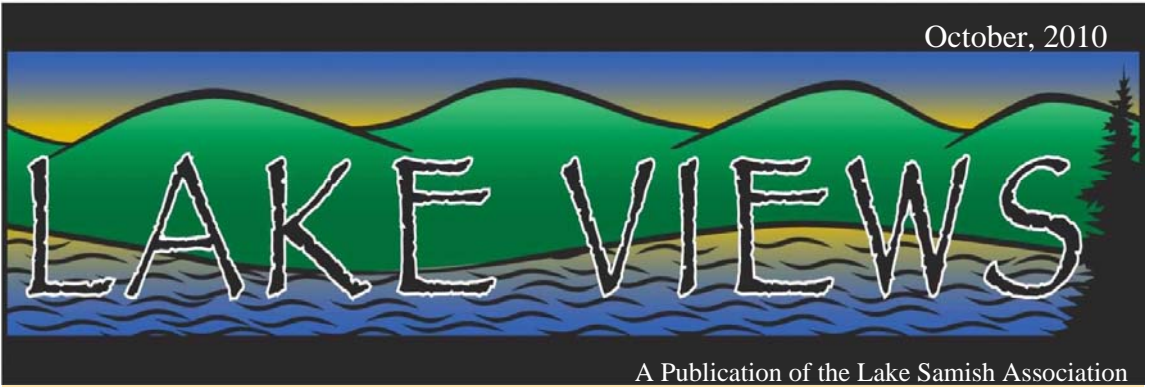




October, 2010



Celebrating 30 Years of the Lake Samish Swim-a-Thon

Our Purpose:

The purpose of the Lake Samish Association is to promote, encourage, protect, and enhance the social, public safety and environmental qualities of life in the greater Lake Samish basin and adjacent interdependent areas.

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Fall Community Meeting

October 26th

@ 7:00 pm

at

Lutherwood Camp

Coffee, juice & donuts will be provided

The annual **Lake Samish Swim-a-Thon** was held this past August 21st. Gisela Gruenheidt, along with the help many of volunteers, has put on this event for the benefit of the Lake Samish Fireman's Association for 30 years. Gisela founded the first swimming event in 1981 where she and two other swimmers swam the 3.5 miles from her dock at Shallow Shore Rd. to Lutherwood raising about \$300 and, in the process, starting an annual tradition on our lake. This event has raised over \$75,000 over the entire 30 years, with this year's contributions totaling over \$5,000 alone. Gisela credits the Lake Samish community for supporting the annual event and making it such a success.

Following are the swimmers& their rowers in order of their finish this year:

- 1) Vicki Hassi, swimmer; Jim Hassi, rower
- 2) Marc Geisler, swimmer; Joan Ellsworth, rower
- 3) Michael Sullivan, swimmer; Claudia Abbott, rower
- 4) Sharon Belk-Krebs, swimmer; Steve Ellsworth, rower
- 5) Faith Bult, swimmer; Paul Joostens, rower
- 6) Mary Varco/Stephi Ebbisen/Gisela Gruenheidt, swimmers; Steve Gruenheidt, rower

This year, following the swim, Gisela invited everyone involved to enjoy a salmon BBQ at her home as a "Thank-You" for participating. The Volunteer Fire Association and the Lake Samish Community again thank Gisela for her huge contribution to the community.

The Swim-A-Thon takes a tremendous effort to organize every year and Gisela made the decision that this would be her final year coordinating the event. Gisela has passed the torch to me and I will do my best to carry on this annual event successfully. I am so excited to be have been given this opportunity and look forward to carrying on the tradition.

If you have any questions or comments, please feel free to contact me, Vicki Hassi, at swimlakesamish@gmail.com or (360)224-3112.



I'm working on the logistics for the 2011 Lake Samish Swim-a-Thon and will keep you posted. I also would like to thank all the participants, contributors and volunteers for another successful year and look forward to the years ahead!
Vicki Hassi

Boat launch at Camp Lutherwood

Over the years, more and more of the general public have been using our boat launch rather than just our Lake Samish neighbors. Our insurance company was concerned that this activity exposed us to substantial risk. This led us to lock the boat launch and only allow our paying guests to use it.

We're aware that many Lake Samish residents have relied on using Camp Lutherwood's boat launch for many years. We want to be a good neighbor to all of you, so we thought of the idea of having the boat launch available a day in the fall and in the spring, when we'd allow neighbors to launch or pull out their boats. We spoke to our insurance company about this idea and they ran it through the underwriters department. They thought our idea was a good one, but had two requirements:

1. **Our neighbors sign an indemnity and release form**
2. **We monitor launching but not help our neighbors launch their boats.**

The fall and spring dates we'll have the camp boat launch open for our Lake Samish neighbors to use are:

October 30th from 8 a.m. to 2 p.m.

May 14th from 8 a.m. to 2 p.m.

We look forward to seeing you on these days. We'll have the indemnity and release forms to sign when you come to use our boat launch. At other times, our boat launch will be locked and unavailable. If you need lake access at other times, you can use the boat launch on East Lake Samish Drive, which is available year round for public use.



News from WWU Women's Rowing

The team is back on the water until November 13th. It returns 22 athletes from its 2010 NCAA National Championship squad. Ten more freshmen were added this week to complete our roster. We are sponsoring the Lake Samish **Food Drive** again this year on **November 13th** with hopes that the LSA and Fire Dist #9 will join in and make this the most successful drive in years. We will also host an **open house at our boathouse** at Camp Lutherwood during the food drive, if anyone wishes to check out our home there. We are also having a **Rowing Celebration at WWU on October 23rd**. We would love to have members of our loyal Lake Samish Community attend!!! Your invitation is on the LakeSamish.org website.

Thanks for your support, John Fuchs

WWU Water Ski Team Hoping for a Repeat at Nationals

The Western Washington University Water Ski Team began this fall season on a new note. With the momentum from the previous fall, they are hoping to repeat their success at nationals again. Last year the ski team was the "underdog" at the national tournament. This year they are the team to beat within the region. The region is competitive once again, so the team has been training nonstop to achieve their national goal. In order to compete at nationals in Austin, Texas, October 14-16, the team must be in one of the top six spots at the regionals in Phoenix, Arizona, October 2-3.

As with any new year, there are new leaders and members. The recruitment from the annual informational fair at WWU has drawn in many new members. Most of these newer members are freshmen and sophomores with an occasional upper classman.

The team has been having weekly practices at their home lake in Blaine, and practicing everyday on Lake Samish. If you see the team out on the lake, give them a wave. They'll be sure to give you a warm hello. Happy Fall!

Boat Launch Plans Opposition

The Department of Fish & Wildlife boat launch on East Lake Samish Drive is planned for renovation & expansion possibly in the near future. Denise Beard is coordinating an effort to oppose these plans as written (see article in March 2010 Lake Views). Contact Denise at 206-282-0258 or dkbeard@comcast.net to volunteer or for information.

Lake Samish Basin Comprehensive Stormwater Management Plan

Elizabeth Sterling, Wilson Engineering LLC

In the time since the last project update we have completed the hydrologic and water quality modeling effort and have started compiling the written planning document. However, before the stormwater management plan can be assembled, we would like to take the opportunity to solicit public input regarding the major planning issues that have been identified by our research, the modeling performed to date, and the public comments and information received so far.

We are currently preparing several, topic-oriented, informational memoranda which will be available for public review on the project website. Each memorandum report will focus on a separate subject area related to stormwater conditions and stormwater planning for the basin. The memoranda will be used to provide historical background and context for each issue, to discuss current conditions and outline each topic's relevance to the stormwater planning effort, and to make management recommendations. The first memoranda should become available for review on the website by Monday, October 11th, 2010.

To aid in the public discussion, two public meetings will be held, each focusing on a portion of the topics included in the memorandum reports. The first public meeting will concentrate on water quality monitoring, the basin modeling effort and current codes and regulations relating to stormwater management in the basin. The second public meeting will focus on M&O, programmatic and structural solutions and the governance and funding options for stormwater management in Lake Samish. For more information, contact Kraig Olason, Whatcom County PW Stormwater Division, (360) 715-7450, kolason@co.whatcom.wa.us. Visit the project website for updates regarding the exact dates and times for these meetings. The first of these public meetings is being tentatively planned for the first week in November, 2010.

Concerned Neighbors of Lake Samish

Re: Sleepy Hollow Long Subdivision/ Shoreline Substantial/ SEPA Appeal

Dear Neighbors,

The "Sleepy Hollow" Subdivision is a proposed development of 46 houses on approximately 23 acres at the junction of West Lake Samish Drive and Summerland Road. Whatcom County Planning and Development (County) determined that ***"no significant adverse environmental impacts are likely"*** from this development. The Concerned Neighbors of Lake Samish (CNLS) formed in 1992 to oppose this development, because we believe there will be significant adverse environmental impacts to Lake Samish and its surrounding rural areas.

The original hearing to appeal the County's designation was on January 20, 2004. Due to the extent of potential impacts this development would have on Lake Samish including water quality, storm water runoff and pollution, fisheries habitat and Friday Creek flow, traffic and pedestrian safety, the County Hearing Examiner could not complete the hearing in one day and requested a continuance in 3 weeks. The additional 3 weeks would allow the County and developer, Derek Stebner, to respond to concerns and provide additional information requested by the Hearing Examiner. Sadly, Stebner's engineering expert died unexpectedly and the follow up hearing never occurred. Now, after nearly 7 years of delay, the County, working with the developer, has completed a staff report supposedly clarifying, updating, and/or resolving issues that arose during the January 2004 hearing. The County and developer have informed the Hearing Examiner that they are prepared to continue the hearing.

We have been notified by the County that our next meeting to continue the hearing will be scheduled soon. So we're appealing to you for renewed financial support for our legal counsel to oppose this development. We believe that this densely clustered development would be inappropriate and detrimental to the rural character and nature of this watershed. Please help us to stop this development! Donations can be sent to: CNLS, c/o Kathy Ploeger, 631 East Lake Samish Drive, Bellingham, WA 98229 **Check out the CNLS link on the Lakesamish.org website for more info and specifics on the upcoming hearing date.**

Thank you

Concerned Neighbors of Lake Samish

Mark Herrenkohl, President
Steven Harper, Vice President
Barbara Vaughan, Secretary
Kathy Ploeger, Treasurer

South Whatcom Fire Authority (SWFA) Rescue Team

Jim Peebles, Division Chief of Special Rescue

With the coming together of all Southern Fire Districts, we wanted to standardize our services throughout the area. We have had a specially trained Water Rescue Team (WRT) for emergency responses on Lake Whatcom since 1994. Over the last 2 years we have been training responders from this area to expand this capability to Lake Samish. Under a special appropriation from the SWFA commissioners, equipment was purchased early this last summer and, in July, the WRT become operational on Lake Samish.

This included personnel trained at 4 different levels:

- WRT-Awareness: all department personnel trained to provide shore based rescue
- WRT-Responder: select personnel trained for in-water rescue (advanced lifeguard and search skills)
- WRT- Technician: personnel trained to operate craft and design/engineer our rescue operations
- WRT-Leaders: advanced personnel who are our Specialist/Instructors for the WRT

The new equipment includes:

- Shore Based water rescue equipment for quick recovery and search operations
- Dry Suits to allow year round response in all weather conditions
- Rapid deployment Achilles Fire-Rescue inflatable with 15hp outboard motor
- Hypothermia Kits designed for treating victims removed from the cold water
- Specialized Ice Rescue Equipment for circumstances where some one has fallen through the ice

With the trained personnel staffed at the Lake Samish Station #29 and this new equipment, we can now provide a rapid response to most incidents.

Here are pictures of some of the new gear in action:



July 4 Boat Parade



Brrrrrr. 60° temperature on a cool and overcast Saturday. No, this is not Alaska! What a difference between this year and last. Despite the unforgiving initial forecast thankfully it did not deter the 14 boats that participated in this year's event. Thanks to everyone who organized and participated. And yes, in typical NW Washington fashion, the weather for the rest of the afternoon was beautiful!

Lake Samish History Project



Lake Samish School 1916
Teacher, Alta Daniel

The Lake Samish Association "History of Lake Samish" project has begun. We've met several times to get organized and prepare to interview long-time residents, to get their stories and recollections of our community. If you're interested in being involved or know someone who might be, we're still recruiting people interested in participating in this endeavor. Please contact one of the LSA Board members. Their names and contact information are on the back page of this newsletter.

A Chance to Serve our Community

The Board is looking to fill three open positions: Vice President, Secretary and Support Chair. The VP assists the President and recruits Association members who may be interested in a Board position or volunteering for a committee. The Secretary records and distributes the minutes of all meetings. The Support Chair coordinates activities for the lake community such as: Easter Egg Hunt, Fourth of July Boat Parade, etc. If you are interested in serving, please contact Dan Bult at 752-5771 or dbult@yahoo.com.

Holiday Luncheon Invitation

All women residents of Lake Samish are invited to attend the annual **Women's holiday gathering** at the home of **Virginia Paradis, 720 West Lake Samish Drive** (just north of the West Lake Samish Fire Hall). We will continue our small (under \$5) gift exchange and **please bring one or more non-perishable food items for the Bellingham Food Bank**. In addition, your \$3 donation will cover lunch expenses and the excess money will be donated to the food bank.

We are back at Virginia's festive home for **LUNCH** this year. Many of the decorations are made by Virginia herself. Her dolls, Santa's and teddy bears, along with quilts and hand-sewn decorations, provide a wonderland lake-side setting. Don't miss this friendly and fun tradition. Good food, too!

If you'd like to, please bring a dozen holiday cookies (with your recipe) to share.

So, Ladies, keep your calendar open: **Wednesday, December 15. Arrive around 11:30.** If you're a woman, young or older, and are a new or long-time resident of the Lake Samish community, please **RSVP** to Virginia at 676-8860. Give her a call, soon!

Going For The Gold

“One man and four women fight for gold.” Sounds like a headline of a newspaper article or even maybe the start of a bad joke. But this is no joke. These ‘four women’ and this ‘one man’ are training to compete for our country in the next Olympics. Competing is the plan but winning is their goal and they are currently on track to break a world record!

So, for those of you who have been wondering what’s been going on at 931 N. Lake Samish the wait is over – it is the training center for our Olympic Athletes! These four women, Ursula Grobler, Abby Broughton, Kristin Hedstrom, Victoria Burke (collectively nicknamed the ‘Bellingham Bandits’) along with coach Carlos Dinares, are attempting not only to compete in the 2012 London Olympics but to win the gold medal in the *Lightweight Women’s Quad* division. In addition, Ursula and Abby, aka ‘Row Star Project’ are competing in the *Lightweight Women’s Double* division.

Rowing is a very demanding sport on its own with very few who have the heart or endurance to accomplish Olympic status. Not only does it demand physical strength it also demands sacrifice with each team-member leaving behind family and friends in their hometowns. Their training regime not only includes multi-houred time on the water in their rowing “skulls” (single, 2-person or 4-person boats two oars per person) but also includes hours in their gym combined with a strict diet of healthy proteins and mixed fruits/vegetables. This training is staged in a contemporary home (their “training center”) which was built in 2009 by Bellingham Bay Builders. This house was designed by Carlos for rowers. The first floor is garage-like and designed to hold the various skulls along with some larger exercise equipment. The upper two floors are mainly living quarters.

A typical day for the athletes starts with a power breakfast followed by a 20K row (4 lengths of Lake Samish) which takes about an hour and a half to complete. After this first row they head back for a second breakfast and a slight recovery period which may include watching videos or discussing the many different techniques of other great rowing teams in order to hone their skills. After this Coach Carlos demands a more concentrated row which takes about an hour. On these occasions he will have the team focus on one or two specific areas of the row such as power, synchronization of stroke or posture in the skull. The group is then ready for lunch followed by a few hours of hitting the exercise equipment. The late afternoons are spent in personal time, resting and recovery. Dinner in the evening wraps up the day where all events are reflected upon and bed time can’t come soon enough as they must repeat this again in just a few short hours.

TEAM STARS



Ursula Grobel was born and raised in South Africa where she obtained her bachelor’s degree in Information Design. Fast forward to 2003 when Ursula relocated to Seattle and started her career in rowing with Coach Carlos. On a personal note Ursula has her own freelance design company and is a certified nutritionalist.

Abby Broughton was born in Connecticut. After receiving her degree in Studio Art in Oregon she decided to take up rowing and moved to Seattle to train with Pocock Elite Sculling Team. In 2009, Abbey teamed up with Ursula and Coach Carlos to train for the *Lightweight Women’s Double*.

Kristin Hedstrom is from Massachusetts. She attended the University of Wisconsin and earned her degree in Business Management. Kristen started rowing at the early age of 13 staying involved with the sport up to this past August, when she moved to Lake Samish to join Carlos and the others.

Victoria Burke also comes from Connecticut. She graduated from University of Virginia, where she earned her major in Art History and also a minor in Italian. Victoria started rowing at the early age of 16. She, along with Kristin, joined Carlos and team in August.

Coach Carlos Dinares is not new to the sport of rowing. Born and raised in Spain, Carlos began rowing at age 13. After receiving his degree in Sport Science he received numerous medals in World Championships. After a devastating motorcycle accident in 1992, Carlos fought back (against his doctor’s advice) to row to second place in 2007 as *Lightweight Single*. It was Carlos’ goal to not only to put together a US champion “doubles” rowing team but also a “quad” team. He is responsible for bringing Ursula, Abby, Kristin and Victoria together.

Recently, the Bellingham Bandits won World Championship Trials in New Jersey and are headed to New Zealand (leaving October 21st) where they will compete in further World Championship Trials. Stay tuned to this newsletter and our website as we will continue covering this team and their future accomplishments. We wish them well and are proud to have them in our community.

Emergency Preparedness at Lake Samish

The Lake Samish Association is partnering with the South Whatcom Fire Authority to bring you some very important materials on **emergency preparedness**. During the month of October this year, Fire Department personnel and LSA Board members are walking the streets in the Lake Samish area to deliver a brochure titled **Emergency Resource Guide**. In addition, we're giving out a handy **magnet** for your home providing you with quick and easy access to important phone and contact information in the event of an emergency situation (such as the freeway diesel fuel spill that threatened your water source a number of years ago).

HEADS-UP! The Fire Department will be testing the **Lake Samish Siren Alert System at 12:00 Noon on Saturday, October 30, 2010**. The system will then be tested twice a year on the last Saturday each May and October at 12:00 Noon. These test dates are provided on your home magnet.

If you are not at your Lake Samish home to receive your Emergency Resource Guide and Magnet, you can contact the Fire Authority at 360-676-8080, 7:00 a.m. to 4:30 p.m. Monday thru Friday to obtain your materials. You can also pick up these resources at the Fall Community meeting at Camp Lutherwood, Tuesday, October, 26th.

Litter Pick-up



Saturday, October 16, 2010..... a beautiful Fall day, crisp and clear....a great day to spend doing anything outdoors. Seventeen volunteers gathered 25 large bags of litter and several piles of miscellaneous trash, a relatively small amount of litter compared to previous pick-ups. We wondered if the leaves were covering stuff or are people actually littering less. Then we talked about the High Velocity Beer drinker, leaving the single can wrapped in a black bag in many places along Summerland Road and then the find of the day..... the AA manual right alongside the can! Come on, Buddy! Don't throw it all away!

Many thanks to the following: Tim Lowe, Jessie Verhelst and Erin Donahou from the WWU Water Ski Team (11 others on this team were at Nationals this weekend). They have been such great help. Our locals: Jet Rhodes, Lisa Troupe, Jackie Rinker, Kim Herrenkohl, Stan & Cindy Maassen, Ed, Eric & Avinada Hanson, Whitney Hansen, Corey Brown, Mike Roberts and Steve & Joan Ellsworth.

Sheriff Crime Report

The following are two incidents reported between June to September 2010:

Theft: 600 block N. Lake Samish Drive on Aug. 13 and 700 block W. Lake Samish Road on Sept. 13

Vehicle Prowl: 700 block E. Lake Samish Drive on July 11

Level III Registered Sex Offender

A level III registered sex offender has recently moved from Old Samish Road to the 1200 block of Roy Road.

Steven Thomas Willman, 29, is described as 6 feet tall and 180 pounds, with brown hair and blue eyes. He has multiple tattoos, including three dots on his right hand, "Allen" on his right forearm, and a yin-yang symbol on his ankle. Willman was convicted of third-degree rape and second-degree assault in 2006 in Whatcom County, according to the Whatcom County Sheriff's Office. Willman, along with an accomplice, beat and raped an unknown adult female after she declined his invitation to "party." Willman also sexually assaulted an 18-year-old acquaintance. Both incidents involved alcohol. Level III offenders are those considered most likely to re-offend. More information and updates will be posted on our www.LakeSamish.org website.





Lake Views

C/O Joan Ellsworth
156 Shallow Shore Rd.
Bellingham, WA 98229-8504

Calendar of Events

Tuesday, October 26th , Fall Community Meeting - at 7 pm @ Camp Lutherwood



- Lake Samish Stormwater Plan Update -
- History Project Update -
- Emergency Notification Siren -



Saturday, October 30th, Camp Lutherwood Boat Launch open to neighbors 8:00-2:00
(see page 2 for more details)

at 12:00 Noon, Siren Alert System Test
(see page 7 for more details)

Saturday, November 13th, WWU Women's Rowing Food Drive
(see page 2 for more details)

Wednesday, December 15th, Women's Holiday Luncheon
(see page 5 for more details)

Lake Samish Association - Board of Directors

President	Dan Bult.....752-5771
Vice-Pres	VACANT
Secretary	VACANT
Treasurer	Joan Ellsworth.....756-7577
At Large 1	Gordon Iverson.....733-8349

At Large 2	Pam Nolan..... 756-0233
Comm.Chr.	Kathy Ploeger.....733-5826
Issues Chr.	Kim Herrenkohl.....647-6980

Website Lakesamish.org
Facebook search for **Lake Samish Association**