



• **DES MOINES**



# **CITY** **CURRENTS**

**SUMMER 2017**

• **Fireworks Over  
Des Moines**

**SEE PAGE 13**

**Des Moines  
Farmers Market**

**SEE PAGE 16**



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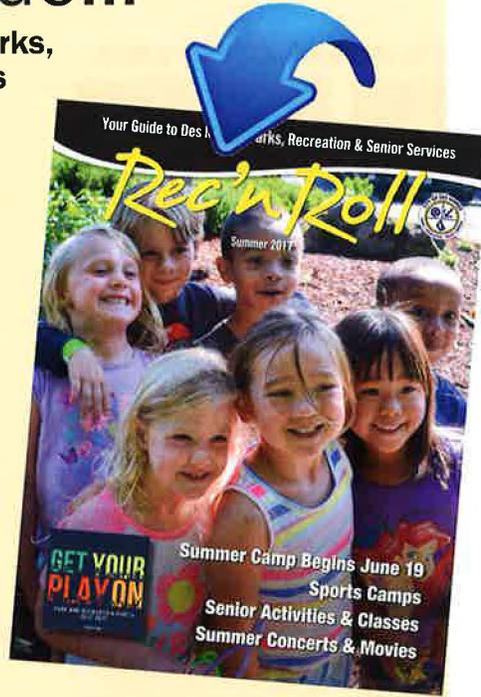
[www.olympicviewdental.com](http://www.olympicviewdental.com)

# On the flip side...

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

Flip the magazine over to check out the **SUMMER** schedule.

- Camp KHAOS schedule— Register now!
- Get Out and Have Fun: Outings to gardens, restaurants, performances and travel abroad!
- Sign up your team for softball or come out and try kickball!



# 2017 SUMMER

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**NO FIRES, NO BBQS  
NO FIREWORKS**



THANK YOU FOR  
KEEPING THE PARK A SAFE AND  
PEACEFUL PLACE FOR ALL.  
Chapter 19.08 DMMC

## Des Moines Waterfront Farmers Market



**SATURDAYS**

10 a.m. - 2 p.m.  
June 3 - September 30

**WEDNESDAYS**

4 - 8 p.m.  
July 5 - August 30

Located in the Des Moines Marina  
[www.dmfm.org](http://www.dmfm.org)



# Council Highlights

## CITY COUNCIL HIGHLIGHTS FROM MARCH-APRIL Ordinance 1675-1680 Resolution 1356-1357

### Held Public Hearings:

- Des Moines Creek Business Park Phase IV: A Planned Unit Development in Pacific Ridge, Ordinance No. 1677.

### Approved the Following Action:

- Grant Agreement with Department of Ecology for Spill Prevention, Preparedness and Response Equipment.
- Pacific Middle School Future Cities Proclamation.
- Task Order Assignment with Tetra Tech, Inc. for Permitting Services Associated with the Lower Massey Creek Improvements Project.
- Interlocal Agreement Amendment with City of Normandy Park for Prosecution Services.
- Financial Support for Ultra Fine Particle Research.
- Council Rules of Procedure Update, Resolution No. 1356.
- Marina Paid Parking and Traffic Impacts in the Marina District.
- City Park Use Regulations, Ordinance No. 1675.
- Designation of City Parks, Access Routes and Rights of Way, Ordinance No. 1676.
- Contract Supplement with AMEC for Public Works Yard Groundwater Remediation Work.

## DES MOINES CITY COUNCIL



**Matt Pina**  
Mayor



**Vic Pennington**  
Deputy Mayor



**Robert K Back**  
Councilmember



**Luisa Bangs**  
Councilmember



**Dave Kaplan**  
Councilmember



**Melissa Musser**  
Councilmember



**Jeremy Nutting**  
Councilmember

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

- Collective Bargaining Agreement with the Des Moines Police Guild.
- Set Public Hearing Regarding the PUD Application for a Light Industrial Warehouse Development Proposal in the Pacific Ridge Commercial Zone North of South 216th Street, Resolution No. 1357.
- Lease of Marina Property by DM Harborside LLC for Waterfront Café.
- Playground Equipment Project.
- Surplus Property Disposition, Ordinance No. 1678.

- 4Culture Landmarks Capital Grant Acceptance for Sun Home Lodge Renovation Project-Foundation Design.
- Interlocal Agreement with South King County Fire and Rescue for Fuel Purchasing.
- Landscape Maintenance Contract Addendum with Northwest Landscape Services.
- Sexual Assault Awareness Month Proclamation.
- Gambling Taxes, Ordinance No. 1679.
- Additions/Changes to Special Revenue Funds, Ordinance No. 1680.
- Construction Contract Award and Consulting Agreement for Construction Administration and Inspection Services.

### Other Action Taken:

- Approved City Hall Campus Generator.
- Approved Hiring Limited Term Full Time Court Clerk.
- Pacific Middle School Future Cities Competition Presentation.
- Legislative Update.
- Senior Center Nutrition Program Update.
- Recology Annual Report.
- 4th Quarter City Manager Report.
- Nuisance Property Update.
- Des Moines Police Community Video Partner Program.
- Discussion with Des Moines Pool District.
- Sound Transit Update.
- 2017 Financial Update.



## BALLPARK BANNER SPONSOR PROGRAM

To promote local business we place 4x8' banners at Steven J Underwood Memorial Park and/or the Field House Park. The program runs from April to November and businesses can have their banner fly for either one (1) year or three (3) years. Typically, these parks are booked solid from March through November so the banner would receive tremendous exposure. For more information or to participate in the program, phone 206-870-6547 or email [jb主@desmoineswa.gov](mailto:jb主@desmoineswa.gov).



## From the Mayor



Authored by Mayor Matt Plna and Deputy Mayor Vic Pennington

THIS SPRING AND SUMMER ARE SEASONS OF NEW GROWTH AND HOPE FOR DES MOINES. We're now emerging from recent challenges with changes that will help us produce a more vibrant and sustainable community.

The last decade was financially challenging for the City. Commitments made in the early 2000's were disrupted by the Great Recession with its resulting impacts on our City's budget. This meant difficult decisions. It required that many services were either cut or postponed. Our City's workforce was necessarily reduced and work on many desperately needed infrastructure projects was delayed.

We are happy to report that all this has changed. When Vic and I first became your Deputy Mayor and Mayor (respectively), we were faced with a \$1.4 million deficit and the serious prospect of the City going bankrupt in 2017. Through disciplined and difficult, but determined, actions we now have appropriate operating capital and the City is both solvent and sustainable.

These actions have accomplished the following: Authorization for three new Police Patrol positions (one in 2016, two in 2017), creation of an Assistant Chief of Police position, reinstatement of the Domestic Violence Victim Advocate position (see page 11) and establishment of a Pacific Ridge Strategic Operations Plan to increase safety in our City. This Strategic Operations Plan contains tools that can be applied to other areas of the City as needed.

**That's not all. Other exciting developments and activities include:**

- Sufficient funds to begin repaving our roads for the first time in nearly 10 years.
- The near completion of a thriving Des Moines Creek Business Park. A large portion is now operational and the remaining improvements are leased and near completion.

- The new Federal Aviation Administration Regional Headquarters, which will be completed in February 2018, is a significant tenant in the new Business Park. Once the Business Park is fully operational, an estimated 4,000-5,000 new employees will be working in the City, creating additional opportunities for Marina District development to support these employees.
- Assistance for capturing the economic opportunities generated by the influx of employees. King County has awarded the City with a Metro Pilot Program to provide shuttle transportation services. The route will be from the Angle Lake Light Rail Station through the Business Park, stopping at Wesley Homes, then traveling through the Downtown and the Marina District and looping back to the Angle Lake Light Rail Station. This shuttle service will allow the City and our local businesses to capitalize on the demands for dining, shopping and entertainment these new employees will create.
- Partnering with the Legacy Foundation, through their generous contribution, the City is leveraging significant additional resources to enhance our playgrounds at City parks for our children to use safely.

We're making significant strides, but there is more work to be done.

### Marina Improvements

Currently, the infrastructure of the Marina has deteriorated from constant use and exposure to the Sound and elements. Over the years, the Marina spent about 10 million dollars for improvements to the western bulkhead, including development of the promenade. Those funds came from bonds paid for by Marina revenues, not general taxes. However, we are now at a point where the north bulkhead and area around the pier must be replaced. The cost estimates for this are in the vicinity of 6 to 10 million dollars. Because City property

**"We encourage your input and participation at City Council meetings, community meetings, the newly created Citizen's Advisory Committee, or even through a direct email or phone call. All new programs will have some unforeseen challenges, but we will partner with you to work through them."**

tax dollars do not support the Marina, the Marina must find a way to increase its revenues. Without new revenue sources to support the improvements necessary to preserve the structural integrity of the Marina, the City could lose the north Marina area if the bulkhead failed. We've determined the best and most sustainable solution is for the City to implement measures that include paid parking in the Marina parking lot.

### Key factors in this decision include:

- Knowledge that non-residents account for over 70% of the Marina's use.
- Continuing to provide the benefits of the Marina at no cost is no longer viable. Without sustainable revenue sources, we could lose a signature feature of our City we all enjoy.
- Exploration of a variety of options led us to determine that the new parking program is the Marina's best opportunity to generate revenue to pay for ongoing maintenance, operations and capital investment.

### Benefits of Marina Paid Parking:

- Sustainable capital source to preserve Marina infrastructure and prevent further deterioration.
- Enhanced law enforcement to maintain a safe, welcoming environment.
- Helps ensure the Marina area is not disruptive to the community after hours.
- Provides resources that enable the Marina to be used as a logistical and operations location for emergency management activities needed in the event of significant disaster or critical events.

*continued next page*

## From the Mayor, continued

- Residents will have reduced fee options through an annual pass. Farmer's Market visitors will also receive a reduced fee option. Both provide affordable options while still contributing to the Marina and helping it remain viable.

These are some of the major challenges that we have faced and are working on your behalf to address. We know these changes can be difficult and we are listening for ways to minimize the impacts to our community. We encourage your

input and participation at City Council meetings, community meetings, the newly created Citizen's Advisory Committee, or even through a direct email or phone call. All new programs will have some unforeseen challenges, but we will partner with you to work through them. As your representatives, we ask for your input, patience and understanding as we work through these sometimes difficult but necessary changes. They will ensure that Des Moines can grow and remain sustainable. Just like the season, we are in the spring of our future.



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## DES MOINES DIRECTORY

### City Hall

21630 11th Avenue South  
206-878-4595

### Business Hours

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



### City Council

Matt Pina, Mayor	MPina@desmoineswa.gov
Vic Pennington	VPennington@desmoineswa.gov
Deputy Mayor	
Luisa Bangs	LBangs@desmoineswa.gov
Robert K Back	RBack@desmoineswa.gov
Dave Kaplan	DKaplan@desmoineswa.gov
Melissa Musser	MMusser@desmoineswa.gov
Jeremy Nutting	JNutting@desmoineswa.gov

### City Offices

City Attorney	206-870-6518
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	206-870-4111
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
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### DES MOINES

**CITY CURRENTS**

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Judson Park in Des Moines, Washington, is managed by ABHOW, a California nonprofit public benefit corporation. ABHOW is a nonsectarian corporation, serving seniors through quality retirement housing since 1949. License #BH-681, DHS #797.



## Ask an Expert

By Master Animal Control Officer Jan Magnuson

# BARKING!

Barking is a normal behavior for dogs; they bark for many reasons, and often, just a few barks is all that is needed for them to get their message across.

However, when dogs bark excessively and become "nuisance barkers", the situation quickly turns bad. Nuisance barkers often result in frustrated dog owners and irritated neighbors, and the dogs themselves can end up at the animal shelter. Entire neighborhoods can be disrupted, and neighbors who once were friends can become bitter enemies over a nuisance barker.

Often, dog owners don't know where to begin to deal with this problem; the following 15 suggestions will help achieve a happy dog, a happy dog owner, and happy neighbors who can again enjoy their peace and quiet.

1. **Have your dog spayed or neutered;** altered dogs are generally calmer and quieter than non-altered dogs.
2. **Take your dog to obedience classes;** dogs that have learned to understand commands ("No Bark") can be quieted more effectively.
3. **Give your dog LOTS of exercise;** often nuisance barkers have pent-up energy they need to expend. ("A tired dog is a good dog!")
4. **Have your dog more involved with the family;** dogs are pack animals, and nuisance barkers are often frustrated at being left alone.
5. **Take your dog in for a thorough vet exam;** sometimes dogs bark excessively if they are ill, in pain or suffering from parasites.
6. **Give your dog lots of (safe) toys and chewies;** for example, hard rubber dog toys that can be stuffed with biscuits, cheese and peanut butter can keep dogs occupied for hours.
7. **Have a pet-sitter exercise your dog each day;** reputable pet-sitting companies or a neighbor child may be able to give the dog the interaction and exercise it needs to be happier, calmer and quieter.
8. **Take your dog on errands and excursions;** if it is not too hot, dogs love to go with their families instead of being left home alone.
9. **Install a "doggie-door" into the house or garage;** sometimes dogs just want to be inside, instead of outside in the yard all day.
10. **If there are multiple dogs, put one outside at a time;** two (or three or four) dogs barking are much more annoying than just one, plus they encourage each other to bark more... put one outside and keep the rest in the house, and then rotate as needed.
11. **Feed your dog quality dog food;** lesser quality foods can have added sugars, preservatives and colors that can make dogs hyperactive.
12. **Contact a dog behaviorist/trainer;** sometimes there are severe emotional issues that need to be addressed with certain dogs.
13. **Keep your dog inside the house at night;** dogs tend to be even noisier in the dark, and no one deserves to be awakened all night long by a nuisance barker alerting on raccoons and such.
14. **Block visual stimulation;** building a solid board fence or enclosing your dog in a different part of the yard may reduce the visual triggers.
15. **An additional solution may be a quality bark-control collar;** there are different types available, so consult with a reputable trainer or your veterinarian on the appropriate type for your dog. Also, *training* with the collar is essential for it to be humane and effective.

If you are experiencing "nuisance barker" issues with your dog, please take the time and expend the effort to follow the above suggestions.

In addition, it is usually helpful to make your neighbors aware of your plans and keep them updated on your progress, so they know you are taking steps to solve the nuisance barking problem. Introducing your dog to the neighbors so everyone knows each other, is another good idea - that way your dog sees your neighbors as friends (and someone who knows their name and gives them treats!) instead of seeing them as trespassers when they are in their own yard!

**Please be a Responsible Pet Owner!**



## Be a Good Neighbor and Clean Up After Your Pet

Two or three days worth of droppings from a population of about 100 dogs can contribute enough bacteria to temporarily close a bay and all watershed areas within 20 miles to swimming and shell fishing.

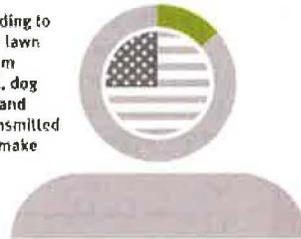


Dog feces are common carriers of:

- Heartworms**
- Whipworms**
- Hookworms**
- Roundworms**
- Tapeworms**
- Parvovirus**
- Giardia**
- Salmonella**
- E. coli**

## DOG WASTE CAN HARM YOUR HEALTH

Unlike other sources adding to water pollution, such as lawn fertilizer, rinse water from driveways and motor oil, dog waste carries parasites and bacteria that can be transmitted directly to humans and make them sick.



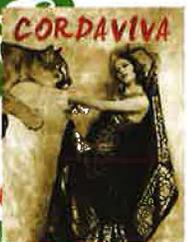
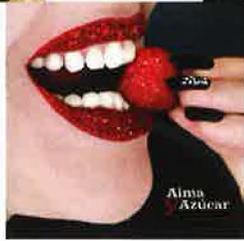
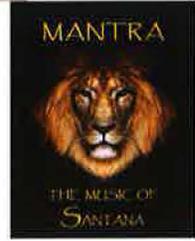
The longer dog waste stays on the ground, the greater a contamination becomes.



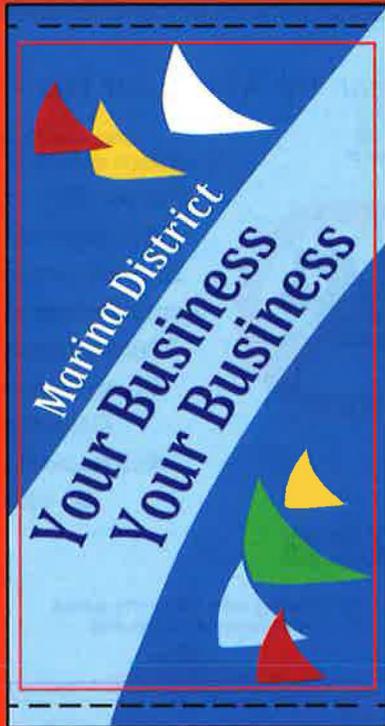
Roundworm is one of the most common parasites found in dog waste. It can remain infectious in contaminated soil and water for years. A recent CDC study found 14 percent of Americans tested positive for roundworms.

# 2017 Beach Park Summer Concert Series

## WEDNESDAYS IN THE BEACH PARK MEADOW 7PM TO 8:30PM

 <p><b>CORDAVIVA</b> Latin Dance Music Cordaviva 07.12.17</p>	 <p><b>Bobby Medina</b> Latin/Jazz 7.19.17</p>	 <p><b>Fun Addicts</b> Variety 07-26-17</p>	 <p><b>David Bowie</b> Tribute Band 08.02.17</p>
 <p><b>Alma y Azucar</b> Latin &amp; Jazz 08-09-17</p>	 <p><b>Cherry Cherry</b> Neil Diamond Tribute Band 08-16-17</p>	 <p><b>MANTRA</b> Santana Tribute Band 08-23-17</p>	

**MORE DETAILS AT THE DMAC WEBSITE**  
[www.desmoinesartscommission.com](http://www.desmoinesartscommission.com) or call 206.870.6527



## STREET BANNER PROGRAM

Spanning Marine View Drive, cross streets and areas of 7th Avenue are colorful banners promoting local businesses. The banners are fade resistant and made from a heavy 22 ounce vinyl. Each banner is \$200 for one year with an annual renewal fee of \$125. Returning businesses have first priority but if you would like to participate in this program or want to learn more, please phone 206-870-6547 or email [jbtest@desmoineswa.gov](mailto:jbtest@desmoineswa.gov) for additional information. Spots are available!

# Celebrate Two Historic Treasures

THE CITY OF DES MOINES CELEBRATES THE REOPENING OF THE DES MOINES BEACH PARK PICNIC SHELTER AND RESTROOMS on July 12th at 4:30 p.m.

Built in the 1920's as a Picnic Shelter and Auxiliary Hall, this historic Des Moines Beach Park building (top right) has been revived to its former glory.

The adjacent Restroom building (bottom right), formerly a woodshop and bath house built in 1945, has also been renovated for public use.

Join the Des Moines City Council on Wednesday, July 12, 2017 at 4:30 p.m. to celebrate the rededication of these two historic treasures listed on the National Register!

The 2014-2019 King County Parks Levy and a state Recreation and Conservation Office Washington Wildlife and Recreation Program grant funded the two projects.



# Chinook Book

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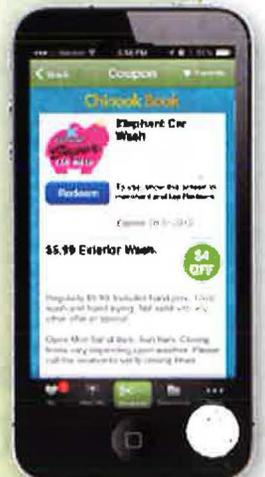
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1. Email [tbeekley@desmoineswa.gov](mailto:tbeekley@desmoineswa.gov) to have a scanned code sent to your email.
2. Pick up your subscription code in person at the City of Des Moines Engineering Building (21650 11th Ave S Des Moines, WA 98198)

*\*Subscription cards are limited*



# City Adds Domestic Violence Victim Advocate to Legal Team

THIS YEAR, THE CITY COUNCIL ALLOCATED SUFFICIENT FUNDING to provide for the hiring of a Domestic Violence Victim's Advocate. This position had been vacant since 2008 due to budgetary constraints. A Victim's Advocate is a trained professional who supports victims of domestic violence crimes and offers information, emotional support, and provides assistance during and after the court process. The Victim's Advocate not only assists victims of crime, but also assists the City Prosecutor to ensure information is promptly and accurately relayed between victims and the Prosecutor.

In 2016, there were 151 misdemeanor domestic violence cases filed by the City Prosecutor in the Municipal Court. Domestic violence cases represented approximately 22% of all the misdemeanor criminal cases filed in the City of Des Moines in 2016.

By offering these services, it is the City's goal to assist victims through an extremely difficult time in their lives and to ensure



Nicole Nordholm (left) was hired in early 2017 to provide Domestic Violence Victim Advocate services for the City of Des Moines. Tara Vaughn, (right) the City Prosecutor, handles on average over 800 criminal misdemeanor cases per year.

they are informed and remain involved throughout the court process. Additionally, this position assists the Prosecutor in order to increase convictions for offenders, promote compliance with treatments obligations and reduce recidivism. The ultimate goal is to reduce the number of domestic violence offenses in our City.

Both the Prosecutor and Victim's Advocate work in the City Attorney's Office. The City of Des Moines provides

prosecution and victim advocate services to Normandy Park as well through a contract between the cities.

If you or someone you know is a victim of domestic violence and you would like additional information or assistance, the Advocate can be reached at (206) 870-6546 on Mondays and Wednesdays during the hours of 9am and 4pm. In an emergency, always call 911.

## City of Des Moines ADA Transition Plan

CONTINUING EFFORTS TO DEVELOP AN AMERICANS WITH DISABILITIES ACT TRANSITION PLAN to ensure equal access to public programs, services, and facilities, the City has conducted a public open house, initiated an online survey, field surveyed sidewalks, and developed an outline for the final Transition Plan document. Throughout this summer, evaluation of City programs, services, and buildings will occur followed by a draft Transition Plan this fall. The plan will ultimately document ADA deficiencies and identify strategic actions moving forward to mitigate these issues.

The ADA online survey will be accessible throughout the plan development, and the City encourages you to provide comments. [www.desmoineswa.gov](http://www.desmoineswa.gov).

If you have questions, contact City project manager Andrew Merges at 206-870-6568.



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# Des Moines Citywide Playground Project

THE DES MOINES CITYWIDE PLAYGROUND PROJECT APPROVED BY CITY COUNCIL in March of this year will provide the designs to repair and replace play structures at seven of Des Moines Parks and to create a new play area at Steven J. Underwood Memorial Park. This action is the first of many steps that will be taken within the next three years to restore City's aging park play areas.

## Playground Challenges

The play equipment located at Cecil Powell Neighborhood Park was removed due to safety concerns in 2013 and the neighborhood has asked for the equipment to be replaced. The removal of play equipment at Kiddie Park, Westwood Park and Wooton Park is also eminent, likely within the next year or two. And, there is strong community support for play areas to be installed at Des Moines Beach Park where the play area was removed over a decade ago due to flooding and infrastructure repairs and at Steven J. Underwood Memorial Park where a play area has not been installed due to lack of funding. The City's challenge is the lack of funding resources to make the necessary improvements.

## Filling the Funding Bucket

What resources are available to pay for the projects? There are three funding sources that the City will tap into to pay for the playground improvements- City capital funds, grant funds and Des Moines

Legacy foundation community funds. Individual park playground projects will be implemented as adequate funding is available.

## City Capital Funds (43% of the Project's Revenue):

City funds in the amount of \$839,000 are currently programmed in years 2017, 2019 and 2020 of the Des Moines Capital Budget for play area repairs, replacement and new construction at Wooton Park, Des Moines Beach Park, Field House Park, Westwood Park and Water Tower Park.

Funding for these projects is made up from \$459,000 Real-Estate Excise Tax (REET), \$380,000 Park In-Lieu Funds from developers.

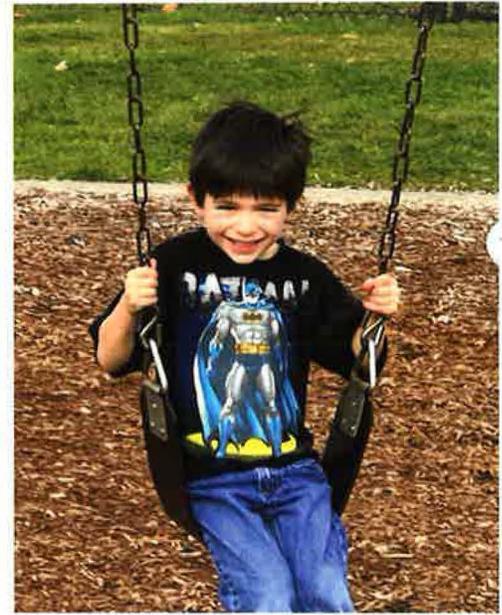
The Citywide Playground Project will add five play areas located at Midway, Kiddie Park, Steven J. Underwood Memorial Park and Cecil Powell Park to the City's Capital Plan. The total cost for all eight play area projects is \$2,019,000.

## Grant Funds (47% of the Project's Revenue):

Grant funding totaling over \$1M is the key element for the success of the Play Area Project. Over the next 3 years, the City will apply for grants from King County Community Development Block Grant, State Recreation and Conservation Office and King County Youth Sports Facilities Grant and other local and regional organizations in order to finance the remaining costs of the Project.

## Des Moines Legacy Foundation/Community (10% of the Project's Revenue):

The Des Moines Legacy Foundation, a 501c3 Non-Profit Charity,



Tot Time participant at Field House play area

**"The removal of the Cecil Powell Park play area is a big loss to my neighborhood. It was the safe gathering place where my family and neighbors met to play and get to know each other. The removal of the play structure was devastating to me and my sense of community. That is why my family and Powell Homes have made contributions to the Legacy Foundation to help to have it replaced."**

—Brandie Holmes, Neighborhood Park Advocate

has established a partnership with the City and will contribute \$105,000 from an endowment provided to the Foundation from the estate of Phyllis Moore specifically for this purpose. The Foundation has also launched a community effort and will provide the conduit to raise an additional \$100,000 for the City's play areas. Contributions in any amount are welcome, tax deductible and may be made to:

Des Moines Legacy Foundation  
PO Box 13582  
Des Moines, WA 98198  
[www.desmoineslegacy.org](http://www.desmoineslegacy.org)

## Find Out More

Community involvement is welcome and necessary. For more details on the Citywide Playground Project, partnership opportunities or community engagement contact: Des Moines Parks, Recreation and Senior Services Director Patrice Thorell at [pthorell@desmoineswa.gov](mailto:pthorell@desmoineswa.gov) or 206-870-6527



Camp KHAOS at Field House Park play area

# Puget Sound Honor Flights

HONOR FLIGHT NETWORK IS A NON-PROFIT ORGANIZATION CREATED SOLELY TO HONOR AMERICA'S VETERANS for all their sacrifices. Western Washington's hub, Puget Sound Honor Flight, was established in March of 2013 with one goal: to recognize the local veteran population living in Western Washington.

Honor Flight transports our heroes to Washington, D.C. to visit and reflect at their memorials. Top priority is given to the senior veterans - World War II survivors, along with those other veterans who may be terminally ill. Waiting lists are now forming for Korean and Vietnam vets.

This trip is free to the veteran, and made possible solely through individual

donations and corporate support—NO Federal funds are allocated to this program. With the hard work and dedication of Honor Flight hubs throughout the U.S., and their communities, over 100,000 veterans have made this cathartic journey. Applications for Honor Flights are available at Des Moines/Normandy Park Activity center, 2045 S. 216th St.



## CONTACT/MORE INFORMATION

www.PugetSoundHonorFlight.org  
 info@PugetSoundHonorFlight.org  
 PO Box 434 | Grapeview, WA 98546  
 253.303.1130



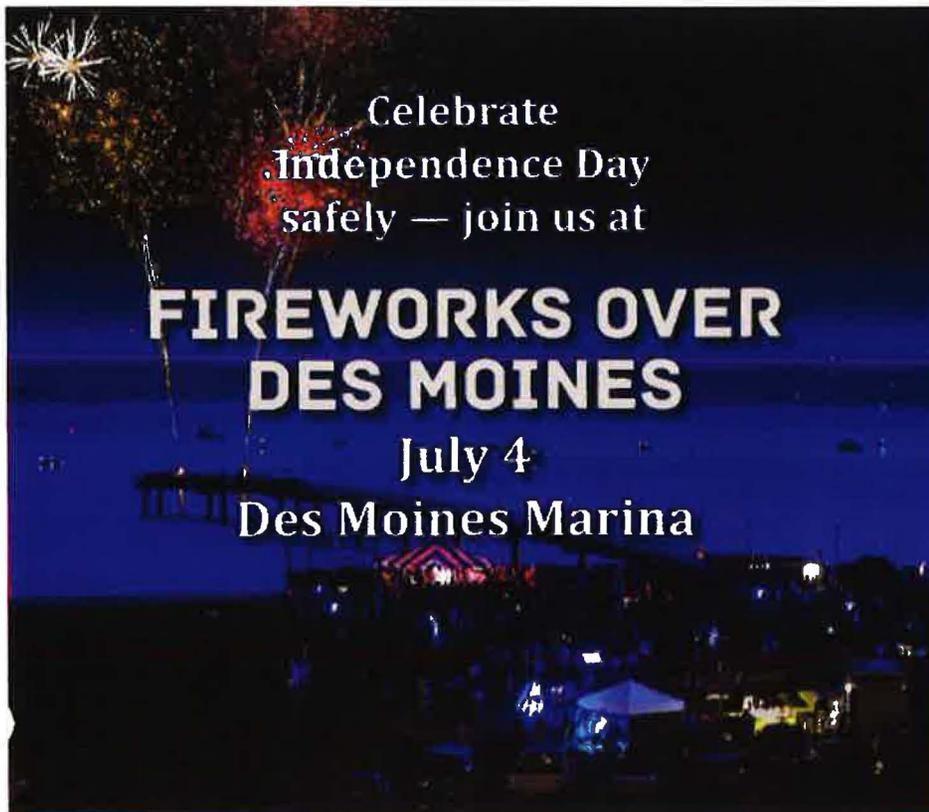
## South Twin Bridge— Joint Replacement Project

OCCURRING FRIDAY AUGUST 18TH THRU MONDAY AUGUST 21ST, the Washington State Department of Transportation will be assisting the City in a bridge joint replacement project.

The new joint will reduce current maintenance needs and help extend the service life of the bridge. It is anticipated that 16th Avenue South will be

completely closed between South 251st Place and South 263rd Place to perform this work and a detour route will be in place. Local access to residents will be accommodated.

If you have any questions, contact the City project manager Andrew Merges at 206-870-6568.



Celebrate  
**Independence Day**  
 safely — join us at

**FIREWORKS OVER  
 DES MOINES**

July 4  
 Des Moines Marina



DMMC 9.42.030  
**FIREWORKS PROHIBITED**  
 Except as authorized by a permit for the public display of fireworks, as defined in RCW 70.77.160, or for religious purposes as authorized by RCW 70.77.311(2), no person, firm or corporation shall manufacture, possess, sell, store, ignite, explode or discharge any fireworks or firecrackers within the city limits of the city of Des Moines. Violations of this ordinance is a Class 1 Civil Infraction \$513.00.

# Anna

When I heard that one of our volunteers at the Center was a Polish woman who was born in one of Nazi Germany's hellish prison camps, I had to meet her and hear her story. I didn't know what to expect. Maybe she didn't want to talk about it. How wrong I was. I asked her for an interview and we arranged to meet the very next day.

We started the interview, I was ready with notebook and pen. "Anna," I began, "start at the very beginning."

## This is her story.

by Lillian Claunch, Des Moines/Normandy Park Activity Center

*"In my family's state, Volynai, in east Poland (now Ukraine), my father, Joseph, was in the Polish Army Reserve. He was a radio operator and his orders came to report for duty. It was 1939, Germany had invaded Poland. As the Germans took over the town, Jews and gypsies were rounded up and sent to the train station to be relocated. Those families disappeared and probably never survived.*

*Toward the end of September of 1943, an order came to report to the train station or stay and be killed by the Ukrainian terrorists. My parents chose to leave, as my family had experienced many terrifying encounters with the terrorists. The terrorists targeted not only Polish people, but also community leaders.*

*My father was arrested and executed. Or so he thought. As he lay in the ditch, covered in blood, with bodies piled around him, he realized he was still alive. He kept still for a long time. The soldiers left eventually and my father managed to pull himself out of the mass grave. It took a long time for him to make his way back to his family. My mother described him as a walking skeleton.*

*Thinking the Germans had promised work, my parents and their three children boarded the train. They were loaded into boxcars. It was crowded; there was no place to sit. After two weeks with no food and very little water, they arrived in Dachau concentration camp.*

*The men were separated from the women and children. Everyone was documented.*

*During the months that followed, my father was getting weaker every day on the meager*



Anna Lidzbarski

*rations of one slice of bread and thin soup. Father knew that to survive he needed to have work assignments. People came to the camp to choose workers. Every day the men were required to stand at attention for roll call, and they were kept standing for a long time. If you fainted or fell down you were dragged away. He prayed he could remain standing. He was so weak he fell to one knee as soon as they were dismissed. This is the end, he thought. But someone asked if he had a family and he said yes and gave their names. He was told to meet his family at a truck and, with a few others, they were taken to Rosenheim labor camp. During the months that followed, my father and mother worked at repairing roads and bridges in the Rosenheim area.*

*I was born on May 1, 1944, in Rosenheim. My mother was taken to the*

*annex of the regular hospital, the one for the laborers that was also where medical experiments were done. She watched as I was washed in cold water straight from the faucet and placed on a bare table – no cover. I was supposed to be left there for the rest of the day, untouched, for experimentation. Suddenly the air raid sirens started and the doctors left. A kind nurse wrapped me in a blanket and brought me to my mother. "I am afraid she will die before she has a chance to be baptized," my mother cried. "Oh, I can fix that!" So the nurse took me to the village church. I was baptized and named Anna by the nurse. Her own name!*

*In Rosenheim, the prisoners were used as guinea pigs for experiments in developing and testing drugs. My sister, Halinka, died from the drug tests. My mother was allowed to see her son, Janusz, through a peephole in the door. It tore her heart to see him yet healthy, and speaking only German. After Halinka's death, my mother was determined to rescue her son. To get into the ward, she outfitted herself with mop and bucket and sneaked into the room where he was sleeping. She lifted her little son wrapped in the bedding, and climbed out the window.*

*In May of 1945, the camp was liberated by the American army. Snipers were shooting at the U.S. soldiers from town buildings and rooftops. There was heavy bombing. The allies tried to avoid hospitals, but they did target the big warehouse*

*close to the labor camp barracks. The blasts collapsed the barracks and we were buried under the rubble. It was pitch black and dusty. A soldier heard a baby*

**Anna will speak in more detail about her life in a special program titled *WWII Immigrant Survival Story*, Tuesday, June 27, 7pm, at the Activity Center, 2045 S. 216th St. For more details please call 206-878-1642.**

wailing and started digging. When the soldier pulled us out, my aunt told me he was a beautiful black man and she thought he must be an angel. We were lucky, but many others died. That day was our first encounter with the U.S. army.

For the next five years, we lived in refugee camps. The Army fed us with the same food they ate and in the mess hall with them. They were kind. And they made it possible for my family to come to America. "We owed them our lives."

I asked Anna what was her first memory. She replied, "I remember playing with other children in the rubble at a refugee camp. We found whistles that we blew to imitate the sound of a bomb before it exploded. Then we shouted boom! And laughed.

We sailed to America on a Navy troop carrier, the SS Tilton. Our sponsor was the National Council of Catholic Bishops.

Music greeted us when we landed in New Orleans. I was five and a half years old and I remember I was awed at the very young soldiers' beautiful red uniforms. "Those aren't soldiers, that is a high school band," people told us.

From there we travelled to Texas where our sponsors found work for us on a farm-nursery. My mother was ill, so we moved to San Antonio to be closer to medical help. Growing up in San Antonio, Texas, home of Lackland Air Force Base and Fort Sam Houston, there were always soldiers around. I was instructed to treat them with great respect. "American soldiers are angels here on earth, helping to set people free."

Anna stated her life in San Antonio and Poteet, Texas "was just an ordinary life; I grew up and went to school. My first husband, a Polish immigrant, and I had four children." Then she told me that her husband was killed in a head-on collision with a drunk driver. He was only 36. I didn't think a widow with four daughters would describe an "ordinary" life.

After six years, she met and married her second husband, a Boeing engineer, of Lithuanian heritage. The children were all grown when another tragedy befell Anna. After only ten years of marriage, her husband died of a heart attack.

Anna, full of life, has been active in the Polish community all her life in the U.S.A. Anna earned an AA in Tourism and Hospitality Management at Highline Community College. What a joy to have Anna as a volunteer in our kitchen every Thursday...and what an adventure I've had interviewing and writing her story!



# Fireworks Prohibited



**DMMC 9.42.030 prohibits all personal fireworks within the city limits of Des Moines. It is a Class 1 Civil Infraction to possess, sell, store, ignite, explode, or discharge fireworks of any kind except sparklers.**

**Violation of this ordinance is a Civil Infraction fine of \$513.00.**

The City of Des Moines invites you and your family to attend the public display of fireworks at the Des Moines Marina on July 4th.

## City of Des Moines, Washington



## BENCH DONATION PROGRAM

The City installs and maintains many park benches throughout the city. The Bench Donation program allows citizens and businesses to dedicate a bench to a family or friend for a ten year time frame. If you are interested in purchasing a bench to honor someone you know, please phone 206-870-6547 for more information or email [jbest@desmoineswa.gov](mailto:jbest@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 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. Funding for this program is provided by a Community Development Block Grant through King County.

Services provided include but are not limited to:

*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, hand rails, 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 and 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, have proof of home owner's insurance, and meet the HUD income guidelines for the program.
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.

# Des Moines Waterfront Farmers Market

THE DES MOINES WATERFRONT FARMERS MARKETS OPENING DAY is Saturday June 3rd from 10 to 2pm with our popular Food Truck-In, featuring over 10 Trucks. The Saturday market runs from June thru September.

Back again by popular demand is the Sunset Markets, every Wednesday from 4-8pm July thru August. Patrons can shop, have dinner at the food trucks and then walk a short distance into the Beach Park for the Arts Commission's Free Music in the Park series.

New this year is paid parking. Show your purchases at the info booth to receive your FREE two hour paid parking validation.

The market is happy to announce that with all our healthy eating programs for qualifying shoppers there will be available over \$1,000 worth of vouchers to hand out every market day (Sat & Wed).

The Market and King Conservation District is continuing our Healthy Eating Initiative for qualified seniors in our area. Last season the program

issued over \$15,000 worth of vouchers. Once individuals sign up they will receive a \$10 voucher for purchase of fruits and vegetables. Also included in the program is free door to door pickup service provided every other week by the Hyde Shuttle from Sound Generations of King County. Just call 206-727-6262 to schedule your pickup.

Also back this year at the market is another healthy eating initiative for low income families called Fresh Bucks. Come to the market, swipe your EBT card and it will double your dollars (up to \$10) per person. Both these programs are good on Saturday and Wednesday markets.

The Des Moines Area Food Bank will start their free snack and lunch program for children and teens on June 17th at the market. For the Sunset Markets they will afternoon snacks and supper. For more information on this program go to <http://www.myfoodbank.org/summermeals.html>



The popular Clutter to Cash sale is back again for three days this season. June 24, July 22 and August 19th. People can rent a booth space to sell your clutter (bring your own tables) or come to shop on Saturday during the Farmers Market hours.

To follow market's happen's every week, check the Waterland Blog for Wanolitto's Market Musing column, the web site DMFM.org or our weekly email newsletter.

The market's Board of Directors would like to thank our sponsors for generously contributing to help keep this vital community program so successful.



# MEET BEACH NATURALISTS



**Join trained volunteers and explore the beach with us!  
Look for signs at the beaches listed on the dates and times below.**

\*Lowest summer tides

**Richmond Beach, Carkeek Park, Golden Gardens, South Alki, Lincoln Park, Seahurst and Saltwater State Park:**

May 25	9:45am-1pm	June 11	11:30am-1:30pm	July 21	9am-noon
*May 26	10am-2pm	June 22	9am-noon	July 22	9:30am-1pm
*May 27	10:30am-2:30pm	*June 23	9:30am-1pm	*July 23	9:45am-1:45pm
*May 28	11:30am-3:30pm	*June 24	10am-2pm	July 24	10:30am-2pm
May 29	1-4pm	*June 25	10:30am-2:30pm	July 25	11:30am-2:30pm
June 8	10am-noon	*June 26	11am-3pm	August 20	9:30am-noon
June 9	10am-1pm	July 8	10am-noon	August 21	10am-12:30pm
June 10	10:30am-1:30pm	July 9	11am-1:30pm		

**Olympic Sculpture Park Beach:**

*May 27	10:30am-2:30pm	*June 25	10:30am-2:30pm	*July 23	9:45am-1:45pm
*May 28	11:30am-3:30pm	*June 26	11am-3pm	July 24	10:30am-2pm
May 29	1-4pm	July 8	10am-noon	July 25	11:30am-2:30pm
June 10	10:30am-1:30pm	July 9	11am-1:30pm	August 20	9:30am-noon
June 11	11:30am-2:30pm	July 21	9am-noon	August 21	10am-12:30pm
*June 24	10am-2pm	July 22	9:30am-1pm		

**Des Moines Beach Park:**

*May 27	10:30am-2:30pm	*June 26	11am-3pm	July 24	10:30am-2pm
*May 28	11:30am-3:30pm	July 8	10am-noon	July 25	11:30am-2:30pm
June 10	10:30am-1:30pm	July 9	11am-1:30pm	August 20	9:30am-noon
June 11	11:30am-2:30pm	July 21	9am-noon	August 21	10am-12:30pm
*June 24	10am-2pm	July 22	9:30am-1pm		
*June 25	10:30am-2:30pm	*July 23	9:45am-1:45pm		

**Dash Point State Park:**

*May 27	10:30am-2:30pm	*June 24	10am-2pm	*July 23	9:45am-1:45pm
*May 28	11:30am-3:30pm	*June 25	10:30am-2:30pm	July 24	10:30am-2pm
May 29	1-4pm	July 22	9:30am-1pm	July 25	11:30am-2:30pm

**Redondo Beach:**

*May 27	10:30am-2:30pm	*June 24	10am-2pm	July 22	9:30am-1pm
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**Blake Island State Park:**

*May 28	11:30am-3:30pm
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*Boat leaves Pier 55 at 11:30am, returns at 3:30pm. Beach Naturalists on board the Argosy boat and on the beach.*

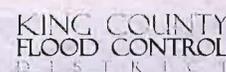
Visit [SeattleAquarium.org/beach-naturalist](http://SeattleAquarium.org/beach-naturalist) for more information and driving directions.

Interested in becoming a volunteer Beach Naturalist?

Email [BeachNaturalist@seattleaquarium.org](mailto:BeachNaturalist@seattleaquarium.org) or call (206) 693-6214 by March 15, 2017.

**The Beach Naturalist program is sponsored by the following partners:**

City of Burien • City of Des Moines • City of Shoreline • Seattle Department of Parks & Recreation



2017

# MOUNT RAINIER POOL

GOVERNED BY THE DES MOINES POOL METROPOLITAN PARK DISTRICT

## Sign up for SUMMER SWIM LESSONS

Our ever-popular daily summer swim lessons return Monday, June 19. Divided into two-week sessions, these lessons will run for four weeks until July 15. Sign up beginning May 15.

### Summer Closure for Renovation JULY 17 - SEPT. 17

During this period, your Des Moines Pool Metropolitan Park District will reinvest in the pool by replacing the pool liner and tile around the pool and in the locker rooms. A new bulkhead will be installed and a handicap access chair will be added to the deep end, in addition to general maintenance.

We apologize for the disruption. As always, our goal is to maintain a clean, safe, accessible and enjoyable facility for you.

**Check MtRainierPool.com for more details**



### Summer 2017 Schedule (June 19 - July 15)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 8 am	Available for rentals	Lap Swim		Lap Swim		Lap Swim	Swim Teams 6 - Noon
8 - 9 am		Lap Swim Water Exercise	Lap Swim Water Exercise	Lap Swim Water Exercise	Lap Swim Water Exercise	Lap Swim Water Exercise	Swim Lessons 10 - Noon Parent-Tot
9 am - Noon		Swim Lessons Lap Swim 11-Noon Family Swim 11-Noon	Swim Lessons FITT Silver Seniors 10-11 FITT Beginner 11:30-12:30 Lap/Family Swim 11-Noon	Swim Lessons Lap Swim 11-Noon Family Swim 11-Noon	Swim Lessons FITT Silver Seniors 10-11 FITT Beginner 11:30-12:30 Lap/Family Swim 11-Noon	Swim Lessons Lap Swim 11-Noon Family Swim 11-Noon	FITT KIDZ Boot Camp* Noon -12:30 FITT KIDZ Yogi Bears Noon -12:30
Noon -1 pm		Senior/Family/Lap Swims	Senior/Family/Lap Swims	Senior/Family/Lap Swims	Senior/Family/Lap Swims	Senior/Family/Lap Swims	Lap Swim Noon - 1
1 - 2 pm		Lap/Family Swims	FITT Combo Challenge 1-1:45 Lap/Family Swims	Lap/Family Swims	Flow Motion Lap/Family Swims	Lap/Family Swims	Open Swim 1 - 2
2 - 3:30 pm		Special Events	Special Events	Special Events	Special Events	Special Events	
4 - 5:30 pm		Swim Lessons Swim Teams	Swim Lessons Swim Teams	Swim Lessons Swim Teams	Swim Lessons Swim Teams	Swim Lessons Swim Teams	\$1 Open Swim (First Saturday only) 2 - 3
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	Available for rental 2 (3) - 10
7 - 8 pm		Open Swim	Water Exercise King Aquatics	Open Swim	Water Exercise King Aquatics	Open Swim or Pool Rental**	
8 - 9 pm		FITT Boot Camp 8-8:45 Lap Swim Water Exercise	Open Swim	FITT Boot Camp 8-8:45 Lap Swim Water Exercise	Open Swim	Lap Swim unless pool is booked with Pool Rental	

\*Flow Motion KIDZ Boot Camp begins Feb. 18. All Flow Motion classes require reservation. For price information and to register online, visit: [www.FittBalance.com](http://www.FittBalance.com)

\*\* Friday nights beginning at 7 pm may be subject to frequent changes due to pool rentals which will run to 8:30 pm

Please call the pool to verify schedule: 206.824.4722



Sign up beginning May 15

*It's always summer at  
Mount Rainier Pool!*



22722 - 19<sup>th</sup> Ave S • Des Moines • 206-824-4722

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

# Rec'n Roll

Des Moines Parks, Recreation and Senior Services



www.desmoineswa.gov | Recreation 206-870-6527 | Senior Services 206-878-1642 | Meeting & Facility Rental 206-870-9370

## 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

ID	Facility / Address	Acreage	Facilities / Programs																		
			PLAY AREA	BALLFIELDS	RESTROOMS	PICTICKING	BASKETBALL HOOPS	FISHING PIER/BOATWALK	TENNIS COURTS	NATURAL AREAS/TRAILS	RECREATION CENTER	WALKING PATH	SCENIC VIEW	BOAT DOCKAGE/LAUNCH	PARKING	BICYCLING	FACILITY RENTAL	BEACH	SKATEBOARDING	ART / HISTORICAL SITE	SEATING
1	Barnes Creek Trail Kent-Des Moines Road to 15th Ave. S.	1.2																			
2	Big Catch Plaza SVW corner of S. 216th & Marine View Dr. S.	0.2																			
3	Cecil Powell Park 250th & 13th Pl. S.	0.2																			
4	Des Moines Activity Center 2045 S. 216th Street																				
5	Des Moines Beach Park-Historic District 22030 Cliff Ave. S.	19.6																			
6	Des Moines City Hall 21630 11th Ave S.	N/A																			
7	Des Moines Creek Trail Access at S. 200th St. (SeaTac), 18th Ave. S. & 216th St. and 13th Ave. S. & S. 211th St.	9.58																			
8	Des Moines Marina 22307 Dock Ave. S.	45																			
9	Des Moines Memorial Park Marine View Dr. S. & Des Moines Memorial Dr.	0.1																			
10	Dr. Shirley B Gordon Park 2194 S 262nd Ct.	0.86																			
11	Field House Park/Community Center 1000 S. 220th St.	5.2																			
12	Kiddie / City Park S. 230th St. & 21st Ave. S.	3.2																			
13	Midway Park S. 221st & 29th Ave. S.	1.6																			
14	Mt. Rainier Pool 22722 19th Ave. S.																				
15	Overlook I Park Corner of S. 223rd & Cliff Ave. S.	0.1																			
16	Overlook II Park S. 222nd & 5th Ave. S.	0.5																			
17	Parkside Park S.244th St. & 25th Ave. S.	4.4																			
18	Parkside Wetlands 248th St. & 26th Ave.	14																			
19	Redondo Pier, Boat Launch & Boardwalk Redondo Beach Dr. & Redondo Way	2.79																			
20	S. 251st Park S. 251st St. and Marine View Dr. S.	5.5																			
21	Sonju Park 24728 16th Ave. S.	9.3																			
22	South Marina Park NE corner of S. 227th & Dock Ave. S.	0.8																			
23	Steven J. Underwood Memorial Park 21800 20th Avenue South	20.5																			
24	Water Tower Park 208th between 5th & 6th	1.34																			
25	Westwood Park 6th Ave. S. & S. 192nd St.	1.34																			
26	Woodmont Park Woodmont Dr. S. & 12th Ave. S.	8.7																			
27	Wooton Park 28202 S. 9th Ave.	2.3																			
28	Zenith Overlook/Beach Access NW corner of S. 239th & Marine View Dr. S.	0.1																			
29	Zenith Park NW corner of S. 240th & 16th Ave. S.	5.5																			



FACILITIES / PROGRAMS SITES

## BLUE PRINT FOR LIVING

A series of workshops and presentations designed to enhance your independence. Presentations are free unless otherwise noted and held at the Des Moines Activity Center.

### Des Moines Food Bank—Learning Garden Truck—All About Medicinal Herbs

In this one hour class we will be tasting herbs from the On-the-Grow learning garden truck, a program of the Des Moines Area Food Bank. Their mission is to reconnect our community to healthy food, nutrition, and gardening. There will be discussion about herbs and what ailments they help as well herbal teas including those herbs. Participants will also be planting herbs to take home and grow.

Tue	May 25	10am - in Spanish
Tue	Jun 6	11am

### King Co. Tax Assessor—What's Up?

King County tax assessor, John Wilson, will join us to answer questions on your 2017 property taxes and provide details on the King County property tax exemption for seniors.

Wed	May 31	11am
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### Essential Oils 101

Essential oils can enhance so many areas of your daily life. They are often used for immune support, relaxation, sleep, stress relief, emotional balance, skin care, respiratory health, green cleaning, and even muscle tension and pain. In this class, you'll learn about essential oil safety, how essential oils are produced, and common methods of use. Presented by Sukha Healing Arts Center.

Tue	Jun 13	1pm
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### Aging with Pride

Listen to a personal perspective on aging in the LGBTQ community. Learn about the services and information Generations with Pride Organization offers for providers of care to LGBTQ older adults and their families.

Thu	Jun 15	1-3pm
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### Hand Therapy—Get HAPPY Hands!

Are your aching hands keeping you from activities you enjoy? Join us for this informative presentation on hand therapies. Focus of the presentation will be common hand diagnoses, hand arthritis, and hand joint protection. Presented by Highline Physical Therapy – Tukwila

Wed	Jun 28	11am
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### MaST Center Touch Tank

The MaST Center is the marine biology and aquarium facility of Highline College dedicated to expanding knowledge about Puget Sound. The facility Aquarium holds over 15 tanks totaling approximately 3,000 gallons of flow-through seawater from Puget Sound and displays over 250 native marine species. Touch and learn about some of the sea creatures they care for. This event is at the Activity Center.

Thu	Jun 29	11am
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### Energy Efficiency Presentation

Eco Consulting will host a workshop to educate our community about PSE's Home Energy Assessment. Come learn more about this free program for all PSE customers. They install up to 20 LED light bulbs to replace any incandescent bulbs in the house, leave up to 2 shower heads and up to 4 aerators, and do an

energy assessment to educate customers about PSE rebates and ways to save energy/money. All their recommendations are completely unbiased because they do not offer any additional services or sell any products at any point.

Thu	Jul 13	1pm
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### HopeLink—Transportation Choices for Seniors and Veterans

Join us to learn about transportation resources for seniors and veterans. We provide one-on-one instruction on how to use trip planning applications, how to qualify for free trips to doctors' appointments and reduced bus fares for seniors, and specialized information for veteran transportation. Stop by to get your free pedestrian visibility kit and learn new ways to get around town!

Wed	Jul 19	11am
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### NABOSO Technology Demonstration

Naboso (meaning "barefoot" in Czech) is the first-ever small nerve proprioceptive training surface in the industry. They develop only the greatest education and products that are backed by science to help you move better. Learn about the new surface technology that will be used during our new balance and movement class starting in the fall.

Wed	Aug 9	11am
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### ORCA Reduced Fare Permit

Get your SENIOR reduced price ORCA card here...not available at the local vendors. Adult, youth, senior and disabled regional reduced fare permits, E- purse value or a monthly pass.

Tue	Aug 15	10am-12 noon
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## 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.



### IN NEED OF FINANCIAL ASSISTANCE?

Complete an application **call 206-870-6527.**

### 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)

## SENIOR OUTINGS

### OUT TO LUNCH

Enjoy a no-host lunch at new and old favorite eateries around the Sound. All trips depart between 10-10:45am and return about 2pm.



Fri	Age 50+	\$10 transportation
Jun 9	Bogey's Public House Restaurant	Auburn Golf Course
Jul 14	Beach House Bar & Grill	Kirkland
Aug 11	Lobster Shop	Tacoma
Sep 8	Ray's Boat House Café	Ballard

### Horticulture Outings

Explore lush and varied Northwest gardens and nurseries. Lunch at local eateries or bring a sack lunch. Note: Transportation fee does not reflect no-host lunch or garden admission fees.

Fri	Age 50+	\$10 Transportation Fee
Jun 16	9am	Bellevue Botanical Garden

Lunch at TBD.

Jun 30	9am	Vashon Island Tour
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\$4 garden tour paid at the garden. \$5 for ferry-paid at registration.  
Lunch at Vashon Golf Course.

Jul 14	9am	Plantasia, New Urban Garden/Dan's Dahlias, Olympia
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Lunch at Budd Bay.

Jul 28	9am	Port Orchard Garden Tour & Gig Harbor Nursery
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Brown bag fast food lunch.

Aug TBD

Sep 1	9am	Dunn Garden, Seattle
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\$5 for garden tour paid at registration. Lunch TBA.

### Golf Outings

Enjoy playing 9 holes at Puget Sound courses. Transportation is available on a first paid basis or meet at the course. All players draw numbers to determine playing partners and tee position. Departure is 8-8:30am and return time varies.

Mon	Age 50+	\$10 Transportation Fee
May 22	Mount Si	Snoqualmie \$27
Jun 5	Madrona	Gig Harbor \$20
Jun 19	Mystery Trip	Mystery \$18
Jul 3	Cascade	North Bend \$17
Jul 17	Lipoma	Puyallup \$17
Jul 31	Alderbrook	Union \$25
Aug 14	Brookdale	Tacoma \$18
Aug 28	Twin Rivers	Fall City \$20
Sep 11	Rolling Hills	Bremerton \$21

## DAY TRIPS

Explore the Northwest and leave the driving to us!

Age 50+ and travel days vary.

<b>The Reptile Zoo, Monroe</b>			
Wed	May 17	9:30-3pm	\$20

<b>New Leaf Enterprises Tour &amp; Dockside Cannabis Store, South Park</b>			
Wed	May 24	8:45am-3pm	\$12

<b>US Naval UnderSea Museum, Keyport</b>			
Wed	May 31	9am-3pm	\$12

<b>Gig Harbor Water Front District, Gig Harbor</b>			
Wed	Jun 7	9am-4pm	\$15

<b>Twin Falls Hike, North Bend</b>			
Wed	Jun 14	9am-4pm	\$10

<b>Cougar Mountain Zoo, Issaquah</b>			
Wed	Jun 21	9:30am-3pm	\$24

<b>Sherwood Press Tour, Olympia</b>			
Wed	Jun 28	9am-2pm	\$12

<b>Emerald Downs Tour and Race, Auburn</b>			
Sat	Jul 1	10:15am-4pm	\$10

<b>Kirkland Uncorked Wine Festival, Kirkland</b>			
Sat	Jul 15	10:15am-3:30pm	\$42

<b>Take in Downtown La Conner, La Conner</b>			
Wed	Jul 19	8:45am-5pm	\$15

<b>Kayak Des Moines, Des Moines Marina</b>			
Wed	Jul 26	11am-1:30pm	\$tbd

<b>Tacoma Beer &amp; Blues Festival, Tac</b>			
Sat	Aug 5	12:30-6pm	\$38

<b>Wild Felid Advocacy Center Tour (Big Cat Sanctuary), Shelton</b>			
Thu	Aug 10	9:30am-4pm	\$35

<b>Whidbey Art Trail, Whidbey Island</b>			
Wed	Aug 16	8:45am-5pm	\$15

<b>Leavenworth Excursion, Leavenworth</b>			
Wed	Aug 23	7:45am-6pm	\$25

<b>Mt. St. Helens Learning Center and Observatory, Castle Rock</b>			
Wed	Aug 30	8:30am-5pm	\$25

### SAVE THE DATE: Legacy Foundation's Bids for Kids Auction

Wednesday, July 12 held at the Beach Park during the "Smoke on the Water Community BBQ" and the start of the "Summer Concert Series". This auction supports activities and after school programs for low-income youth. No ticket required.

More info at [www.desmoineslegacy.org](http://www.desmoineslegacy.org)



## ADULT & SENIOR FITNESS

### 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. Co-sponsors are Group Health and Sound Generations. *Instructor: Yu San Gartz*

Adults			Field House
T/Th/F	Jun 1-30**	8-9am or 9:20-10:20am	\$42
T/Th/F	Jul 6-28	8:20-9:20am	\$33
T/Th/F	Aug 1-31	8:20-9:20am	\$42

\*\* Starting June 19th, hours change to 8:20-9:20am



### Tai Chi

This class will introduce basic movements of Tai Chi with emphasis on the no-impact, relaxed, flowing movements which aid in balance, increase strength and vitality. By the end of the 6 weeks, students will have learned the movements from the 24

pattern form. This course is geared toward students who are new to Tai Chi, but all students, regardless of experience are welcome. Wear comfortable loose clothing. *Instructor: John Lindsay.*

Adults		Beach Park Dining Hall	
Mon/Wed	May 15- Jun 19	11am-12pm	\$60
Mon/Wed	Jul 10- Aug 9	11am-12pm	\$60
Mon/Wed	Aug 21-Sep 25	11am-12pm	\$60

### Sunday Walks

Gary McNeil with Des Moines Legacy Foundation is hosting local walks on a Sunday each month. Unless otherwise noted, interested individuals should meet at the base of the fishing pier in the Des Moines Marina. Updates are on the meetup.com – search Des Moines Waterland Walking Group.

<b>Sun</b>	<b>May 21</b>	<b>11am</b>
Meet near the fishing pier at Des Moines Marina		
<b>Sun</b>	<b>Jun 18</b>	<b>11am</b>
Meet near the restrooms in Saltwater State Park		
<b>Sun</b>	<b>Jul 16</b>	<b>11am</b>
Meet near the fishing pier at Des Moines Marina		
<b>Sun</b>	<b>Aug 20</b>	<b>11am</b>
Meet near the fishing pier at Des Moines Marina		

### Senior Dance

Dancing stimulates your mind, body and soul! Waltz, Jitterbug, Swing...move to the live music of Randy Litch on our beautiful hard wood floor. Stafford Healthcare provides hot beverages. Adults of all ages welcome!

Adult		Activity Center	
Sun	May 28	1-3pm	\$5
Sun	Jun 25	1-3pm	\$5
Sun	Jul 23	1-3pm	\$5
Sun	Aug 27	1-3pm	\$5



"They made me laugh out loud, which is harder to do these days."  
-Participant

### Dance for Parkinson's (For adults with movement issues)

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 thoughts, 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 is necessary. Classes are based on the Dance for PD (trademark) 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 [www.nwpcf.org/participate](http://www.nwpcf.org/participate) or call 877-980-7500.

Adults	\$5 Suggested Donation	Activity Center
Mon	Jun 5-Jul 24	2-3:30pm

### Medical Lending Closet

Are you slated for surgery and need medical equipment such as a bath bench, walker or commode during rehab?

Check out our Medical Lending Closet because you just might find what you need.

- Donation suggested.
- Equipment is available for short-term use.
- Available on a first-come basis.



We gladly accept clean equipment donations such as transport wheelchairs, shower & transfer benches and commodes.

**Medical Lending Closet**  
Des Moines Activity Center  
2045 South 216<sup>th</sup> Street – Des Moines, WA  
206-878-1642

## CLASSES



### AARP Smart Drivers

Discover how to be more aware in today's traffic. Reinforce your good habits and iron out the bad habits. Upon completion of

the course, your certificate will get you a discount on your auto insurance as required by state law.

**Adults Age 50+ \$15 AARP Member/\$20 Non Activity Center**  
 Tue/Wed Aug 15 & 16 10am-2:30pm

### Red Cross CPR/First Aid Course

Are you prepared to babysit your grandchildren this summer?! Let's make sure you are ready to take on any situation that might arise while watching the little bundles of joy. Join Red Cross instructor, Glen Hance, as he walks you through basic first aid skills and the newest version of CPR. Have a happy and safe summer with your grandkids!!

**Mon Activity Center**  
 Jun 26 9am-12pm \$30

### Self-Defense Workshop

Finally you have more time for classes, fun events, and travel—but are you now concerned that you'll be seen as an easy target? Maintain your independence by learning a few tips, tricks, and skills to protect yourself. You will learn to recognize when someone is looking at you like a victim, how to evade and thwart their plans, and a few simple yet highly effective physical moves to surprise and stun your attacker. Athletic prowess not required! EmPOWERment has never been more fun! This is a great class to take with your friends and is structured for both men and women. *Instructor: Joanne Factor from Strategic Living.*

**Thu Activity Center**  
 Jun 22 1:30-3:30pm \$49

### Garden Art Workshops

Add a bit of whimsy to your garden this summer! Create unique, one of a kind works of art to display in your yard. All levels of craftiness are welcome! Join instructor Wilma Kuntz for one or all of our workshops.



**Wed 9-11am Activity Center**

May 17	Turtles	\$10
Jun 14 & 21	Angels	\$25
Jul 12 & 19	Plate Flowers	\$25
Aug 16 & 23	Memorial Display	\$25



### Metro Transit LINK Instruction Program

Are you interested in learning more about riding public transportation in King County but are unfamiliar with or reluctant to use the Link light rail system? Metro Transit Instructional Training Program provides a classroom style orientation on the use of public transportation, as well as offering a guided community instructional outing on King County public transportation system (five or more individuals) and Metro pays the fare. This presentation is a prerequisite to the field trip.

#### Part One Metro Transit LINK: In-House Presentation

Time will be focused on how to ride and navigate LINK light rail. Some of the subjects covered are boarding, recognizing all the information at a bus/LINK stop, transferring from LINK to buses, and problem solving skills while on LINK. The presentation also includes using your ORCA card, paying with cash, and much more.

**Tue Activity Center**  
 Jul 11 9:30-11am Free

#### Part Two Metro Transit LINK: Community Instructional Outing

This is your chance to practice what you learned during the presentation. The escorted trip will help you to have the confidence and skills to be successful and independent as you ride the LINK light rail. The destination is from the new Angle Lake LINK Station to the UW/Husky Stadium Station, with a stop at the International District Station for lunch: Uwajimaya, anyone?

**Wed Activity Center**  
 Jul 12 9:30am Free

### Seniors Making Art - Comic Book Memoir

Identify the best of our personal stories and illustrate them through the medium of comic art. With memory exercises and writing prompts, we'll unearth great content. Through drawing exercises and informative talks, we'll learn the ins and outs of comics' language. Draw inspiration from the work of professional comic writers like Roz Chast's "Can't We Talk About Something More Pleasant?" and Joyce Farmer's "Special Exits." Bring your ideas, your favorite pencil, and your enthusiasm to this free course! *Instructor: Kelly Froh. Course donated by the Des Moines Legacy Foundation.*

**Thu Activity Center**  
 Jul 6-Aug 31\* 1pm  
 \*No class July 27

# Art on Poverty Bay – Walking Map



**1**  
Kelly Barker  
A Gentle Nudge



**2**  
Ben Dye  
Harpoon



**3**  
Anita Corby  
Spirit of Des Moines



**4**  
PSSC Dale Copeland  
Graduated Progression



**5**  
Leo Osborne  
Expecting to Fly



**6**  
Gretchen Daiber  
Yakutat



**7**  
Sara Ybarra Lopez  
Dreaming Chicken



**8**  
Sabah Al-Dhaher  
Beginning



**9**  
George C Scott  
Compass Rose



**10**  
John Hicks  
Pier Group



**11**  
PSSC Dale Copeland  
Blackfish



**12**  
Chandelle Anderson  
Celebrating Life in Des Moines



**13**  
Richard Beyer  
Big Catch



**14**  
George C. Scott  
Octavia



**15**  
Richard Beyer  
Beyer Panels



**16**  
Mark Twain Stevenson  
Turtle Island Puget Sound



**17**  
Pat McVay  
Tailslap



**18**  
Kris Vermeer  
Tree of Life



**19**  
Mark Twain Stevenson  
Ruby Beach Woman



**20**  
Karsten Boysen  
Vector



**21**  
John T. Young  
The Redondo Arch



**DES MOINES PUBLIC ART AND OUTDOOR GALLERY**  
www.desmoinesartscommission.com



## ADULT ENRICHMENT

### American Boating Course

Learn the essential information to operate a boat including, 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 and all materials. Students are responsible for picking up supplies. Instructor: Poverty Bay Power Squadron.

**Ages 12-Adult \$40 Public Works & Parks Service Ctr.**  
 Sat Jun 3 8am-4pm

### Dog Obedience

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	Field House	R/NR
Tue	May 23-Jun 27	7:15-8:15pm	\$95/\$105
Tue	Jul 18-Aug 22	7:15-8:15pm	\$95/\$105



### WWII Immigrant Survival Story

Born in the German Labor Camp, Dachau, during WWII, this is the amazing survival story of Anna Lidzbarski and her family. Named by the kind German nurse who saved her life at birth, Anna will tell her amazing story of survival, liberation, refugee camps and finally to the United States in the late 40's, landing in New Orleans. Anna, full of energy, has been active in the Polish community all her life in the U.S.A. Anna earned an AA in Tourism and Hospitality Management at Highline Community College. Anna is currently a volunteer in our nutrition program every Thursday.

**Adults** Activity Center  
 Tue Jun 27 7pm

# 2017 Beach Park Summer Concert Series

## WEDNESDAYS IN THE BEACH PARK MEADOW 7PM TO 8:30PM

**Cordaviva**  
Latin Dance Music  
07.12.17

**Bobby Medina**  
Latin/Jazz  
7.19.17

**Fun Addicts**  
Variety  
07-26-17

**David Bowie**  
Tribute Band  
08.02.17

**Alma y Azucar**  
Latin & Jazz  
08-09-17

**Cherry Cherry**  
Neil Diamond Tribute Band  
08-16-17

**Mantra**  
Santana Tribute Band  
08-23-17

**MORE DETAILS AT THE DMAC WEBSITE**  
[www.desmoinesartscommission.com](http://www.desmoinesartscommission.com) or call 206.870.6527



## Recreation Scholarships

**FRIENDSHIP, FITNESS, FUN - THE BENEFITS ARE ENDLESS!**

The City of Des Moines Parks, Recreation and senior Services strives to make all programs and activities accessible to all people regardless of income. Scholarships will be granted on a percentage discount, depending on individual circumstances. All information will remain confidential. To be eligible for a scholarship, you must reside within the City limits of Des Moines, WA and meet the family size/yearly income requirements. Applicants meeting eligibility guidelines are awarded up to \$150 per quarter per calendar year. Applicants will be required to provide proof of identification, residency and income. Scholarship applicants must be approved prior to registration. Call 206-870-6527 for more information.

HOUSEHOLD SIZE	1	2	3	4	5	6	7	8
50% DISCOUNT	\$21,987	\$29,637	\$37,296	\$44,955	\$52,614	\$60,273	\$67,951	\$75,647
75% DISCOUNT	\$18,711	\$25,232	\$31,752	\$38,273	\$44,793	\$51,314	\$57,850	\$64,402
90% DISCOUNT	\$15,444	\$20,826	\$26,208	\$31,590	\$36,942	\$42,354	\$47,749	\$53,157

**Example: If your family size is 2 and your income is \$20,826 or less, you are eligible for a 90% scholarship.**

## REGISTRATION INFORMATION

### 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  
Fax 206-878-2260  
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.

### Inclement Weather:

During periods of inclement weather radio stations will report school closures and changes. Please listen for the Highline School District report. For programs held in Federal Way schools, listen for the Federal Way School District report.

**School Closed:** All Des Moines Recreation & Senior Services Department programs are cancelled.

### School Open/1-hour Late Arrival:

All non-Club KHAOS (check parent packet for details) recreation programs will operate as scheduled. Senior programs prior to 10am are cancelled. Senior programs held after 10am – call 206-878-1642 for updated information.

### School Open/2-hour Late Arrival:

All recreation and senior programs held prior to 11am are cancelled. Recreation programs held after 11am will be scheduled as usual. Senior programs held after 11am – call 206-870-6527 for updated information.

When inclement weather occurs during school holidays, evenings or weekends, call 206-870-6527 or 206-878-1642 (Senior Programs) for updated information.

### HOLIDAY CLOSURES

Monday, May 29

Tuesday, July 4

Monday, September 4

## TEEN

### 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	DM Police Station	R/NR
Sat	May 20	8:30-2:30pm \$56/\$68
Sat	Jul 15	8:30-2:30pm \$56/\$68

## ADULT LEAGUES

### Adult Men & Coed Softball League

Fall ball is approaching soon! Get to first base with your team and sign-up for a 14-game season topped off with a single elimination post season tournament.

**Registration Deadline: Jul 11**  
**Coaches Meeting: Jul 11**



**Adults \$960R/\$1,045NR**  
**Coed Recreation Division Mon Evenings Starts Aug 7**  
**Men's Recreation Division Tue Evenings Starts Aug 8**

### New! Adult Kickball League

Join us to rediscover your grade school glory days with a Des Moines Kickball Team. Register as a team or as a free agent. 7 game season with single elimination tournament.

**Registration Deadline: May 29**  
**Coaches Meeting: May 29**

**Teams \$350R/\$450NR**  
**Free Agents \$40R/\$45NR**  
**Coed Recreation Division Mon Evenings Starts Jun 5**

**Save the Date**  
**3rd Annual**

**ARTS On Poverty Bay GALA**

*Support Des Moines Arts!*  
**ARTS AUCTION, APPETIZERS, DESSERTS & WINES**

**September 22, 2017, 5pm-9pm**  
**Des Moines Beach Park Auditorium**  
**TICKETS \$50**

**ON SALE at 206-870-6527 Field House, Salon Michelle, & BROWNPAPERTICKETS.COM**

## Picnic in the Park!

Be part of a returning summer activity featuring a nutritional lunch, snack and supervised recreation activities. At Midway Park trained Parks and Recreation staff lead activities that promote fun, fitness, creativity and offer youth the opportunity to develop friendships through active play, arts and crafts, games and team building. Children are free to come and go during the day and pre-registration is suggested. Drop-ins welcome!

**FREE!**

### Ages 1-18

**Midway Park**  
Lunch 12:30-1:00  
Snack 2:45-3:00

**Field House Park**  
Lunch 11:30-12:00  
Snack 2:45-3:00

**Parkside Elementary**  
Lunch 12:30-1:00  
Snack 2:15-2:25

**Woodmont Library**  
Lunch 1:00-1:30

**Redondo Beach (Boardwalk)**  
Lunch 11:30-12:30  
Snack 2:00-2:30

**Beach Park**  
Snack 2:45-3:00

**Farmers Market**  
Sat (Jun-Aug) Snack 10:00-11:15  
Lunch 11:30-1:00  
Wed (Jul-Aug) Snack 3:45-4:30  
Supper 4:30-6:30



*Note - Meal times and dates are subject to change and no service on July 4.*

## YOUTH CAMPS

### Youth Sailing Camp

Designed for kids, this course combines on-the-water experience with dock-side activities and trainings. Focus is on safety on the water, sailing basics nomenclature, wind awareness, rigging, rules of the road and sailing etiquette. On the water instruction takes place just west of the main breakwater. Instructors accompany students with a chase boat.



**Age 11-15**      **\$60R/\$70NR**      **Des Moines Marina**

#### Beginning Youth

Mon-Fri	Jul 24-Aug 28	1-4pm
Mon-Fri	Jul 31-Aug 4	5-8pm

#### Intermediate Youth\*

Mon-Fri	Aug 7-11	5-8pm
Mon-Fri	Aug 14-18	1-4pm

*K2 Camp participants are eligible for fee reduction on their Camp Khaos weekly fee.      \* Must be approved by instructor*

### CSI Forensic Kids Camp

Students will participate in exercises that include techniques used in forensic crime scene processing. Campers will learn techniques, terminology and play crime scene related games.



We will have a mock crime scene for students to investigate. Students will also practice fingerprinting, developing and lifting fingerprints, collecting and documenting evidence, and maintaining the chain of custody of evidence.

<b>Age 8-11</b>	<b>Founders Lodge</b>	<b>R/NR</b>
Thu	Jul 20	10am-3pm      \$50/\$60

<b>Age 12-18</b>	<b>Founders Lodge</b>	<b>R/NR</b>
Thu	Aug 10	10am-5pm      \$80/\$90

## OUTDOOR FAMILY MOVIE NIGHTS

**Fri @ Dusk, Beach Park Meadow**

**Aug 4: Moana      Aug 11: Sing**

## YOUTH ACTIVITIES

### Indoor Tot Time

Keep your little ones active with age appropriate exercise and play! We will have fun tumbling mats, ride-on toys, and age-appropriate sports equipment available on hand. Join in the fun and watch them make new friends along the way.

<b>Ages 2-5</b>	<b>\$20 Punch Card or \$3 Visit</b>	<b>Field House</b>
Mon/Wed	Now-Jun 12	10am-12pm

### Mini Kickers

Start soccer off right with an introduction to warming-up, stretching, dribbling, passing, shooting and defensive work. It's a great opportunity for kids to meet other kids from the community. Facilitators: Staff.

<b>Age 3-5</b>	<b>R/NR</b>	<b>Field House</b>
M/W/Th	Jun 19-22	\$30/\$35      5-6pm
M/W/Th	Aug 14-17	\$30/\$35      9-10am

### 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. Uniform optional and available from instructor.

### Tiny Tigers Kung Fu & 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.

<b>Ages 3-6</b>	<b>4:20-4:50pm</b>	<b>R/NR</b>	<b>Field House</b>
Wed	Jun 21-Aug 9	\$92/\$105	

### Tiger Kids/Family Martial Arts & Fitness

Kids & their parents or just the kids can have fun while developing coordination, focus and fitness. Students can progress in Belts & learn the simple moves of Taekwondo/Karate to the cool moves of the Ninja Turtles (Kobudo Weaponry) and Kung Fu step by step promoting confidence, achievement & safety skills. Bag Kicking & Jedi Warrior sparring also for fun.



<b>Age 7+</b>	<b>4:50-5:30pm</b>	<b>R/NR</b>	<b>Field House</b>
	<i>Colored belts 4:50-5:45pm</i>		
Wed	Jun 21-Aug 9	\$92/\$105	

### 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

<b>Age 12+</b>	<b>5-6:30pm</b>	<b>R/NR</b>	<b>Field House</b>
Wed/Fri	Jun 2-30	\$31/\$38	
Wed/Fri	Jul 5-28	\$31/\$38	

## LEAGUES

### Flag Football *Volunteer Coaches Needed!*

Registration is open between May 15 and Jul 14. Birth Certificates are required. Coed grades 3-4, coed grades 5-6, coed grades 7-8.

<b>Season Dates:</b> Jul 25-Oct 1	<b>Des Moines Fields</b>	<b>R/NR</b>
May 15-Jun 30		\$71/\$84
Jul 1-Jul 14		\$81/\$95

### Fall Youth Recreation Soccer League

Registration is open between June 5 and Aug 4. Birth Certificates are required. U-6 coed age 3-5, U-8 coed age 6-7, U-10 boys age 8-9, U-10 girls age 8-9.

<b>Season Dates:</b> Aug 21-Oct 28	<b>Des Moines Fields</b>	<b>R/NR</b>
Jun 5-30		\$71/\$84
Jul 1-Aug 4		\$81/\$95

### Coaches Meeting Information-6:00pm

Coach Pitch	May 23	Field House
T-Ball	May 23	Field House
Flag Football	Jul 11	Field House
Fall Soccer	Aug 8	Field House

## SPORTS CAMPS

### Baseball Camp

*Hitting-Throwing-Fielding-Games & Scrimmages*

This youth baseball camp for children 8-13 years is well suited for all players, from the aspiring to the elite. Instructor Steve Goucher is a former professional baseball player and Atlanta Braves scout. Steve has over 15 years' experience instructing baseball at all levels. Many of his students have gone on to play college baseball, with a few in the big leagues. Advanced registration is required.

<b>Mon-Thu</b>	<b>Steven J Underwood Park</b>	<b>R/NR</b>
Jun 19-22	9am-12pm	\$132/\$147
Aug 28-31	9am-12pm	\$132/\$147

### 1 on 1 Private Baseball Instruction

Work with instructor Steve Goucher to sharpen individual skills in a one on one setting. Only two 30 minute sessions available each day.

<b>Mon-Thu</b>	<b>Steven J Underwood Park</b>	<b>R/NR</b>
Jun 19-22	12:15-12:45	\$35/\$40
Jun 19-22	12:45-1:15pm	\$35/\$40
Aug 28-31	12:15-12:45	\$35/\$40
Aug 28-31	12:45-1:15pm	\$35/\$40



### Basketball Training/Clinic

Des Moines Parks and Recreation is the place to go if you want to develop as a basketball player. Michael and Marv Johnson of the Johnson Boys B-Ball Training, formerly of South Sound Athletics are here to help. They have helped train NBA players like Jamal Crawford, Rodney Stuckey, Nate Robinson, and Isiah Thomas. All levels are welcome, they cover shooting, ball handling, passing, and how to play without the ball in hands. Sign up now and you will become a better player and learn what it takes to get as good as you want.

<b>Tue</b>	<b>Grade 3-8</b>	<b>Field House</b>	<b>R/NR</b>
Jun 6-Jun 27	5:30-7:00pm		\$137/\$152
Jul 11- Aug 1	5:30-7:00pm		\$137/\$152
Aug 8-Aug 29	5:30-7:00pm		\$137/\$152
<b>Thu</b>	<b>Grade 9-12</b>	<b>Field House</b>	<b>R/NR</b>
Jun 8-29	5:30-7:00pm		\$137/\$152
Jul 6-27	5:30-7:00pm		\$137/\$152
Aug 3-24	5:30-7:00pm		\$137/\$152

### UK International Soccer

They are back for an exciting camp! Coaches: UK professionals.

<b>Jul 24-28</b>	<b>Field House</b>	<b>R/NR</b>
Age 4-14	9am-12pm	\$115 half-day
Age 8-14	9am-3pm	\$170 full-day



Interested in hosting a UK Coach for the week? Contact Stewart at [stewart.boniface@uksocca.com](mailto:stewart.boniface@uksocca.com) or go to [www.uksocca.com](http://www.uksocca.com) for details. The original community camp for the recreation and developmental player within your community. Our "Inspire" curriculum is designed and utilized to not only teach children how to improve as a soccer player, it also helps them to achieve their goals off the field by improving their self-motivation and skill learning behaviors.

## Legacy Foundation's Bids for Kids Auction

Wednesday, July 12 • 5-8pm • Des Moines Beach Park • More info at [www.desmoineslegacy.org](http://www.desmoineslegacy.org)

No ticket needed



## Camp KHAOS

### (Kids Having An Outrageous Summer!)

Let us fill your child's summer days with play, fitness, friendship and new experiences under the supervision of caring, experienced camp staff. Leaders plan amazing activities—arts, outdoor games, friendly challenges, weekly field trips and swimming all around a fun weekly theme. It's all here! All participants receive a Camp KHAOS T-shirt. Multiple child discounts are applied within immediate family. Call 206-870-6527 for information.

*Note: \$10 discount when registered and paid one week in advance.*

**One time registration fee per child:  
\$30R (Resident) / \$35NR (Non-Resident)**

<b>Camp KHAOS (Pre K to 6th)</b>	<b>R/NR</b>
Weeks 1, 2, 4-11	\$178/\$194
Week 3	\$143/\$158
Daily Rate w/o Field Trip	\$46/\$53
Daily Rate w/ Field Trip	\$56/\$63

### K2 Teens (Grades 7-9)

K2 will have your teen out on adventures throughout the week building new friendships, playing games, and creating memories! K2-Teens will join in on KHAOS trips and the K2 trip listed.

	<b>R/NR</b>
Weeks 1, 2, 4-11	\$193/\$215
Week 3	\$158/\$173
Daily Rate w/o Field Trip	\$51/\$58
Daily Rate w/Field Trip	\$61/\$68

**Free daily lunch and snack provided by the Des Moines Food Bank for All KHAOS kids.**



WEEK	DATES	THEMES/ HIGHLIGHTS	FIELD TRIP DAY	ADVENTURE
1	Jun 19–Jun 23	The Magic of Camp	Tues–06/20 Wed–06/21	KHAOS & K2–Magic Show K2–Batting Cages/Ice Skating
2	Jun 26–Jun 30	Tag You're It	Tues–06/27 Wed–06/28	KHAOS & K2–Tag Zone K2–Century Link Tour
3	Jul 3–Jul 7 <i>*No Camp July 4th*</i>	Proud to be at KHAOS	Wed–07/05 Thurs–07/06	K2–Hike–May Creek Trail KHAOS & K2–Coulon BBQ
4	Jul 10–Jul 14	KHAOS... Get in the Game	Tues–07/11 Wed–07/12	K2–Laser Quest KHAOS & K2–Storm Game
5	Jul 17–Jul 21	Tumble, Flip, Bounce, Jump	Tues–07/18 Wed–07/19	KHAOS & K2–Trampoline Nation K2–Argosy Cruise
6	Jul 24–Jul 28	Welcome to the Jungle	Mon–07/24 Tues–07/25	K2–Rainiers Game KHAOS & K2–Woodland Park Zoo
7	Jul 31–Aug 4	That's How we Roll	Tues–08/01 Wed–08/02	KHAOS & K2–Highline Lanes K2–Paddle Sports
8	Aug 7–Aug 11	Splash, Splash, Park Bash	Tues–08/08 Wed–08/09	KHAOS & K2–Spray Park K2–Wild Waves
9	Aug 14–Aug 18	Weird Science	Tues–08/15 Wed–08/16	KHAOS & K2–Science on Wheels K2–GameWorks
10	Aug 21–Aug 25	Fun and Games	Tues–08/22 Wed–08/23	KHAOS & K2–Family Fun Center K2–Chocolate Tour
11	Aug 28–Sep 1	Movie and Chill	Tues–08/29 Wed–08/30	KHAOS & K2–Movie K2–Waterland Arcade & Ice Cream

*(Field Trips Schedule subject to change)*



## Swimming Lessons

The KHAOS Swimmer's Shuttle transports Camp KHAOS campers to lessons at Mt. Rainier Pool.

<b>10-lessons</b>	<b>M-F</b>	<b>Morning Swim Lessons</b>	<b>\$75</b>
Session-1		Jun 19–Jun 30	
Session-2		Jul 3*–Jul 14	

*\* July 4th parents need to transport children on their own.*

## TO THE BEACH →

# Summer in Des Moines

UPCOMING COMMUNITY ACTIVITIES • VISIT [WWW.TOTHEBEACHWA.COM](http://WWW.TOTHEBEACHWA.COM)

### • June •

#### Des Moines Farmers Market

Saturdays, 10am-2pm, June-September with Wednesdays 4pm-8pm July-August. Showcases local fresh farm produce, artisans and foods at the Marina. [www.dmfm.org](http://www.dmfm.org)



#### Kayak and Paddleboard Adventures

Olympic Outdoor Center sunset tours and equipment rentals at the Marina & Redondo June-August. [www.olympicoutdoorcenter.com](http://www.olympicoutdoorcenter.com)

#### Three Tree Point Sailing Social

Watch Three Tree Point Yacht Club Sailboat Races on Thursdays, 7pm. [www.ttpyc.org](http://www.ttpyc.org)

### • July •

#### Fireworks over Des Moines

Independence Day Celebration on the waterfront Tuesday, July 4, 5-11pm. [www.destinationdesmoines.org](http://www.destinationdesmoines.org)

#### Washington's Strongest Apple

Weightlifters from across the state compete on Saturday, July 8. [www.strongmancorporation.com](http://www.strongmancorporation.com)

#### Beach Park Historic District Picnic Shelter Dedication

Help the City celebrate the reopening of the 1920's Picnic Shelter & 1945 Restroom on Wednesday, July 12, 4:30pm [www.desmoineswa.gov](http://www.desmoineswa.gov)

#### Smoke on the Water Community BBQ

Community BBQ, Beer and Wine Garden, Root Beer Floats & Music on Wednesday, July 12, 5-7pm. Tickets at: [www.destinationdesmoines.com](http://www.destinationdesmoines.com)

#### Legacy Foundation's Bids for Kids Auction

Supports activities and after school programs for low-income youth on Wednesday, July 12, 5-8pm. No ticket required.

[www.desmoineslegacy.org](http://www.desmoineslegacy.org)

#### Beach Park Summer Concerts

Great entertainment on the waterfront, Wednesdays, 7pm July 12-August 23. Beer & Wine Garden on site. Donations welcome.

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

#### Dive Around the Clock

24-hour SCUBA diving relay dive-a-thon at Redondo Beach on July 21 & 22.

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

#### Waterland Festival & Parade

Family events, parade and car/motorcycle/wooden boat show in Marina District July 21-23. [www.destinationdesmoines.org](http://www.destinationdesmoines.org)

#### Reading Party at Des Moines Beach Park!

Bring a blanket/lawn chair and summer read (or find one on-site) as a local DJ spins soothing sounds; light refreshments provided. Tuesday, July 25 1-3pm. [www.kcls.org](http://www.kcls.org)

#### Cultural Celebrations at Saltwater State Park

Southeast Asian Celebration, Native American Flute Festival and Cambodian Celebration July and August.

[www.parks.state.wa.us/calendar](http://www.parks.state.wa.us/calendar)

### • August •

#### Shakespeare in the Park

An event like no other on Sunday, August 6, 5pm.

#### Movies in the Beach Park

Great family movies at dusk on Friday, August 4 and 11. [www.desmoineswa.gov/160/Recreational-Activities](http://www.desmoineswa.gov/160/Recreational-Activities)



#### Poverty Bay Blues & Brews

Great blues and craft breweries at Beach Park Saturday, August 26, 12-8pm. Tickets at: [www.drinktomusic.org](http://www.drinktomusic.org), [www.dmnprotary.org](http://www.dmnprotary.org)

### • September •

#### Poverty Bay Arts Gala

Arts auction to benefit Des Moines Arts Commission's annual events. Friday, September 22, 5pm-9pm. Tickets at: 206-870-6527, [www.desmoineslegacy.org](http://www.desmoineslegacy.org)



### • October •

#### Seattle Symphony

Free community concert at the Beach Event Center Auditorium Friday, October 13, 7pm. [www.desmoineswa.gov](http://www.desmoineswa.gov)



#### BBQ Night

Join us for a yummy BBQ to support activities at the Senior Center Friday, October 13. [www.desmoineswa.gov](http://www.desmoineswa.gov)

#### Pumpkin Plunge

Kid's plunge and paddle with their pumpkins in the pool! Saturday, October 21. [www.mtrainerpool.com](http://www.mtrainerpool.com)

#### Trick or Treat Path & Carnival

Treats at Marina District businesses followed by a kid's carnival at Des Moines Field House Tuesday, October 31. [www.destinationdesmoines.org](http://www.destinationdesmoines.org)

### • Year-Round •



#### Art on Poverty Bay

Outdoor sculpture gallery. Locations at Redondo Beach and Marina District. [www.desmoinesartscommission.com](http://www.desmoinesartscommission.com)



Beach Park Summer Concerts

Your Guide to Des Moines Parks, Recreation & Senior Services

# Rec'n Roll



Summer 2017

**Summer Camp Begins June 19**

**Sports Camps**

**Senior Activities & Classes**

**Summer Concerts & Movies**

**GET YOUR  
PLAY ON**

PARK AND RECREATION MONTH  
JULY 2017

#PlayOnJuly