equipment, boat trailering, and much more. This course exceeds educational requirements in all states and a test is given at the conclusion of the course to qualify you for a boating education certificate. Bring a sack-lunch. Fee includes textbook interactive CD and all materials-students are responsible for picking up supplies. Instructors: Poverty Bay Power Squadron.

**Ages: 12-Adult** **\$35**  
 April 18 8am-4pm Public Works & Parks Service Ctr  
 June 6 8am-4pm Public Works & Parks Service Ctr

### Creative Writing

Do you have a story to tell? Interested in capturing your family's history? Take advantage of Pat's writing expertise while enjoying a supportive and encouraging environment to keep you going! Beginning and beyond writers are welcome. Instructor: Pat Doheny

**Adults** **\$43**  
 Th April 2 - May 21 10am-12pm Wesley Gardens

### Memoir Writing

Learn to write the story of your life. Join others as you share your life in a supportive environment. Capture your life and the story of how you came to be who you are and where you are today. Instructor: Pat Doheny

**Adults** **\$43**  
 Th April 2 - May 21 2-4pm Wesley Gardens

### Poetry 202

"...it's almost too fierce to endure, the bee nuzzling like that into the blouse of the rose."

Excerpt from Hum by Mary Oliver

Have you always wanted to try your hand at poetry but couldn't quite get it done? Does being a beginner make you hesitant to take a class? If yes, then this class is just for you!

Instructor: Pat Doheny

**Adults** **\$12**  
 Th May 28-June 4 10am-12pm Wesley Gardens



### Watercolor- All Things Spring

Celebrate the new season in watercolor; and explore spring themes of landscapes, trees and experimental florals on gessoed paper with ink. Landscape photos will be provided and bringing personal photos is encouraged. Instructor: Susan Waite

**Adults - Beginning & Intermediate** **\$60**  
 Tu April 21-May 26 1-3pm Activity Centre

### Cooking Basics New!

Get comfortable in the kitchen and enjoy this interactive cooking course for individuals looking to improve their skills in the kitchen. Learn a variety of kitchen basics and recipes and come away knowing how to cook of variety of classic meals under the themes of cooking for one, dinners for the whole family, healthy choices and date night. Shopping lists, recipes, techniques and complete dinners will be provided. Instructor: Vince Koaster

**Adults** **\$25**  
 Tu April 21- May 12 2-3:30pm DMAC

### Line Dance

Dancing stimulates your mind, body and soul! Treat yourself to an afternoon of fun and movement sampling old and new line dances. No partner necessary. Instructor: Barbara Cornwall

**Adults** **\$36**  
 Th March 5 - April 9 2:30-3:30pm Activity Center  
 Th April 23-May 28 2:30-3:30pm Activity Center



### Dog Obedience New 6-week format!

Love your dog but all the chewing, jumping, barking and little "accidents" testing you? Dog Obedience should turn your little "terror" into a well-behaved pet. Proof of vaccination is required at first class. Instructor: Jan Magnuson, Animal Control Officer, Champion Trainer.

**Dogs 4+ months** **\$85R \$89NR**  
 Th April 9-May 14 7:15-8:15pm Field House  
 Th June 4-July 9 7:15-8:15pm Field House



# Water play in your summer vacation plans?

Make sure the kids are ready to go

Your children have taken swim lessons and progressed nicely, but the skills involved in learning to swim build upon each other and can deteriorate if kids take an extended swim-lesson break.

Your child likely needs to refresh swimming skills already taught.

For each month away from swimming, it takes approximately 1 to 2 days for children to return to their previous level. Don't discover on vacation that their swimming abilities aren't up to snuff. **Check up early.**

The process of learning to swim cannot be rushed. If your family is heading to the water this summer, now is the time to start preparing.



[www.mountrainierpool.com](http://www.mountrainierpool.com)

206.824.4722



**MOUNT RAINIER POOL**  
22722 19<sup>TH</sup> AVE S  
DES MOINES

## SPRING 2015 SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 7:30 am	Available for rentals	Lap Swim		Lap Swim		Lap Swim	King Aquatics
7:30 - 8:30 am		Pool Maintenance	Pool Maintenance	Pool Maintenance	Pool Maintenance	Pool Maintenance	
8:30 - 9:30 am		Shallow Water Ex/Lap Swim	Shallow Water Ex/Lap Swim	Shallow Water Ex/Lap Swim	Shallow Water Ex/Lap Swim	Shallow Water Ex/Lap Swim	
11 am - 1 pm		Lap/Family swims	Lap/Family swims	Lap/Family swims	Lap/Family swims	Lap/Family swims	Lap Swim Noon-1 pm
1 - 2:30 pm		Lessons	Lessons	Lessons	Lessons	Lessons	
2:30 - 5:30 pm		King Aquatics	King Aquatics	King Aquatics	King Aquatics	King Aquatics	Open Swim 1-2 pm
5:30 - 7 pm		Swim Lessons & King Aquatics	Swim Lessons & King Aquatics	Swim Lessons & King Aquatics	Swim Lessons & King Aquatics	Family Swim 6 - 7 pm	<sup>1</sup> Open Swim (First Saturday only) 2-3 pm
7 - 8 pm		Open Swim	Water Exercise	Open Swim	Water Exercise	Open Swim	Available for rental 2 (3) -10 pm
8 - 9 pm		Lap Swim/Exercise		Lap Swim/Exercise		Lap Swim	

## YOUTH ACTIVITIES



### YOUTH

#### Tiger Kids Martial Arts Course Overview

Instructor: Mitch Mayberry, International Champion, 9th degree Master  
 Fee: all participants must pay the \$14 AAU Membership in addition to the individual course fees. Uniforms optional and available from the instructor.

#### Tiny Tigers Taekwondo

A fun and less intense Martial Arts program focusing on fun and fitness while developing motor skills, coordination and improved listening skills through the use of games and training aids including bag kicking and sword play for fun.

##### Ages 3-6

W	April 22-June 10	4:15-4:45pm	\$85R \$90NR
W	March 4-18	4:15-4:45pm	\$35R \$40NR

#### Tiger Kids Martial Arts & Fitness

Have fun while developing coordination, focus and fitness. Students can progress in belts & learn the simple moves of Taekwondo to the cool moves of Ninja Turtle (Kobudo Weaponry) in a step by step manner promoting confidence & achievement. Bag kicking & Jedi Warrior sparring included for fun.

##### Grade 1 & up

4:45-5:25pm

##### Colored belts

4:45-6pm

W	April 22-June 10	\$85R \$90NR
W	March 4-18	\$35R \$40NR

#### Kokondo Martial Arts

Learn basic karate including blocks, kicks and strikes. Emphasis placed on effective street self-defense; you will learn to defend yourself against punches, grabs, chokes, bear hugs and more. Instructor: Gerry Flock

##### Age 12+

\$25R \$30NR

W/F	April 1-29	5-6:30	Field House
W/F	May 1-29	5-6:30	Field House

### TEEN

#### Des Moines Youth Council

Make new friends and gain leadership and organization skills participating in Des Moines Youth Council. The Council plans civic activities during the school year; upcoming projects include Spring Car Wash, Teen Late Night and NW Harvest. Participants earn credits towards reward activities offered at the end of the year – such as trips to Wild Waves or Seattle Mariners games.

Enrollment is open and drop-in participation is encouraged. Call in advance to confirm meeting dates. Facilitator: Cassie Swan.

##### Grades 6-9

FREE

Meets every other Thursday 6-7pm Des Moines Field House

#### Teen Dances

Kick it at theme dance parties hosted by Des Moines Youth Council! Theme dance parties feature contests, concessions and dancing. Facilitator: Parks and Recreation staff.

##### Grades 6-8 – student ID required for admission

\$7

April 24	Spring Fever	7:30-10pm	Field House
June 5	Hawaiian Luau	7:30-10pm	Field House

#### Better Babysitters Class

Participants receive the knowledge and confidence to care for infants to school-age children through videos, activities, hands-on training and discussion for a complete learning experience. Babysitter Training teaches how to: respond to emergencies, make decisions, communicate with parents, manage children, feed, diaper and care for infants and start a babysitting business. Bring a sack lunch and a snack. Bring \$16.50 materials fee to instructor, first day of class. Instructor: Gaylynn Smith, Pro Cert

##### Ages 11-15

\$55R \$65NR

Sa May 30 8:30-2:30pm TBD



# YOUTH ACTIVITIES



Join us on Saturday, April 4th at the Des Moines Beach Park for a leisurely Easter Egg Hunt. Fun crafts, activities, prizes and photo opportunities with the Easter Bunny. See page 2.



**START PLANNING FOR SUMMER**  
 Check out the May issue  
 for great deals on  
**SUMMER CAMP!**

## TODDLER/PRESCHOOL

### Robyn's Nest Pre-School

Mom and Dad – take a break while your children have a great time learning, playing and meeting new friends under our watchful eye. Activities include arts and crafts, games, songs, puppetry and outdoor fun. Facilitators: Trained Staff w/ CPR/First Aid certification

<b>Ages 3-5</b>			<b>Field House</b>
M-Th	March	9:30am-12pm	\$140R \$160NR
M-Th	April	9:30am-12pm	\$115R \$135NR
M-Th	May-June 4	9:30am-12pm	\$150R \$170NR

## YOUTH SPORTS



### Tee-Ball / Coach-pitch Coed Leagues

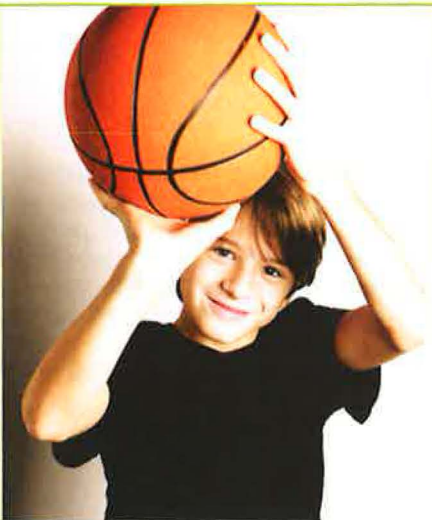
Get out the leather glove, swing that aluminum bat and enjoy team building and social interaction! Focus is on developing hand-eye coordination through hitting, fielding, throwing and catching properly. Playing field and rules are modified to match participant age and skill levels. Program Dates: June 1- July 31

#### Age 3-5 Tee-ball

Now-Mar 31 \$70R \$75NR  
 April 1-May 15 \$75R \$80NR

#### Ages 6-8 Coach-pitch

Des Moines Area Fields  
 Des Moines Area Fields



### Basketball Training/Clinic

Improve your basketball skills with Coach Michael Johnson, formerly of South Sound Athletics, and build the necessary confidence to be a successful B-ball player.

Features: Training and conditioning / Passing, shooting, dribbling and playing without the ball in your hands!

Gain these skills: In/Out crossover / In/Out pin move / Jab step / Shooting mechanics / Jump stop step through / Ways to make your teammates even better!

Coach Michael brings with him the knowledge, passion and skills to improve any basketball player at any skill level.

#### Age 7-18

T/Th March 3-26 5:30-6:30pm  
 T/Th April 2-30 5:30-6:30pm  
 T/Th May 5-28 5:30-6:30pm

**\$120R/\$125NR**

Field House  
 Field House  
 Field House

# CLUB KHAOS

## Club KHAOS Kids having an outrageous school year!

Our energetic and dedicated staff will ease you and kids through an outrageous school year filled with fun, friendships and enriching experiences to stimulate their imagination, spark their learning skills and develop healthy habits wit K-Fit!

Grades K-6 M-F

Highline School District Sites: Des Moines, North Hill, Marvista, Midway & Parkside Elementary Schools

Federal Way School District Site: Woodmont Elementary School

Financial Scholarships: Please call 206-870-6527 for detailed information!

Monthly, throughout the school year calendar



## Wake up in KHAOS

Start your child's day with friends, caring staff, a nutritious snack and a morning filled with enriching activities, individual and group playtime. 6:30am-school start

Sites	Dates	Fee: Res/Non Res
Highline	April	\$230 \$250
Federal Way	April	\$150 \$170
Highline	May	\$260 \$280
Federal Way	May	\$180 \$200
Highline	June	\$160 \$180
Federal Way	June	\$120 \$140

### Drop-in Fee:

Highline Sites	\$15 \$17
Federal Way Site	\$12 \$14

## Sunset in KHAOS

Relax and know your child is fueled with a nutritious snack, will burn off that excess energy and be absorbed in lively games, seasonal arts, crafts and creative play. Time is set aside for homework.

School dismissal – 6pm

Sites	Dates	Fee: Res/Non Res
Highline	April	\$250 \$270
Federal Way	April	\$240 \$260
Highline	May	\$285 \$305
Federal Way	May	\$290 \$310
Highline	June	\$220 \$240
Federal Way	June	\$190 \$210

### Drop-in Fee:

*Highline Sites	\$15 \$17
Federal Way Site	\$18 \$20
*Highline Sites Early Release Fridays	\$20 \$22

## Sunrise to Sunset

Give yourself a worry-free day and enjoy a significant fee reduction!

Sites	Dates	Fee: Res/Non Res
Highline	April	\$305 \$325
Federal Way	April	\$300 \$320
Highline	May	\$340 \$360
Federal Way	May	\$360 \$380
Highline	June	\$185 \$205
Federal Way	June	\$240 \$260

## Break Time

This is where to turn when your child is off-school and you are on-work! Break Time provides a warm caring and safe environment where friendships flourish and leadership skills blossom participating in enriching experiences cleverly presented under the guise of arts, crafts, games, tutoring and reading. Children keep fit participating in active games and athletics. You send lunch we provide nutritional snacks!

6:30am-6:00pm

Field House

Day/Dates	District	Camp	Fee: Res/Non Res
M-F April 6-10	FW&H	Spring Break	\$150 \$160
Th/F April 16-17	FW	Conferences	\$60 \$65
F May 1	FW	No School	\$35 \$37
F May 15	H	No School	\$35 \$37
M/T May 25-26	FW&H	Memorial Day	\$60 \$65
W-F June 17-19	FW&H	Pre Summer	\$90 \$95

## Help a Child Attend Activities or KHAOS!

Your contribution gives local children and teens the opportunity and joy of attending Des Moines Parks and Recreation programs! Make a donation at [www.desmoineswa.gov/recreation](http://www.desmoineswa.gov/recreation) or by calling 206-870-6527.

## SPECIAL EVENTS

# EGGStravaganza

SATURDAY,  
APRIL 4, 9-10AM



Enjoy a leisurely  
EGG-HUNT!

Des Moines Beach Park, \$5

Fun Crafts, Activities & Prizes,  
Photo Opportunities with the Easter Bunny  
Children Grade-6 & under  
Children under age 5 need to be  
accompanied by an adult

Sponsored by: Des Moines Legacy Foundation



## FRIENDSHIP FITNESS FUN(D)

Recreation programs provide opportunities for friendship to bloom, wellness to thrive and community bonds to strengthen all under the concept of Fun! Des Moines Parks & Recreation partners with Des Moines Legacy Foundation and Rotary Club of Des Moines to offer **Friendship Fitness Fun(d) Scholarships** for families in need.

Your contribution provides gifts of joy for scholarship recipients and is a long-term investment in our community's well-being. The success is dependent on your ongoing contributions.

**TWO WAYS** to make a tax deductible contribution to the **Friendship Fitness Fun(d)**:

- ★ **Make a \$1 or more contribution** each time you enroll in a Parks, Recreation and Senior Services program or schedule a facility or field.
- ★ **Contribute to Des Moines Legacy Foundation- Youth Scholarship Fund**  
Des Moines Legacy Foundation  
PO Box 13582 Des Moines WA 98198  
[www.desmoineslegacy.org](http://www.desmoineslegacy.org)



### IN NEED OF FINANCIAL ASSISTANCE?

Complete a **Friendship Fitness Fun(d) Scholarship Application**

Scholarships are granted on the basis of demonstrated financial need, eligibility requirements and are limited to \$150 per child, per year. Applications accepted in person during office hours. For more information call 206-870-6527.

*Vegas Lights*  
**CASINO NIGHT**  
MARCH 21

**PROCEEDS  
BENEFIT  
YOUTH  
ACTIVITIES**

SPONSORED BY THE DES MOINES LEGACY FOUNDATION

**MARCH 21 • 7 - 11 pm**

<b>TICKETS</b> \$50 Admission \$100 High Rollers Call: 206.870.6527	<b>AGE 21 &amp; OLDER</b> Beer/Wine • Heavy Hors d'oeuvres Raffles • Prizes • Auction Casino Attire	<b>DOUBLE DOWN FOR KIDS</b> <small>Upgrade to High Roller status!</small>
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**Des Moines Fieldhouse • 1000 S. 220<sup>th</sup> St.**

Your Guide to Des Moines Parks, Recreation & Senior Services

# Rec'n Roll

March - June 2015



## Club KHAOS

pg 3

REGISTER FOR

## Spring Sports

pg 4 & 9

## Adult Enrichment

pg 8



Senior outings near and far pg 11-13

