



Port Ludlow *Voice*

Serving the Village of Port Ludlow Since 1998

March 2023

RE/MAX FIRST, INC.
 MyAgentNikki #followNikki 1046 Water Street Port Townsend, WA 98368

16 YEARS OF REAL ESTATE EXPERIENCE **LET ME BE THE KEY TO YOUR MOVE**

I LIVE. I WORK. I PLAY. IN PORT LUDLOW!

Nikki Casal
 MyAgentNikki.net | MyAgentNikki@yahoo.com | 360 301 3384

Celebrating over 65 years!

Port Ludlow
 9500 Oak Bay Rd.
 Port Ludlow, WA 98365

Port Angeles
 110 N. Alder St.
 Port Angeles, WA 98382

Sequim
 645 W. Washington St.
 990 E. Washington St.
 Sequim, WA 98382

SOUND COMMUNITY BANK
 Simply better here.
 soundcb.com | 800.458.5585
 Member FDIC

Pizzb Computer Consulting

360-437-7738 or cell: 206-780-8989

Mac, PC, iPhone, tablets, wireless networks, printers, tutoring,...

On-site & remote support as well as free, Covid-safe, pick up & delivery

Taming your computer nightmares with patience, humor, and years of professional experience

PORT LUDLOW BROKERS LLC

30 YEARS LISTING AND SELLING PORT LUDLOW

www.PORTLUDLOWBROKERS.COM | 360.437.4111

Member of:
 National Association of Realtors
 Washington State Association of Realtors
 Jefferson County Association of Realtors
 Northwest Multiple Listing Service

REALTOR **EQUAL HOUSING OPPORTUNITY**

New Season Move Management
 Senior Transition Specialists

**Need Help Moving?
 Down-sizing?
 De-cluttering?**

- Create A Custom Plan to Fit Your Needs and Budget
- De-clutter and Stage Home for Market
- Organize, Pack and Unpack So You Can Relax
- Estate Sales and Final Cleaning

Free in-home consultation!
(360) 774-1255
 www.NewSeasonMove.com

licensed, bonded & insured

NASMM
 National Association of Senior Move Managers
 Premier Providers of Senior Relocation

Serving Jefferson County and Surrounding Area

The mission of the *Port Ludlow Voice* is to inform its readers of events and activities within the Village and in close proximity to the Village. We will print news articles that directly affect our local residents.

Published monthly by an all-volunteer staff.

INSIDE THIS ISSUE

Arts & Entertainment	17
Bay Club / South Bay	23
Beach Club / North Bay	24
Classifieds	33
Features & Stories	11
News & Community	4
Recreation & Sports	26
Spotlight	18
Village Council	25

Before attending an event, be sure to confirm the organization's in-person status.

The Voice Online

plvoice.org

Breaking News: Find information on the website before the printed magazine is available. See breaking news on the Home Page and the Community News section for information on North Bay, South Bay, and PLVC for early news for the Port Ludlow Community. All links contained in the articles are live.

Expanded Articles: Read complete versions of articles and media appearing online only.

Full Content on the Website: All the content from the magazine is now posted online.

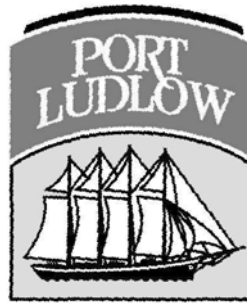
Letters to the Editor: Read comments, criticisms, and suggestions from other readers online.

Advertising Information: Find out how to place classified and display ads, in the magazine. Also find out how to place ads on the web version of the *Voice*.

Archived Voice Issues Online: Copies of every issue of the *Voice*, beginning in August 1998 and continuing to the present, are available on the Website at Archive of Issues.

Moving It On: A complete guide to recycling every category of household goods, including a list of organizations and what they will accept.

ON THE FRONT COVER
Photo by Steve Deligan



Port Ludlow Voice

P.O. Box 65077
Port Ludlow, WA 98365
www.plvoice.org

Send articles and comments to editor@plvoice.org

Editorial Staff

Arts & Entertainment Editor

Beverly Rothenborg, brothenborg@plvoice.org

Copy Editor

Carol Riley, criley@plvoice.org

Features & Stories Editor

Evie Maxwell, features@plvoice.org

Ludlow Maintenance Commission & Beach Club Editor

John Paxson, paxson@plvoice.org

News & Community Editor

newseditor@plvoice.org

South Bay Community Association & Bay Club Editor

Carol Riley, criley@plvoice.org

Photo Editor

Steve Deligan, photoeditor@plvoice.org

Recreation & Sports Editor

Donna Geer, sports@plvoice.org

Village Council Editor

Libbey Lincoln, plvceditor@plvoice.org

Business Staff

Classified Advertising Manager

Cathy Thomas, classified@plvoice.org

Display Advertising Manager

display@plvoice.org

Distribution Manager

Denny Schuch, dschuch@plvoice.org

Production Manager

Mary Ronen, mronen@plvoice.org

Subscription Manager

Sarah Schuch, subscription@plvoice.org

Web Managers

Cody Maxwell, codymaxwell@plvoice.org
Tom Sprandel, tomsprandel@plvoice.org

News & Community

Editorial

by Carol Riley, Staff Writer

Our striking cover this month is a closeup portion of the totem pole that graces Burner Point on the grounds of the Port Ludlow Resort. The totem has appeared on the cover of the *Port Ludlow Voice* more than once over its 28-year history and has been the subject of several articles since David Boxley, a world-renowned Tsimshian carver from Metlakatla, Alaska, brought it to life in 1995. I recently had the pleasure of speaking with Boxley, who for the past 40 years has remained an active carver, performer and proponent for the revitalization and rebirth of the Tsimshian arts and culture.

Boxley created the totem from a 720-year-old western red cedar that had fallen just south of the Hoh Rain Forest. The totem stands 40 feet tall and has two eagle wings. In 2015, in preparation for the 20th anniversary of the creation of the totem, Boxley returned to Port Ludlow to perform a much-needed restoration of this community icon. The original wings had sustained much damage at the hands of the elements standing unprotected at Burner Point, and the totem was badly in need of a new coat of paint. The new wings, longer and thicker than the original, were made from the highest grade cut of 900-year-old tight-grained cedar and give the totem a more balanced appearance. The lumber for the new wings was donated by Pacific Western Timbers, the original donor of the lumber for the totem.

A celebration and re-dedication ceremony featuring a potlatch salmon dinner took place on July 4, 2015. As part of the rededication ceremony, a silent auction was held for the original wings with the proceeds going to a fund for the maintenance of the totem pole.

It appears that our beautiful totem will be a landmark for years to come and, with the recently published information from local realtors that 2022 brought the sale of 179 residential properties in Port Ludlow, now is a good time to revisit the information about what the six figures on the totem pole represent. If you are an “old timer,” then you can test your knowledge.

The top figure is an eagle which is reflective of the area before human habitation.

The bear, the second figure, portrays the ancestors of the local S’Klallam tribe.

The two men with locked arms, on the third figure, are Andrew Jackson Pope and Frederic Talbot who owned the sawmill in Port Ludlow that was in operation from 1852 to 1935.

The fourth figure, the lumberman, portrays the era of the Port Ludlow sawmill.

The beaver is representative of the building phase of Pope Resources.

The base of the totem pole has the six interlocking figures which represent the people and community of Port Ludlow.

First Wednesday Luncheon

In honor and celebration of Women’s History Month, we are excited to have Megan Churchwell, Curator of the Puget Sound Navy Museum presenting Women’s Naval contributions to WWI, WWII up to the present. Our lunch will be held on **Wednesday, March 1**, from 11 a.m. – 1 p.m. at the Beach Club.

This luncheon will be a BYOL (Bring Your Own Lunch) including utensils. We will provide coffee, tea, water, and cookies. If you haven’t yet done so, please RSVP to firstwednesdayluncheon@gmail.com today. You are asked to sign up, so we know how many tables and chairs to have the club set up for us, and we appreciate your cooperation in helping us with this effort.

Attendees are asked to bring donations for the Tri-Area Food Bank in the form of cash, checks made payable to the Tri-Area Food Bank, or non-perishable food and hygiene products. The luncheon will include a raffle, with proceeds used to help support the Food Bank during July and August when the luncheon is on hiatus.

Mark your calendars for these upcoming First Wednesday Luncheon programs:

April 5: Port Townsend Victorian Heritage Festival at the Bay Club

May 3: Community Wellness Project in Conjunction with Chimacum School District at the Bay Club

Photo Meet in Port Ludlow

On **Monday, March 27**, a group of local people interested in photography will meet in the classroom of the Bay Club from 10:15 a.m. until noon. Steve Deligan, Photo Editor of the *Port Ludlow Voice*, will discuss long exposures. This group is replacing the now defunct Port Ludlow Digital Life group. We will be holding a meeting on the fourth Monday of each month to discuss all things photographic, including photo editing. These meetings are free and open to anyone interested. For more information, contact Aven Andersen at aven1936@live.com.

Heads Up on FREE Repair Events!

Got broken stuff you need repaired? For free?

Don't miss the several free Repair Events happening in the coming months in Port Townsend, Quilcene, Chimacum and Brinnon. Bring your broken lamp, ripped jeans, dull knife, silent vacuum, noisy bike, or similar item to get it fixed and learn how to do it in the process. The events are all part of the Port Townsend Marine Science Center's *Jeffco Repair* made possible by funding received through a Public Participation Grant from the Washington State Department of Ecology.

Want some basics? Here you go:

When/where:

Saturday, March 11, 10 a.m. – 1 p.m., Blue Heron Middle School Cafeteria, Port Townsend

Saturday, March 18, 10 a.m. – 1 p.m., Quilcene Community Center

Saturday, May 13, 10 a.m. – 1 p.m., Tri-Area Community Center, Chimacum

Saturday, June 3, 11 a.m. – 2 p.m., Brinnon Community Center

Who: Volunteers will be equipped with sewing machines, screwdrivers and sharpening stones and will do their best to bring treasured items back to life.

More: Join us for this free community gathering in which people with repair skills share their time and talents to fix their neighbors' belongings. Bring your toaster that no longer toasts, a sweater with a hole in the elbow, and excitement to get these belongings repaired while also learning how they did it and ways you could do it yourself next time.

Please check the *Jeffco Repair* webpage for information regarding which areas of repairs will be available at each event. We strive to have skilled volunteers for each area of repair mentioned, but volunteers do vary at each event.

Background: Port Townsend had its first Repair Cafe in 2020, organized by a team of volunteers. Over 100 people came to see what could be done for their cherished belongings. After the event, the Port Townsend Marine Science Center sought funding to continue these events as part of its mission to "inspire conservation of the Salish Sea." Funding in hand, the PTMSC created *Jeffco Repair* in December 2021 and has been organizing Repair Events around the county ever since.

About the Port Townsend Marine Science Center

Founded in 1982, the Port Townsend Marine Science Center is a non-profit 501(c)(3) educational organization

whose mission is to inspire conservation of the Salish Sea. The PTMSC provides place-based, people-powered, hands-on learning for all ages including exhibits, school classes, youth camps, citizen science programs and a lecture series. The PTMSC offers two public facilities at Fort Worden State Park, an aquarium (on the pier) and a museum (onshore), and a visitors center and store in downtown Port Townsend. For more information, visit ptmsc.org.

Spring into Spring with Martha's Book Group

Anne Lamott's *Dusk, Night, Dawn: On Revival and Courage* is Martha's Book Group selection for March. Lamott, author of eleven best-selling books reflecting on life's tribulations, presents her next rendition on finding a way to navigate through an era of dark nights knowing that dawn does arrive. Join us for a discussion on why she resonates with so many loyal followers. A self-effacing, and witty commentary on her human frailties, Lamott shows us that we are all not so bad after all.

Martha's Book Group meets on **Tuesday, March 14**, 4 p.m. at the Bay Club. All are welcome. For information about our future selections or any questions, contact Sarah Schuch at bookclub@plvoice.org. *Soul of an Octopus*, by Sy Montgomery, will be discussed at our April meeting.

Meditation Qigong

A beginning moving meditation Qigong class will start **Saturday, March 11**, at 10 a.m. at the Bay Club. Come to the class feeling tired and stressed. Leave feeling calm, relaxed, and joyful!

Group classes will be held at the Beach Club on Thursdays and at the Bay Club on Saturdays. The classes offered are: 9-10 a.m. - Stretch and Strengthen; and 10-11 a.m. - Moving Meditation.

Classes are free with a suggested donation to a charity of your choice. All community residents are welcome!

For more information: go to [Facebook/InnerJoyQigong](https://www.facebook.com/InnerJoyQigong).com or email us at innerjoyqigong@gmail.com

Reminder to Dog Owners

So we all can enjoy our walks, please carry a plastic bag and clean up after your dog.



Jefferson County Library District Springs into March Programs

The Jefferson County Library District has a host of offerings on tap for March, featuring everything from games for kids, meditation for adults, gardening and more. The list of activities includes:

Spring Sun Catchers, Scavenger Hunting, and LEGOs for Kids!

In March, school-age children are invited to drop by the library or bookmobile to make tissue paper sun catchers at the crafting station. While visiting, they can also grab a worksheet and participate in our Spring Scavenger Hunt! The first of several LEGO building events will take place on **March 9** from 4 - 4:45 p.m. at the library. LEGO programs will continue through June on the second Thursday of each month.

Art & Music Meditation for Adults

On **Thursday, March 9**, from 10 – 11 a.m., adults ages 18 and over are invited for a peaceful morning of art and music Meditation at the library. Enjoy a short, inspirational reading before you mix colors and create, letting art take shape while listening to peaceful music. Supplies will be provided, but space is limited. Please register online or by calling the Library before March 9.

Have a Gardening Question? Ask a WSU Master Gardener!

WSU Master Gardener volunteers will visit the Library on **Saturday, March 11**, from 1 - 3 p.m. to provide science-based advice and help you with your horticulture topics. Find the right plant for your environment, learn about composting or insect infestations, investigate the unknown pathogen destroying your beloved plants, and everything in between! WSU Plant Clinics are held on the second Saturday of each month from 1 - 3 p.m. in the library's Humphrey Room.

Powering Our Future

Wednesdays from 6:30 – 8:30 p.m. beginning March 15, the district will join North Olympic Library System to host a 6-week online discussion about energy independence on the North Olympic Peninsula. Presented by a team of engineers and technical educators, this fascinating series will explore the reasons for seeking energy independence, discuss ways to increase our energy resilience, examine available and emerging technologies for energy generation, and more.

Great Decisions

Our popular *Great Decisions* discussion series also returns in March. The 8-week program is annually produced by the Foreign Policy Association (FPA) to engage citizens

in global affairs and solicit their opinions about foreign policy. No registration is required. Participants may attend every week or choose only their favorite topics. Beginning **March 22**, each discussion will be held in person at the library on Wednesday afternoons from 12 – 1:30 p.m. and will repeat live online each Thursday evening from 6 – 7:30 p.m.

The library is located at 620 Cedar Avenue, Port Hadlock, and can be contacted at 360-385-6544 or information@jclibrary.info. For complete program details and the event calendar, visit jclibrary.info.

Science Teacher Returns to Chimacum

by Barbara Berthiaume, Staff Writer

Brett Thomsen (Mr. T) returned to the Chimacum School District in 2020 after teaching abroad since 2008. He is the secondary school science department chair, STEAM and Science Olympiad coach. He and his wife traveled abroad and taught at American international schools in Slovakia, Spain, India, and Croatia. In 2008, his last Chimacum science Olympiad teams—both middle school and high school—went to state. Six members of the high school team have gone on to earn doctorate degrees with three of those degrees in medicine!

While abroad, Mr. T brought STEAM to the international schools where he taught. In 2021 Chimacum students got to participate along with students from 10 international private schools in a contest using Mr. Thomsen's strategy designing prosthetics for animals. In his first year back in Chimacum, one of his students placed third and earned recognition from the U.S. Department of State Office of Overseas Schools for participation in the NVSEF Prosthetic Challenge Design Problem with nine different international schools.

Currently Chimacum schools have an elective STEAM/ Science Olympiad class where interested students work on fixed engineering projects to stimulate interest in science and engineering. Science Olympiad has 46 separate events along with several applied challenges and projects designed by Mr. Thomsen. These projects are all different in order to stimulate the cross-pollination of ideas that takes place when students share their projects with each other. Doing these projects prepares students well to develop more innovative and thoughtful science fair and personal projects of interest. Some past projects Mr. Thomsen's students have developed include a solid-state refrigerator costing under \$20, bio-accumulating radioactive waste in the ocean, a solar powered UV LED water sterilizer, neuro-operated robotic arms, and solid-state model aircraft to name a few. He is hoping to work on greenhouse cloning, robotics,

Teacher continued from previous page

drones, 3D printing/modeling, and laser cutting in the near future. Mr. T needs experts and enthusiastic volunteers to help guide him and his students in discovering how to do these types of projects more effectively.

Thomsen is asking for volunteers from the community who have a background in engineering and science to mentor students in Science Olympiad and STEAM programs. They meet the last period of the day 1:30-2:20 p.m. Monday, Thursday and Friday and continue from 2:20-3:15 p.m. Thomsen can be contacted at 360-981-0394.

Gardening for Small Spaces

Do you have a small patio, porch, courtyard, or spot in your garden where a little imagination will make all the difference? Are you longing for a focal point that creates house and garden harmony? Do you need expert “know-how” for planting containers that will be the envy of neighbors and friends?

If so, the Port Ludlow Garden Club (PLGC) has an event for you! During our upcoming monthly meeting, Justin Robbins, General Manager of Valley Nursery Inc., will discuss gardening versatility and visual impact for a small space. The meeting will be held on **Wednesday, March 8**, at the Beach Club, 121 Marina View Dr., Port Ludlow.

The presentation will discuss everything you need to know about the elements of small space gardening including designing with unique containers, unusual and exciting plant choices, mixing edibles with colorful seasonal plants, green foliage vs. flowers, and eye-catching plant combinations. Attendees will receive Justin’s list of the top ten sun- and shade-loving plants.

Justin Robbins joined Valley Nursery, his family’s business, in 2015. “The nursery takes pride in providing Poulsbo and surrounding communities with great plants from great people,” said Robbins. Over the last decade, the focus has been on supplying the region with plants grown locally. Approximately 80 percent of the annual plants and 50 percent of the perennials, herbs, and vegetables are locally grown and maintained in Valley’s greenhouses.

This event is open to all garden enthusiasts. Attendance is free for PLGC members, \$5 for non-members. Space is limited and attendees are encouraged to RSVP by **March 1** to portludlowgardenclub@outlook.com

Dine and Discover

“Gray Whales in Our Midst” is the interesting topic for the next Dine and Discover which will be held on **Monday, April 3**, at the Bay Club. Betsy Carlson, the Citizen Science Director for the Port Townsend Marine Science Center, will explain how a gray whale skeleton will end up on Union Wharf in downtown Port Townsend. She will also talk about the eastern Pacific gray whale’s natural history, their migration from the Arctic to calving lagoons in Mexico and Port Townsend Marine Science Center’s marine mammal stranding network. She will share what can happen when people say “yes, we can do that,” even when they don’t really know exactly how things will work out.

Dine and Discover is attempting to transition back to our potluck format. To that end, please read the following carefully as things will be much different in April than they have been so far this year. We will have a modified potluck and the Dine and Discover team will supply lasagna. To attend, sign up at either club and choose to bring one of the following: appetizer, green salad, bread, or dessert. As has been done in the past, attendees will bring their own place setting, and if so inclined, something to drink. Don’t forget to bring a bag for your used dishes. Coffee, tea, and water will be provided. It is our hope that by having the same entrée which will be served by our volunteers, we will reduce the congestion at the food table. Cost for the evening will be \$5 per person. Doors will open at 5:30 p.m.

Dine and Discover will return in October to what we hope will be the regular pot-luck format. We would like to thank everyone for their patience this year with our efforts to bring you interesting and informative speakers in a safe manner.

Free Life Care Planning Zoom Seminars

Join Tony Hinson on **Tuesday, March 14**, at 11:30 a.m. as he explores estate and life-care planning solutions that preserve wealth, minimize taxes, and ensure your legacy.

Topics will include estate tax issues and retirement accounts; healthcare, Medicare and Medicaid; long-term care insurance; maintaining quality of life; aging in place; preserving wealth; estate plans, supplemental needs trusts, and more.

These seminars will be held live on Zoom once a month. To register, visit sherrardlaw.com/seminars, or call 360-779-5551.

January 2023 Statistics for East Jefferson Fire Rescue

Effective 01/01/2023 Port Ludlow Fire & Rescue merged with East Jefferson Fire Rescue. Our monthly statistics will now include information for the entire newly combined Fire District.

Communities served include: Port Townsend, Cape George, Kala Point, Marrowstone Is., Port Hadlock, Chimacum, Irondale, Port Ludlow MPR (North and South Bay), Paradise Bay, Beaver Valley, Bridgehaven, Mats Mats, Shine, South Point and other areas located within our boundaries.

Alarms	
Fires	7
Rescue/Emergency Medical	376
Hazmat	5
Service Call/Cancelled En Route	97
False Alarms	5
Total Alarms	490
Ambulance Transports	
911 Transports	189
Inter-Facility Transports	51
Total Transports	240
FIRE CARES Contacts	21

According to RCW 35.21.930, the “program will provide community outreach and assistance to residents of its jurisdiction in order to improve population health and advance injury and illness prevention within its community.”

The program is intended to identify individuals with recurring needs who frequently call 911 or the emergency department for nonemergency or nonurgent reasons. Referrals will be made by the fire department to the CARES program staff, which can help residents by providing resources, reducing repeated use of the 911 system, and decreasing avoidable emergency room trips.

“During the first few weeks of the program, we have already made an impact in our community. Anytime we can add services it’s a win,” said Chief Black.

The CARES program Specialist for Jefferson County is paramedic Jeff Woods, who has been with EJFR for over 20 years. His assistant, Lee Ann Peterson, is a civilian contractor trained and certified in a combination of fields that include behavioral/mental health, substance abuse, senior services, and vulnerable populations services. The CARES team is currently based in Port Ludlow and serves all of East Jefferson County.

Jefferson Healthcare Adds APRN

Genevieve Pate has joined the primary care team at the South County Clinic in Quilcene. As an Advanced Practice Registered Nurse (APRN), she will serve the community by providing a wide variety of primary care medical needs including routine checkups, medication refills, and immunizations for children and adults.



The South County Clinic is the primary care home for our community in Quilcene and Genevieve fills a much-needed role since the clinic has been without a dedicated provider for almost two years. With Genevieve and Dr. Shannan Kirchner, MD, the clinic will have an available provider four to five days a week.

To make an appointment, please call 360-385-3991.

CARES: Improving Availability of Emergency Resources



In December of 2022, East Jefferson Fire Rescue (EJFR) received funding to establish a fire-based co-responder program from the association of Washington Cities. Together with help from the City of Port Townsend, the Community Assistance, Referral and Education Services (CARES) has been funded until December of 2023. The program in Jefferson County is modeled after the Poulsbo Fire CARES program.

COME JOIN US FOR
BRUNCH!

Sundays
10:00am-2pm



Spinity
BAR & GRILL at the


310 Hadlock Bay Road | Port Hadlock, WA 98339
www.aldalcoholplant.com

Peninsula Legal Secretarial Services, LLC



Cammy Brown

Affordable Secretarial Services
Legal & Business

Notary Public

360-301-2590

peninsulals589@gmail.com

www.cammybrown.com

"If I can't help you, I will find someone who can!"

LEGAL PEACE OF MIND



Tony Hinson
Elder Law & Estate
Planning Attorney
Licensed in WA. & NC.

- Estate Planning
- Medicaid Planning
- Wills & Probates
- Powers of Attorney
- Guardianships

- Elder Law
- Living Trusts & IRA Trusts
- Advanced Estate Tax
- Supplement Needs Trusts
-And More

Call for an Appointment

(360) 779-5551

19717 Front St. NE, Poulsbo

www.westsoundlegal.com

Congratulations!



LORI TSCHOHL

for winning

WOMEN IN HVACR'S PRESTIGIOUS WOMEN OF THE YEAR 2022



EAGLE PIPE HEATING & AIR

Proudly owned and operated in Jefferson County

INSTALLATION & REPAIR:

- Indoor Air Quality Solutions
- Ductless AC
- Heat Pump
- Air Conditioning
- Furnace

FOR ALL YOUR COMFORT NEEDS!

877-854-6851

www.EaglePipeMechanical.com



#EAGLEPM067LK

Port Ludlow Art League



GALLERY

Next to Sound Community Bank

Open: Thursdays and Fridays - Noon to 4 pm

www.portludlowart.org

Check the current market
value of your home!



Mary Lee Sondergard

Real Broker / REALTOR®

206-488-8207

MaryLeeS@johnlscott.com

www.MaryLeeS.johnlscott.com

John L. Scott | REAL ESTATE



Gray Whales Featured at the Next Future of Oceans Lecture

Cascadia Research co-founder John Calambokidis will look in depth at our fabulous gray whales for the Port Townsend Marine Science Center's The Future of Oceans lecture on **Sunday, March 12**, 3 p.m., at The Chapel at Fort Worden State Park.

In a talk titled *Gray Whales in Washington State: Three Groups, Three stories, from Death to Promise*, Calambokidis will focus "On the varied insights from both long-term and recent research into gray whales, including the recent high mortality in the overall population, the stability of a distinct sub-population that feeds in the Pacific Northwest and the Sounders group that have expanded use of our local waters as a reprieve from challenges in other parts of their range."

There is no charge to attend in keeping with the PTMSC's desire to ensure the Future of Oceans series is accessible to all. Of course, donations are welcomed and appreciated.

A senior research biologist, Calambokidis has been studying gray whales since the 1980s, including identifying the local group of Sounder gray whales that returns annually to feed in the Salish Sea. As one of the founders of Cascadia Research, a non-profit organization formed in 1979, his primary interests are the biology of marine mammals and the impacts of humans.

Calambokidis has conducted studies on a variety of marine mammals in the Pacific from Central America to Alaska. He has served as the director of more than 100 projects and authored two books on marine mammals, as well as more than 150 publications in scientific journals and technical reports. He periodically serves as an adjunct faculty member at the Evergreen State College, teaching a course on marine mammals, and his work has been covered on shows such as Discovery Channel and has been featured in National Geographic television specials.

Since its inception in 2014, the PTMSC Future of Oceans lecture series has explored the frontiers of ocean research and emerging technologies while confronting the human capacity to understand and sustain healthy oceans. Each year attendees are challenged and informed with thought-provoking presentations. The series is made possible by the generous support of the Darrow family.

For more information about the lecture series, visit ptmsc.org/programs/learn/lecture-series.

About the Port Townsend Marine Science Center: Founded in 1982, the Port Townsend Marine Science Center is a non-profit 501(c)(3) educational organization whose

mission is to inspire conservation of the Salish Sea. The PTMSC provides place-based, people-powered, hands-on learning for all ages including exhibits, school classes, youth camps, citizen science programs, and a lecture series. The PTMSC offers two public facilities at Fort Worden State Park, an aquarium (on the pier) and a museum (on shore), and a visitors center and store in downtown Port Townsend. For more information, visit ptmsc.org.

Stream Stewards Course Offered by WSU Extension

Come join the fun! WSU Extension is offering an in-person five-week course which features in-class lectures and field trips across the North Olympic Peninsula. Classes meet on Thursdays from 9 a.m. to 12:30 p.m. **March 9 – April 6**. The class concentrates on the rivers and streams that flow into the Strait of Juan de Fuca and the environments that impact them. Class and field experiences will be supplemented through pre-recorded online presentations by regional experts you can watch on your own schedule.

Topics include:

- Stream and watershed ecology
- Native plants and forest ecology
- Salmon lifecycle and habitat
- Protecting and conserving watersheds
- Stormwater mitigation
- Tribal treaty rights and natural resource management

Upon completion, volunteers are asked to commit to 20 hours of ecosystem-based volunteer service in the next year with the organization of your choice. Opportunities range from citizen science projects to engaging in public outreach. Volunteers choose the opportunities that best fit their skills and interests.

Registration is open through **March 6**. Cost is \$25, scholarships are available. See jefferson.wsu.edu for more information or register at 2023streamstewards.eventbrite.com

Questions? Contact Bridget Gregg at bridget.gregg@wsu.edu.

plvoice.org
Breaking News – Archive of Past Issues
Early Access to News Articles
Local Arts – Letters to the Editor

Features & Stories

The Medicine Creek Treaty of 1854 and the Fish War

by Milt Lum, Staff Writer

On December 25, 1854, Isaac Stevens, territorial governor of Washington and superintendent of Indian Affairs, convened a council of the Pacific Northwest tribes including Puyallup, Nisqually, Steilacoom, and Squaxin to discuss payment for their lands and moving them to reservations. The complex terms of this treaty were translated by Benjamin Shaw using Chinook Jargon, a rudimentary trade language consisting of 300 words. The following day 62 leaders of the assembled tribes placed their mark on the Medicine Creek Treaty. Congress ratified the treaty on March 3, 1855. For the sum of \$32,000 and 4,717 acres of land marked for reservations, the tribes relinquished their rights to two million acres of their traditional lands. Per article three of the treaty the tribes retained "The right of taking fish at all the usual and accustomed grounds and stations..." The elders insisted on that clause, a prescient insight that would insure the survival of future generations a century later.

Billy Frank, a member of the Nisqually tribe, lived with his family on 200 acres on Muck Creek, his family's allotment of the reservation land designated by the treaty. At age 38 he was forcibly evicted from his land which had been illegally obtained by Pierce County. Employing eminent domain, Pierce County had condemned two-thirds of Nisqually reservation land (controlled by the federal government) to induce the U.S. War Department to build Ft. Lewis near Tacoma. Billy was compensated \$8,000 for his 200 acres and charged \$1,000 for the six-acre plot he purchased off the reservation near the mouth of the Nisqually River. That six acres of land was named Frank's Landing which became the epicenter of the Fish War.

The Fish War is the term used for the escalating conflict between Washington's Department of Fish and Game and the tribes' contesting regulations which violated their rights under the treaty of 1854. Billy Frank and Frank Jr. were in constant conflict with the fishing wardens who confiscated their nets, boats, and fish for violating the state's laws. By the 1960's with concern about dwindling populations of salmon and steelhead, the tribes became convenient scapegoats being blamed because they used nets and did not adhere to bag limits. Younger tribal members, impatient with the state who weighed more heavily on the side of commercial and sportsmen's interest, stood their ground, employing the tactics used by civil right leaders to garner attention to their cause.

With the appearance of Marlon Brando at Frank's Landing in March 1964, the nation's attention was drawn to the escalating physical confrontations between the state and the protesting tribal members.

Anxious about the increasing violence and the failure of prior judicial decisions to resolve the issues, Stan Pitkin, U.S. Attorney for Western Washington, filed a suit against the state of Washington on behalf of the Indians of Western Washington in "the case to end all cases." The plaintiffs' objectives in the suit were: to establish the meaning of the treaties at the time they were signed and how the original chiefs would have understood it, and to develop a better way to manage the fishery. The state's defense was that allowing the tribes to fish using their traditional practices was discriminatory and responsible for the depletion in the numbers of fish.

Three years from the initial filing, the trial, *U.S. vs Washington*, commenced on August 27, 1973, before Judge George Boldt. The plaintiffs were represented by five attorneys, three from the federal government and two in private practice hired by the tribes, and the defense by the attorney general of Washington, Slade Gordon, and his staff. The trial lasted three weeks, going six days a week, with 49 witnesses testifying and 350 exhibits presented. The resulting trial transcript was 4,600 pages long. Judge Boldt presented his 203-page decision on February 12, 1974, in support of the tribes on every major point. In essence he ruled that the tribes had a right to a 50-50 allocation of the harvest in salmon passing their off-reservation fishing places, and as sovereign governments in establishing regulations governing salmon harvests by tribal members. A firestorm of counter protests by sports and commercial fishermen, supported by the state attorney general, erupted in demonstrations around Olympia and in threatening letters to Judge Boldt. The state filed an appeal to the Federal District Court of Appeals in 1975. In rejecting the argument, it affirmed the Boldt decision. A subsequent appeal to the U.S. Supreme Court in 1979 resulted in a written opinion affirming the ruling of Judge Boldt's decision in all aspects. The state had exhausted its options and moved forward to joint management strategies with the tribes toward insuring the survival of the salmon.

For the Pacific Northwest tribes, the Boldt decision affirmed their ancestors' wisdom and instilled trust in the justice system which heretofore weighed heavily against them. The long arc of moral justice had finally begun to bend to whom it had been long denied.

From a One-Room Cabin to Successful Business: The Story of Massage Therapist Piper Diehl

by Dave Cunningham, Staff Writer



Once upon a time, a woman named Piper Diehl opened a business in a tiny studio in a one-room cabin on Ludlow Bay Road, where she offered her services as a massage therapist—that was a quarter century ago.

Today, she owns and runs the Ludlow Bay Massage & Wellness Spa at 91 Village Way, next to the Jefferson

Healthcare building, and the *Port Ludlow Voice* wondered how she became so successful and how she managed to avoid the aches and pains so many massage therapists suffer after decades of squeezing the muscles of thousands of people. Our interview with Piper:

Voice: Do you have any interesting or funny stories about things that happened over the years?

Piper: Not really, but I've had some interesting people on my massage table.

Voice: Like famous people?

Piper: Yes, although I can't tell you. It's private information, falling under HIPAA (Health Insurance Portability and Accountability Act) but politicians, NFL football players, pro golfers, authors ...

Voice: Names that people would know but that you can't reveal?

Piper: Oh, yes. We provide spa services for the Port Ludlow Resort, and on occasion a famous person will stay at the resort or on their boat at the marina. We also have some very interesting people that live right here in Port Ludlow

Voice: Why did you decide to go into the massage business?

Piper: When I was in my early 20s, I experienced back pain due to childhood injuries. I sought help from chiropractic care, acupuncture, and massage therapy. Massage therapy helped me the most. It also felt great, and the workings of the human body intrigued me.

Voice: When you decided you wanted to do this for a living, how did you go about it?

Piper: I moved from Edmonds to Port Ludlow and was working in the restaurant and hospitality industry. When I moved to Port Ludlow, there wasn't a lot of opportunity here at the time. It was more of a resort/retirement community back in 1994, and my husband and I needed to get a little creative to make a living if we wanted to live on the Peninsula. I was always interested in massage, so I started thinking about going to massage school in Seattle. I wasn't sure how that would work as I had recently had my first child and going to school in Seattle would take me away from her for many hours at a time. A young friend of mine said she was going to massage school. I asked which school, and she said Port Townsend. What? There's a school there? She was enrolled in the first class in Port Townsend. I enrolled in the second class. This was 1997.

Voice: And then you opened your business in the one-room cabin on Ludlow Bay Road. Was yours the only massage therapist business in Port Ludlow at the time?

Piper: At the time, there were three of us practicing massage, and we each worked independently. And then I partnered with Kerry Kelley, and together we opened the Ludlow Bay Massage and Wellness Center in the Port Ludlow Place building. We envisioned a place that promoted whole-body wellness. A few months after we opened, Kerry moved because her husband took a job in the Caribbean. He was the Port Ludlow marina manager at the time. I changed locations to the building that I am in now.

Voice: For someone who has never had a massage, what would you tell them are the benefits of massage therapy?

Piper: There are so many reasons to have a massage. It helps you physically and mentally by reducing overall stress; it reduces pain and muscle soreness; lowers heart rate; improves immune function... our bodies have an amazing way of masking our pain. Massage can help bring awareness to the body and assist in the healing process.

Voice: The name of your business now is the Ludlow Bay Massage and Wellness Spa. It's not just massage. As of today, what services do you offer?

Piper: I'm also an esthetician and offer a variety of spa body treatments like facials and skin treatments, body scrubs, and mud wraps. We are also a medical spa. Kate Ernst, ARNP, works with us; she's a dermatology nurse-practitioner. She provides Botox injections, and different types of medical-grade skincare treatments. And another person who works here, which is most exciting to me, is my daughter, Marina Porter. Marina is a very talented cosmetic tattoo artist. People come from all over the state to receive her services.

continued on next page

Piper continued from previous page

Voice: Do you get massages yourself, and if so, is that helpful for you?

Piper: Absolutely. We have five massage therapists including myself. We often trade with each other, and I have therapists I go to outside the spa. It helps me stay healthy. I have to practice what I preach!

Voice: Some massage therapists I have encountered do therapeutic touch healing, which involves directing energy through the patient's body with gentle touching or even just moving their hands over the patient's problem areas. Do you do this kind of treatment?

Piper: Energy treatment ... there are many different energy practices. Intuitive Healing, Reiki, Polarity Therapy, Craniosacral Therapy, just to name a few. I do incorporate energy work into the massage session. Most people don't know it. They just know something good is happening. Everybody has energy. Everything is energy. So, there's always going to be some kind of transference of energy happening.

Voice: If someone in 2023 is thinking about becoming a massage therapist, what are some of the tips or suggestions you would give them?

Piper: That's a really good question, and I really love mentoring other massage therapists and helping them grow their practice. I would suggest they receive massages by different massage therapists with differing styles and techniques.

Voice: So, you're saying not all massage therapists are the same?

Piper: Well, no, everybody's unique. Everybody has a basic massage background, but they all take different paths, depending on their interests. For example, some practice energy healing, injury treatment, myofascial release, or a combination of all of it, like me. So yeah, I would suggest they receive massage from different therapists, visit massage schools to see if they like the feeling of it and what they have to offer, and take an introductory course in Swedish massage, which all massage schools offer.

Voice: Is there anything I haven't asked you about your business that you would like to add?

Piper: Yes, you mentioned earlier if I thought Port Ludlow could support more massage therapists, and my answer is absolutely yes. It goes back to what I said earlier, everybody has a body, everybody has skin, one massage therapist can't serve every person. And no single massage therapist is the perfect fit, so yes, we could use more massage therapists. In fact, I could use a couple more here at the Ludlow Bay Massage and Wellness Spa.

Voice: Is every massage therapist different in the way they do things?

Piper: Yes. We all have different massage styles and use different techniques. Neal Aho practices Chinese massage Tenua; he's great at it, and it's unique here.

Voice: I told my kids that if they could find a job they absolutely love doing, they'll never have to "work" a day in their lives. Do you love your job?

Piper: I absolutely love my job.

Voice: What do you love about it?

Piper: I really enjoy working one-on-one with people. There's no other job I can think of where you are able to hold space for someone and give them your undivided attention for a full hour or more. And when they walk in, if they're not feeling that great, they always walk out feeling so much better than they did when they came in. That's pretty special. Port Ludlow has been a great place to own and operate a business. Massage therapy has also allowed me the flexibility to spend time with my kids as they were growing up and time to volunteer at Chimacum schools.

Voice: How long do you think you will keep doing this? You're still a young woman, but there will come a time when you move into the so-called retirement years, or maybe your hands and arms just get worn out.

Piper: I know a few estheticians and massage therapist that are still working in their 70's.

Voice: Do you see yourself doing it in your 70's?

Piper: I'd put it this way—I can't see myself not doing it.

Voice: You smile a lot. I think you do love your job.

Piper: It's great. I do love it. I truly feel blessed that I found massage therapy and skin care. There's so much to learn, and it's ever evolving: I like the challenge of that. I just keep on going.

Voice: Like the Energizer massage therapist.

Piper: Yes

Garden Grants Now Available

Grants for volunteer horticulture and environmental stewardship projects are now available from the Jefferson County Master Gardener Foundation. Schools, community gardens, individuals, and organizations with not-for-profit projects are eligible to apply. The grant application deadline is **May 1**. A link to the grant application can be found here: jcmgf.org/our-foundation/grants-and-scholarships.

The Night the Bridge Shut Down

by Bev Rothenborg, Staff Writer

My friend Carol Records and I were returning from a medical appointment in Silverdale when we encountered the huge number of cars waiting to cross the Hood Canal Bridge. After an hour or so of being in line, a rapport developed among passengers in nearby vehicles. The woman in the car ahead of us kept bringing us sustenance including string cheese (but no crackers) and Lindor chocolates. Yum! A couple in another car had a tiny puppy that they had just adopted. They were keeping it warm in their jackets. Word spread that a truck had overturned, and the bridge wouldn't open for four or five hours. We soon saw the huge, mangled truck pass us as it was hauled away. Engineers had to come for a bridge safety inspection before it could reopen.

We were in touch with neighbors by cellphone in a different vehicle. They were going to book a hotel room in Silverdale for the night. There was one for Carol and me, too. All we could think of was being warm in our own beds, so we declined. What to do for the next few hours? We were cold and hungry! Walmart would be open and we had some shopping to do. Plus, there was a Subway in the store. So that's where we spent the next few hours. The couple with the new puppy was there also.

When we returned to the bridge around 11 p.m., our hearts dropped to see the line of cars that was still waiting. After another long wait, can you imagine our excitement when a stream of oncoming headlights gave us a clue that the bridge had reopened! Slowly we drove across. Jefferson County had never seemed so welcoming. Port Ludlow was heaven on earth. Nestled snug in my bed had never seemed so wonderful!

Edibles: Eat Your Flowers

by Libbey Lincoln, Staff Writer

Alas, the promise of spring! Do you find yourself dreaming of all the new potted friends you will make at your favorite nursery? This year, why not consider what your flowers can bring to your plate and cocktail shaker in addition to your beds and pots?

Flowers function to attract pollinators through a strong scent, bright colors, or both. This chemistry can bring excitement to our taste buds as well. The most consumed flowers in the Western diet could use some spicing up—broccoli and cauliflower are neither colorful nor flowery.

Many local gardens already contain flowers commonly used in regional cuisines. Middle Eastern cuisines incorporate essence of rose or rose petals into dishes, desserts, and drinks. Day lily buds are eaten both fresh and dried in

Asia and serve as a source of vitamin C and antioxidants. Hibiscus, a relative of okra, is native to Africa and used in the cuisines of Mexico and the Caribbean.

Still unsure? Start easy with nasturtium and pansies. Nasturtium is peppery and spicy with a bittersweet note. Simply pick the flowers from the plant, rinse in cool water and dry before tossing with your favorite corn and black bean salad or add flower petals to your next pizza dough for a spectacular result, especially with a little goat cheese.

Planning a special Mother's Day gathering? In addition to their bright cheery faces, pansies bring a mild, slightly lemony taste with hint of wintergreen to a dish. Sprinkle some atop a crepe right before flipping. To serve with a violet syrup, pour warm simple syrup over 1 ½ cups of clean purple pansies in a nonreactive bowl, let steep for 30 minutes, then strain. For lunch, add pansy flowers to cucumber, cream and goat cheese tea sandwiches.

Let's not forget the cocktails. Numerous flowers can be used in simple syrups or added to ice cubes for visual interest. It is difficult to walk through a Port Ludlow neighborhood in summer and not appreciate the lavender. How about a Lavender Collins?

Some important words about safety. Never consume a flower you do not know is edible. Some flowers are toxic. Common local examples of toxic flowers include hydrangea, rhododendron, and sweet pea. There are many good online references. Always choose organic plants free of pesticides and herbicides.

Want to learn more? Request *Cooking with Flowers* by Miche Bacher from our wonderful local library.

Lavender Collins

1.5 ounces gin
1 ounce lemon juice
½ ounce lavender syrup
Sparkling water
Garnish: lemon slices, clean lavender sprigs (optional)

Add gin, lemon juice and lavender syrup to cocktail shaker with ice. Shake vigorously then strain into an ice-filled glass. Top with a splash of sparkling water and stir gently. Garnish if desired.

Lavender Simple Syrup

1 cup sugar
1 cup water
2 tablespoons lavender buds

Dissolve sugar in water over medium heat, stirring occasionally. Place flowers in nonreactive bowl. Pour hot syrup over the flowers and let stand thirty minutes maximum. Taste at fifteen minutes for your own preference. Cool to room temperature, cover, and refrigerate.

Meet Your Firefighters

by Ron Dawson, Guest Writer



Meet Emily Stewart, who is the business and human resources manager at East Jefferson Fire Rescue. She also does fire investigation photography and public education for the department. Emily is trained as an EMT to handle medical emergencies.

Originally from Michigan, she and her husband Matt moved here from Chicago and have two cats, Smokey and Zella. She began with the department in 2014. Our area was enticing to them because of the mountains. Her husband works for the county and is also a volunteer firefighter. Emily was attracted to the fire department because she had worked in the non-profit realm in Chicago and wanted to continue her career in public service.

She likes the wonderful co-workers who she supports in her job, likes that the job is never boring, and is appreciative that she now gets to interface with the Port Ludlow community.

The hardest aspect of the job is the stress that comes from working in a demanding environment with people needing emergency help. Emily is currently working on a certification program in Human Resources.

When away from work, she likes to ski in the winter, and run and hike in the warmer weather. She also likes puzzles and photography.

Many people don't know that she is a vegan in a community of meat-eaters in the department. She says she gets guff from her co-workers on that issue, but it is in good jest.

Emily has an interesting job that is broad in scope, and she welcomes the challenges.

Capers

by Eline Lybarger, Staff Writer

Capers, or *Capparis spinosa*, have a life as a plant long before it appears salted, brined and bottled in your kitchen. It is a low-growing shrub with rounded, fleshy leaves, and large orchid-like, white to pink, fragrant blossoms. It likes an arid climate, with spring rains and hot summers. Capers are native to the countries around the Mediterranean and have been documented since Roman times. The plant can withstand temperatures over 100 degrees F but is sensitive to frost during its growth period. However, there is one cultivar in the Alps that survives low temperatures as a leafless stump. For *Capparis spinosa*, too much moisture will cause wart-like pockmarks on its leaves, but once the plant has adjusted, it will produce normal leaves. To accommodate to its harsh environment, it hosts nitrogen-fixing bacteria to sustain it in poor soil. One species, *C. rupicolous*, likes rocky areas and has taken up residence on the Western Wall in Jerusalem. This species will also tolerate soil from sand to clay.

Caper buds are dark green and ready to be picked each morning when the buds are tight and from 7 mm to 14 mm, with the smaller 7 mm the most valuable. After picking, they are salted and soaked in vinegar. The unique flavor comes from a complex organic enzymatic reaction forming rutin that appears as white spots on the caper and tastes peppery or mustardy.

In the culinary world, capers are traditionally used with salmon, such as lox, cream cheese and capers. One chef suggested replacing the olives in your martini with capers. I will let someone else try that.

The leaves are hard to find outside of Greece or Cypress. They are boiled or pickled and brined in jars to be used in salads and fish dishes. Dried caper leaves have been used in commercial cheese making and as a substitute for rennet and in cosmetics and medicines.

One of my favorite ways to use traditional capers is in Olive Tapenade below:

In a food processor whirl 1 garlic clove and 1 t. fresh thyme or dried thyme. Add 1 C. black olives and 1 C. Kalamata olives, 2 to 5 anchovy filets (depending on how salty you want it), 5 T. olive oil, 1 T. fresh lemon juice, pulse until you have a coarse chop, stir in 2 to 3 T. capers. Serve with toasted baguette or hardboiled egg halves. Sealed airtight and refrigerated, it will keep for a month, so it is easy to make ahead or have on hand. Enjoy.



Amanda Wilson
Attorney at Law

Jefferson County
21 Shine Road
Port Ludlow, WA 98370
(360)437-4172

King County
999 N. Northlake Way
#206
Seattle, WA 98103
(206)337-7555

**Elder Law / Estate Planning / Wills /
Guardianships / Medicaid Planning /
Minors Trusts / Revocable Living Trusts /
Powers of Attorney / Special Needs
Trusts / Trust Administration & Probate**

www.NWEPP.com

©2021

If you or anyone you know feeds animals outside, feeds stray cats, or knows where stray cats live please contact me.



If you see this cat ...call or **TEXT a photo!**
Please **DON'T CHASE***\$50 Reward if confirmed!

541.602.2231

Why Use a Local Real Estate Agent?

Knowledge. No one knows the local market better than a local agent. We know the inventory and have extensive experience pricing area properties. We also know our community, its amenities & businesses as well as local area regulations.

Availability. Because we're already here we can physically meet with you and respond quickly to your needs. That way, we can lend a hand if needed and host open houses.

Access. We have relationships with an amazing network of other local experts from lenders & escrow firms to painters, plumbers, contractors, home stagers, and more!

If you're thinking of buying or selling a property, give a local agent a try!


Windermere
REAL ESTATE
AGENTS OF GOOD ROOTS
PORT LUDLOW

360.797.9344
9483 Oak Bay Road



Arts & Entertainment

The Good Lovelies Bring Their Sweet Voices and Strings to The Bay Club

by Dave Cunningham, Staff Writer



Port Ludlow Performing Arts hosts its penultimate concert of the 2022-23 season on **Saturday, March 25** at 7 p.m., when they feature the Good Lovelies, an award-winning, roots-pop music trio from Canada. They are two-time winners of the JUNO Award for Album of the Year in the Roots-Traditional category.

Caroline Brooks, Kerri Ough, and Susan Passmore bring beautiful, soothing (and sometimes rousing) harmonies to the Bay Club stage, with all three playing the strings. Not to put too fine a point on it, but the Good Lovelies are kind of having their moment.

They have produced four widely acclaimed studio albums, two Christmas collections (including 2019's gorgeous *Evergreen*), two EPs, a live album, and a No. 1 single ("I See Gold," from 2018's smash *Shapeshifters*). They have toured the world from Europe to Australia to the U.S. and throughout their homeland Canada, where performances alongside the Toronto Symphony Orchestra are not unheard of.

Tickets are available online at portludlowperformingarts.com for \$35 each. The concert is sponsored by Terri Ross, Ron Dawson, and an anonymous donor.

The talented and hardworking Good Lovelies—guitar-wielding songwriters all, and queens of the goose

bump-raising, three-part harmony—wear their collective age "17" with grace and ambition (they formed in 2006).

"Caroline and I have been purging our inboxes and have been noting the things that are exactly the same after all these years of conversation," Ough said. "What do you think of this artwork?" "Do we need more bass on that song?" It's hilarious to look back and see the ways we have changed...and the ways we haven't changed.... It's a beautiful business and a beautiful life we have created, rooted in friendship, and I love it all."

The band is also focused on environmental causes. They did a "Forest Tour" in 2020, covering multiple Canadian provinces as well as Washington state. For each album or download card sold at these shows, Brooks, Ough, and Passmore planted two trees in Burk's Falls, Ontario, an area dear to the band's heart. The campaign resulted in 2,300 trees being contributed to the forest plan.

"We have become increasingly conscious of our carbon footprint as a band, and it's challenging because we have to travel for a living," Brooks said. "Tree planting is a great way to offset emissions. It gave the tour an umbrella, and people really connected to it."

And as Passmore explained, "We are trying to be more responsible in general. We bring our own reusable water bottles and coffee mugs on tour. Meals served before the show are requested not to arrive in Styrofoam or plastic containers. We can't wait until touring with an electric minivan or tour bus is a viable option."

Brooks said the band has been focusing on recording new songs with female producers: "We have worked with amazing men. Our records have been produced by men, and we love them all. But we also know women with amazing talent."

While the band clearly has its eyes on breaking the so-called glass ceiling, they also love what they're doing.

"A touring musician's life isn't easy," Ough said, a comment echoed by Passmore and Brooks, who leave children behind when they hit the road. "But I wouldn't trade what we have going on now for anything, even given the occasional hardships. Here we are all these years later with so many different recordings, and with so many amazing memories and experiences. Making music for a living is weird, but it's also so much fun."

Spotlight

Recovery Café

by Bekka Bloom, Guest Writer

At Dove House’s Community Services Offices at 1045 10th St., we provide client services and classes for survivors of domestic violence, sexual assault, and other types of crime. Dove House’s **Recovery Café** helps clients reconnect with the community and cultivate new healthy relationships in a safe environment. A positive peer support network can be vital to healing, rebuilding, and recovering from the traumas of domestic violence, sexual assault, and other crimes which often intersect with mental illness, homelessness, addiction, and other life challenges. More information is available about all of Dove House’s programs and services at dovehousejc.org.

The Café’s low-barrier, inclusive, and welcoming space invites all to access resources and participate in a variety of activities in a safe and non-judgmental atmosphere. Free meals, peer support groups (called Recovery Circles), classes, and events are opportunities to connect with others, receive peer support, and learn new skills. At **“Stitching it Together,”** folks can come get their garments mended and learn how to sew, stitch, and knit in community. Some of life’s big questions are discussed at **“Soul’s Journey,”** a weekly spirituality discussion group. **“Seeking Wellness”** is a weekly trauma recovery discussion group where we puzzle through how our past experiences impact us today and how to cope in our daily lives. Members showcase their talents at **Open Mic Nights**. Local professionals share about topics such as suicide prevention, boundaries, and behavior change at **“School for Recovery workshops.”** Volunteerism has a key role in Café membership and supporting the mission and daily operations.



Partnerships are integral to the holistic and person-centered approach at Dove House.

These and other organizations offer on-site services at the Café (approximately monthly): OlyCAP’s Housing Case Manager, the Recovery Empowerment Advocacy Linkage (REAL) Team, Jefferson County Public Health, Volunteers from St. Vincent de Paul, and Street Outreach Services (SOS) Team, as well as National Alliance on Mental Illness (NAMI) meetings for people to get peer support for mental health issues. Jefferson County Medical Advocacy and Services Headquarters (JC MASH) provides nurse consultations, blood pressure checks, and foot care; Key City Public Theatre is providing a creative writing workshop for the month of February. The YMCA provides shower tokens. For Recovery Café’s full weekly schedule go to recoverycafejc.org.



Celebrating New Partnerships with Jefferson County Immigrant Rights Advocates (JCIRA) and Port Townsend Film Festival (PTFF).

In December, Dove House, JCIRA, and PTFF collaborated to bring the film, *“Don’t Tell Anyone”* to a PTFF Focus event. Kristin Manwaring Insurance sponsored the event which was a fundraiser for JCIRA. The film shares the story of Angie Rivera, an undocumented teenager who experienced sexual assault as a child in the US. We follow her as she navigates the immigration system, becomes an activist for the DREAM Act, and is eventually granted a U-Visa on the

continued on next page

Recovery Café continued from previous page

basis of being a victim of sexual assault. Audience members shared stories and explored topics related to the experiences of undocumented immigrants in our community. Dove House and JCIRA work closely together to support local residents who are immigrants.

Drop-In Yoga, Mondays at 10:30 a.m. or at noon, Recovery Café, 929 Kearney St. in Port Townsend



Curious about yoga? Not sure where to start? No gear? No problem! You are welcome here. Come at 10:30 a.m. for energizing yoga with Ariela Marshall or at noon for gentle and Hatha yoga flow with Liz Uchitelle or Anne Hardy (alternating weeks). Dove House's trauma-informed yoga classes focus on deep connection with the body and breath through movement. Information about our instructors: Ariela and Liz are Dove House Advocates who provide services throughout the week from our Community Services Offices at 1045 10th St. We are welcoming Anne as a new volunteer instructor.

Meals at The Recovery Café

We're open to the public and offer free meals Tuesday through Friday (open 11 a.m. to 4 p.m. and the meal is served at noon).

Dove House's Community Services Building at 1045 10th St. is open Monday through Friday from 9 a.m. to 4 p.m., closed 12 noon to 1 p.m. for lunch. Call for an appointment at 360-385-5292. Our Crisis Line 360-385-5291 is available 24 hours a day, every day.



SAVE THE DATE! In April, Sexual Assault Awareness Month, Dove House will once again partner with the Port Townsend Film Festival on **April 6** to bring a film to a small audience at PT Film Fest's Balcony Theater, their 40-seat micro cinema in the Baker Block Building on Taylor St. The film will focus on current challenges faced by survivors of sexual assault in navigating the criminal justice system. Keep an eye on our website homepage dovehousejc.org and/or give us a call at Dove House if you are interested in attending.

Current information about Dove House's events and classes is found at dovehousejc.org.

Feel free to give us a call about any of our programs and services, 360-385-5292.



Residential Design Build Firm

- Architectural design for new homes and remodels
- Permit facilitator for all phases
- Full service general contractor



Our team of expert craftsmen will take your project from design phase to handing you keys to your new home!

Marie Peterson, *President*
360 437 8148 • Cell 360 621 0312
marie@newleafwa.com

Open Hearts, Open Minds, Open Doors

Community United Methodist Church

Join us for **Sunday Worship at 10:00 am**
also Facebook Live at www.facebook.com/CommunityUMC
Scott Rosekrans, Pastor

130 Church Lane (360)385-1579 cumc@olympus.net
Port Hadlock, WA 98339 HadlockChurch.com

Let me help you check off your bucket list items.



Shelli K Cates
Financial Advisor
201 W Patison St
Port Hadlock, WA 98339
360-379-0170

Edward Jones
MAKING SENSE OF INVESTING
edwardjones.com

Member SIPC

IT TAKES MORE THAN LUCK TO SELL YOUR HOME.

We are here to help!

COLDWELL BANKER BEST HOMES

Port Ludlow Office 9522 Oak Bay Rd 360.437.2278
Port Townsend Office 234 Taylor Street 360.385.0836

AN EXCEPTIONAL EXPERIENCE, EVERY TIME, FOR EVERYONE.

Find us online at: www.cbbesthomes.com

Bob's Lawn & Garden Service

"Your Pruning & Lawn Care Specialist"
Quality Service Since 1991

(360) 531-2337

Bob Hoyle, Owner
Certified Master Pruner
Contractor Lic. # BOBSLGS0160Z

P.O. Box 361 Chimacum, WA 98325-0361 E-mail: bobhoyle@usa.net

DESIGN/PRINT/SIGNS/MAILING

Your One Stop Shop

Printery

YES, WE CAN DO IT!

360-385-1256 631 Tyler Street Uptown | Printery.com | info@printery.com

POWERBOAT & SAILBOAT SALES

A Salty Life is a Great Life!

PORT TOWNSEND BOAT COMPANY

360.316.9370
PORTTOWNSENDBOATCO.COM

Port Ludlow Art League

Artist of the Month – Ann Arscott



Puff, the Magic Dragon, by Ann Arscott.

Ann Arscott’s artwork embraces oils, pastels, and watercolors that portray the beauty of nature and Chinese brush paintings of flowers, animals, and landscapes on silk and paper.

Her love of Chinese brush painting led her to study at the China Institute in New York City. Her award-winning work has appeared in galleries in New York, New Jersey, and Japan, as well as here in Washington State.

During March, you can view Ann’s art exhibit at the Sound Community Bank and online at portludlowart.org. A reception for Ann is set for 4-5 p.m., **Wednesday, March 8** in the lobby of the bank and 5-6 p.m. at the Port Ludlow Art League Gallery next door. The bank is located at the corner of Oak Bay Road and Osprey Ridge Drive in Port Ludlow.

For more information, please email info@portludlowart.org.

Jeweler of the Month – Janice Gruber

As an artist since 1985 and the Port Ludlow Art League Gallery Manager, Janice’s artwork encompasses a wide range of media including jewelry. She enjoys incorporating stones, wood, shells, glass, pearls, and fabric into her jewelry.

In March, Janice’s jewelry designs will be on display at the Port Ludlow Art Gallery and at the Sound Community Bank. You can also view Janice’s jewelry online at portludlowart.org.



Necklace by Janice Gruber.
Submitted photos

The bank and gallery are located at the corner of Oak Bay Road and Osprey Ridge Drive in Port Ludlow. The gallery is open every Thursday and Friday from noon to 4 p.m.

For more information, please email info@portludlowart.org.

Group Art Exhibit at the Bay Club - Port Ludlow Art League



Bird of a Different Feather, by Pamela Raine.

Submitted photo

The art exhibit at the Bay Club entitled *Trash to Art Treasure* is making a return performance. This type of art seeks to transform waste such as paper, cardboard, wood, glass, plastics, metals and rubber into works of art. The concept goes beyond the conventional recycling of materials by creating objects that exceed the economic, cultural, and social value of the original product.

This art exhibit is sponsored by the Port Ludlow Art League and will be on display during the month of March. Be sure to stop by the Bay Club and vote for your favorite artwork.

The Bay Club is located at 120 Spinnaker Lane in Port Ludlow. For more information on art exhibits at the Bay Club, please email Alan Ahtow at info@portludlowart.org.

Night Watch

by Randy G. Powell, Ludlow Village Players Director



The cast of Night Watch.

Night Watch by Lucille Fletcher introduces Elaine Wheeler, a woman haunted by memories, suspicions, and her own way of thinking. Is her husband faithful? Can she rely on her best friend? Is her quirky neighbor a stalker? What does the housekeeper suspect? All these questions are answered in this play, but wait...who gets murdered?

Night Watch is a main-stage production of the Ludlow Village Players (LVP). Our local talent comes together to perform a suspense thriller that gets the audience's attention from the first scream to the final laugh. Kate Marshall portrays Elaine Wheeler, a socialite heiress, opposite Gerry Thom as her Wall Street husband. Karen Ni is Elaine's best friend Blanche who seems devoted to her longtime acquaintance.

Add a supporting cast of Officer Vannelli (Jim Gormly), Lt. Walker (Nancy Peterson), Mr. Appleby (Jeff Groves), Helga (Kristina Kelley and Madison Maxwell), Dr. Lake (Starley Flynn), and Mr. Hoke (David Johnson), and we have a mystery which only the audience can solve.

Opening night is **Friday, April 7** at the Bay Club, and we are offering special refreshments and a silent auction of local artists' pieces, unique collectibles, and other interesting items including three masterpieces of our set copied and painted by Carol Durbin. Does your home have a Picasso?

Show dates are **Fridays and Saturdays, April 7, 8, 14, and 15** at 7 p.m. and **Sunday, April 16** at 2 p.m. Ticket prices are \$19 each. We expect opening night to sell out fast, so order your tickets early. This show is family-appropriate for all ages, with mild language issues.



True horror is in the mind's eye!

Photos by Randy Powell

Cast, crew, and LVP Board are made up of Port Ludlow residents and LVP friends. Tickets may be purchased at brownpapertickets.com/event/5694215. It takes over 30 folks to produce such a show, but we are nothing without you, the audience!

Edward Jones

Retired? Let us help with your income needs.



Rick Smith, AAMS™
Financial Advisor
9526 Oak Bay Rd Suite 300
Port Ludlow, WA 98365-0138
360-437-5113

MKT-5894N-A edwardjones.com

Your Solution... to a Successful Transaction!

360-460-5303
sherrylgrimes@gmail.com




Sherry Grimes
Your Dedicated Real Estate Broker

PORT LUDLOW BROKERS www.realestateportludlow.com

Bay Club / South Bay

South Bay Community Association Update

by Gil Skinner, President, SBCA Board of Directors

I am writing this in early February and already we are seeing some daffodils starting to come up, buds on some bushes, and rhododendrons blossoming. What a great place we live in.

So what's new at the Bay Club? Quite a bit actually. We had nice attendance at our February First Friday Pancake Breakfast and some super nice comments such as, "I love coming to these breakfasts, these are the best pancakes I have ever eaten," and, "You keep adding new things and no price increase, great deal." There is a core group of people who make these breakfasts happen and as part of our effort to recognize volunteers, here they are: Christine Spagle, who helps shop for the ingredients and makes the batter; Ted Ross, who flips the cakes and specializes in making blueberry pancakes; Bob Kent and Mark Schwindener, who collect the money; Peggy Thuotte, who keeps the food trays full and helps serve; and finally GM Mark Torres, who starts on Thursday night getting the bacon and sausage ready and who also makes the fresh scrambled eggs in the morning. This is a great crew, and we thank them all.

Speaking of volunteers, it is time to start thinking about running for the SBCA Board. There will be three seats open, and we need some people who want to serve their community. If you want to continue having a great community, please consider the SBCA Board. Come to our monthly meetings and maybe a couple of committee meetings as well to acquaint yourself with the issues facing the association and then dig in and help keep moving us forward.

Continuing with "what's new" the Activities Committee is coordinating with the Jefferson County Sheriffs' Office to provide Crime Prevention talks. The first presentation was on February 16. This session dealt with home security issues and target hardening (a crime prevention term that relates to actions taken to make a potential criminal target less desirable, i.e., cutting down bushes that block views of doors and windows, using security lights, using better locks on doors, etc.). On **Thursday, March 16**, we will have the second in our series dealing with personal security and crimes against the elderly (yeah, that's many of us). The Activities Committee is also setting up a Hiker Safety program scheduled for **Tuesday, April 18**, so watch your eblasts for more details. Finally, the Activities Committee is working with Jefferson Health Care on some more

SBCA Important Dates

**Monthly Board Meeting
Thursday, March 9, 9:30 a.m.**

Unless there are changes to county requirements, meetings are in person.
All SBCA members are welcome

To keep informed of meeting dates and times,
please visit: sbca.club/home/schedule-sbca

Committee Meeting minutes are posted at
sbca.club, then click on Board Minutes Page

health-related topics to benefit our community. Our next presentation is scheduled for **Tuesday, April 25**.

There is a lot of buzz in the community about the new bar/lounge at the Bay Club. We had our soft opening on February 22 and 23. These first nights were to work out the "kinks." We will continue to try new things out as we prepare for a "Grand Opening." Stay tuned!

The roof replacement project will be starting soon. Our General Manager Mark Torres is working hard to minimize disruption but there may be times when groups have to be moved or events rescheduled so we can get the work done. Please be patient with us as we get this major task completed.

One final note. The joint SBCA-LMC group is coordinating a Garage Sale which is scheduled for **Saturday, May 20**. The LMC has done this sale for a number of years and encouraged SBCA to join them this year. Watch for details coming up but get in early as we expect a lot of folks may want to give their things a new home!

Port Ludlow Community Church



9534 Oak Bay Rd
360-437-0145
plcc@olympus.net
Rev. Dr. Kevin Hall
Join us Sundays at 10:30!

*A church by a clearcut
above a gas station next to recycling
in a village in the woods by the bay*

Beach Club / North Bay

Update from the Manager

by Brian Belmont, General Manager

The North Bay Lot Owners Association (LOA) has been in existence since the mid-70s. Over the years this volunteer organization has served the North Bay community in many ways. In years past, they helped recruit board candidates to represent lot owner members on the Ludlow Maintenance Commission (LMC) Board of Trustees. More recently LOA organized and sponsored the Memorial Day Garage Sale, summer concerts on the lawn, December breakfast with Santa, yard waste pickup, Easter Egg Hunt on the Beach Club lawn, Veterans Day recognition, new resident welcome, and several other community services.

Like so many volunteer groups post-pandemic, LOA has struggled to find volunteers willing to commit their time in assisting with the events that LOA had previously coordinated. For this reason, the LOA Board of Directors recently made the decision to disband the organization.

Prior to that decision, LOA asked LMC to consider taking over the Garage Sale, concerts on the lawn, and the December pancake breakfast events. LMC has agreed to do so.

I would like to thank and recognize all the LOA volunteers who have given their time and energy in serving their community. You have made a lasting impression.

LMC has scheduled the community Garage Sale on **Saturday, May 20**. This event will be held in the Bay View room of the Beach Club. In the upcoming months I will provide more information on how our members can reserve a table to display their sale items. This year our South Bay neighbors will be holding a similar event at the Bay Club, so we can expect to have lots of shoppers in our community on May 20.

I am making a last call for candidates willing to run for election to the LMC Board of Trustees. If you are interested, please visit our website for more information lmbeachclub.org or call me at the Beach Club.

I am happy to report that we have filled both the part-time and full-time maintenance positions that we had open at the Beach Club.

LMC and the Beach Club
 Phone: 360-437-9201
 Email: BeachClub@Olympus.net

Sign up for our monthly *e-Navigator* by emailing the above address.

Visit LMCBeachClub.org for more information about your North Bay HOA

Chuck Turner has been hired to fill the full-time position and LMC's own Jack Riggen is our new part-time maintenance worker. Both Chuck and Jack are still learning the ropes but show lots of promise. Welcome to our Beach Club team!

As always, if you have questions or comments about this article or the on-going work at the Beach Club, I can be reached at 360-437-9201 or by email at beachclub@olympus.net.


GALE INVESTMENT MANAGEMENT

STEPHANIE GALE, CFP®, AIF®

Holistic financial planning & investment management

<p><i>New Uptown location:</i> 675 Tyler Street Port Townsend, WA 98368 360-385-5044</p>	<p><i>By appointment:</i> 9481 Oak Bay Road, Suite F Port Ludlow, WA 98365 www.galeim.com</p>
---	--

STEPHANIE A. GALE, DBA GALE INVESTMENT MANAGEMENT, OFFERS SECURITIES AND ADVISORY SERVICES THROUGH COMMONWEALTH FINANCIAL NETWORK®, MEMBER FINRA/SIPC, A REGISTERED INVESTMENT ADVISER. FIXED INSURANCE PRODUCTS AND SERVICES OFFERED THROUGH CES INSURANCE AGENCY.



DISCOVERY
PHYSICAL THERAPY

SPECIALIZING IN

Post-Surgical Rehab ■ Athletic/Work Injuries
 Neurological Injury ■ Cancer Rehab ■ Balance Training
 Senior Fitness Classes ■ Vertigo Rehab
 Incontinence ■ Foot/Ankle Injuries

Amy Irene Lynch, PT Gail Maciejewski, PT Blake Thedinga, DPT Max Selisch, PT
 Erica Nixon-Mack, PT Wendy Nordquist, OT Symbolyn Sebastian, PTA Kara Knox, DPT

WWW.DISCOVERYPT.COM

27 COLWELL ST. (RHODY DR.) 360.385.9310

Village Council

PLVC Board Meeting Summary

by Dave McDearmid, President

Board members attending the February 2, 2023, Port Ludlow Village Council (PLVC) Board Meeting: Randy Edwards, Paul Hinton, Jane Holmes, Dave Jurca, Dave McDearmid, Tam McDearmid, Ken Sondergard. Absent: Joan Johnston.

Stakeholder Updates

Greg Brotherton, Jefferson County Commissioner, District 3, announced there will be a forestry meeting at 1:30 p.m. Monday, February 6, addressing Department of Natural Resources (DNR) practices and lands. The county is looking into DNR parcels at Teal Lake for reconveyance to the county’s Parks and Recreation Department. There would still be selective harvesting but not clearcutting in the future. Dan Darrow asked about the American Rescue Plan Act. Greg responded proposals are still being accepted through February 10. There is \$835,000 available to fund projects from \$20,000 to \$100,000 proposed by local non-profits or the public sector for housing, economic development, or other public benefit for the residents of the county.

David Wayne Johnson, Associate Planner and Port Ludlow Lead Planner, reviewed the Olympic Terrace II, Phase 2 plat approval status. A meeting with the Board of County Commissioners (BoCC) will be held on Monday, February 13, at 9:45 a.m. to present the Phase 1 and 2 plats and the process moving forward under the development agreement for Phase 2. Inputs for this staff report are pending from Public Works, Assessor, and Environmental Health. A second meeting with the BoCC is scheduled for Monday, February 27, at 1:30 p.m. for Community Development to make their recommendation for final approval at which time public comment will be taken. Dave Jurca raised the concern of truck traffic on Mt. Constance Way during construction and asked if a condition of approval requiring PLA to request the contractors use the construction access road instead of Mt. Constance Way, when feasible, be added to the plat approval. David Wayne Johnson agreed it was a reasonable request and committed to discuss it with PLA, as well as his management and Public Works.

They are working to get a consultant under contract this quarter to reconcile the MERU count with the assessor’s data, issue an updated report, and automate the process to keep it current. The goal is to complete the work by this September.

Dave Jurca asked about QFC’s expansion plans. Port Hadlock is an urban growth area allowing higher density

Village Council Meetings

Board Meeting
Thursday, March 2
 3:00 p.m., TBD

Workshop Meeting
Tuesday, March 21
 3:00 p.m., TBD
plvc.org

than rural areas. That density, and QFC’s expansion, are dependent on the proposed sewer system being installed. The sewer is now funded and in final design. The first phase will be in the commercial zone where QFC is located.

Committee Reports

Dave McDearmid, Chair, Community Development, reported recent activities included the installation of new banner brackets on the streetlamp poles at the ends of the islands on Paradise Bay Road using LTAC funding. The committee continues to track forestry activities and communications between the county and DNR. They are also following PLA discussions with the county over maintenance of OT II, Phase 2 roads, and the proposed MERU consultant contract.

Robert Chanpong, Chair, Utilities, reported the Styrofoam recycling pickup in January was a great success. The committee also sent an eBlast advising of a hazardous water drop-off in Port Townsend in January. Jameson Hawn of JeffCo PUD reported on the planned February 7 power outage. The outage is for maintenance purposes and will occur from 9 a.m. to 5 p.m.

Dave McDearmid, for the Ad Hoc Website Development, reported the committee has held its first meeting. The committee is tasked with defining the PLVC website for the Board’s approval before going “live.” Tom Sprandel has volunteered to develop the site. We will need to identify a person(s) to maintain it. Dan Darrow asked how long the website would be down. It was noted that the landing page puts a target date of February 28 to be back online.

Board Business

Secretarial Activities

- A motion was made and seconded to accept the minutes of the January 5, 2023, Board Meeting. Motion passed.

Recreation & Sports

Staying in Golf Shape

by Jim Mancill, PGA, Head Golf Professional at Port Ludlow GC

By following a golf stretching program, you will not only increase your power and reduce the risk of injury, but it will also help you to maintain a more consistent swing pattern. And ultimately that means a lower handicap! The golf stretching program set out below is designed to be completed either on days you aren't playing or **after** a round. It is **not** a suitable program to use as a warmup, and there is a good reason for that.

This stretching program consists of static stretching exercises. While this is the best type of stretching for increasing range of motion, it can compromise power immediately afterwards. Just as lifting heavy weights just before a game would leave your muscles temporarily tired and weak (even though they adapt to become stronger over time), static stretching immediately prior to teeing off can also negatively affect your shot distance and swing mechanics.

Guidelines

- You should be completely warm before starting this routine. Do 5-10 minutes of brisk walking or jogging on the spot to increase heart rate and pump blood to the major muscle groups.
- Perform the stretches in the order below.
- Hold each stretch for 20 seconds, relax and then repeat for another 20 seconds before moving on to the next stretch.
- The muscle group being stretched should feel slightly tight, diminishing as you hold the stretch.
- Cease the stretch immediately if you feel any pain or if tightness increases as you stretch.
- Remember to breathe as this promotes relaxation and prevents an increase in blood pressure!
- Perform this routine a minimum of 3 days a week for 6 weeks.

Stretching Exercises

Start with some arm circles, perhaps 10 clockwise and 10 counterclockwise. Next do some twisting from side to side. Keep your feet shoulder width apart, place your hands on your hips or at chest height and turn from side to side 15-20 times. These dynamic stretches just help to increase blood flow and loosen joints before moving onto the following static stretches.

Shoulder & Chest Stretch – Fig. 1

This can be performed kneeling or standing. Clasp hands behind back and straighten arms. Raise hands as high as possible and bend forward from the waist and hold.

Shoulder Stretch – Fig. 2

Place one arm straight across chest. Place hand on elbow and pull arm towards chest and hold. Repeat with the other arm.

Triceps Stretch – Fig. 3

Place one hand behind back with elbow in air. Place other hand on elbow and gently pull towards head. Hold and repeat with the other arm.

Golf Stretching Program

Chest Stretch (Wall) – Fig. 4

Place an outstretched arm against a wall or doorway and lean forward with that shoulder. You should feel a stretch in your chest when you lean forward. Hold and repeat for same arm then repeat 2 stretches for the other arm.

Back Stretch – Fig. 5

- Start by kneeling on the ground with your arms out in front of you.
- Slide your arms farther away and slowly shift your hips back towards your feet until a comfortable stretch is felt.
- Now slide your hands to the right until a stretch is felt down the side of your torso. Repeat to the left.

Low Back Stretch – Fig. 6

- Lie on back with right knee drawn toward chest.
- Slowly bring bent leg across body until a stretch is felt in the lower back and hip area.
- Remember to keep shoulders squared and flat on ground at all times. Bottom leg should be bent so that your knees are aligned.

Butterfly Stretch – Fig. 7

- Sit in upright position and place heels together.
- Spread knees apart and pull feet toward groin until a stretch is felt in groin and inner thigh.
- Remember to keep low back straight to emphasize stretch.

Hamstring Stretch – Fig. 8

- Sit in upright position. Tuck foot near groin with opposite leg straight.
- Bending from the hips and leading with the chest, reach down until a stretch is felt in back of thigh.
- Remember to keep the low back straight to isolate stretch in hamstring

Quad Stretch – Fig. 9

- Stand with legs at shoulder width and hang onto an object for support.
- Bring one foot up and grab with your hand.

Exercises continued from previous page

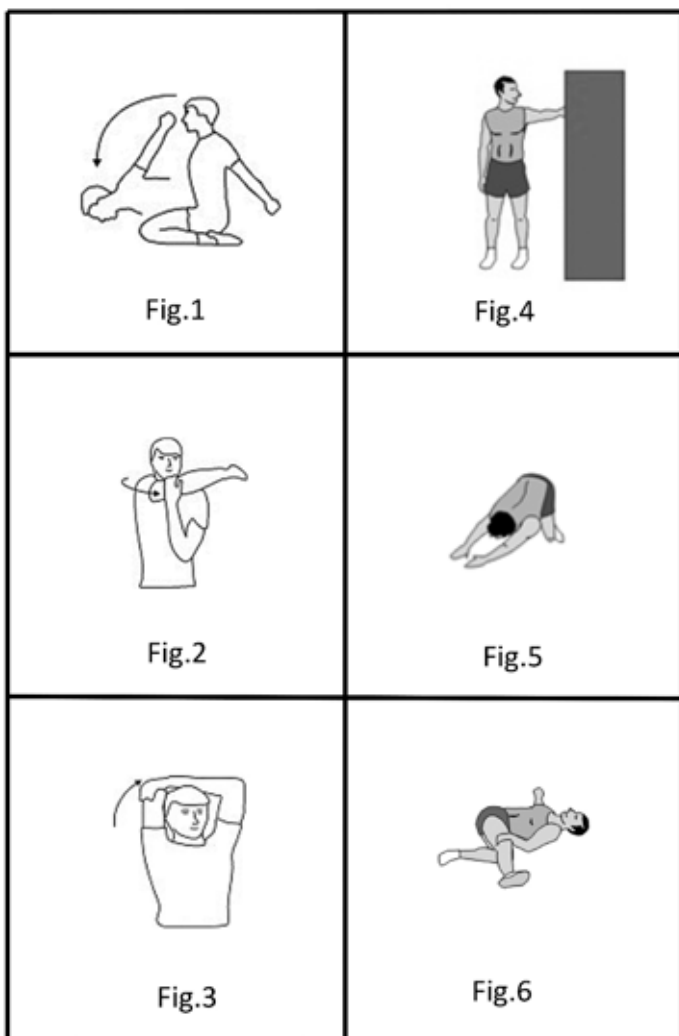
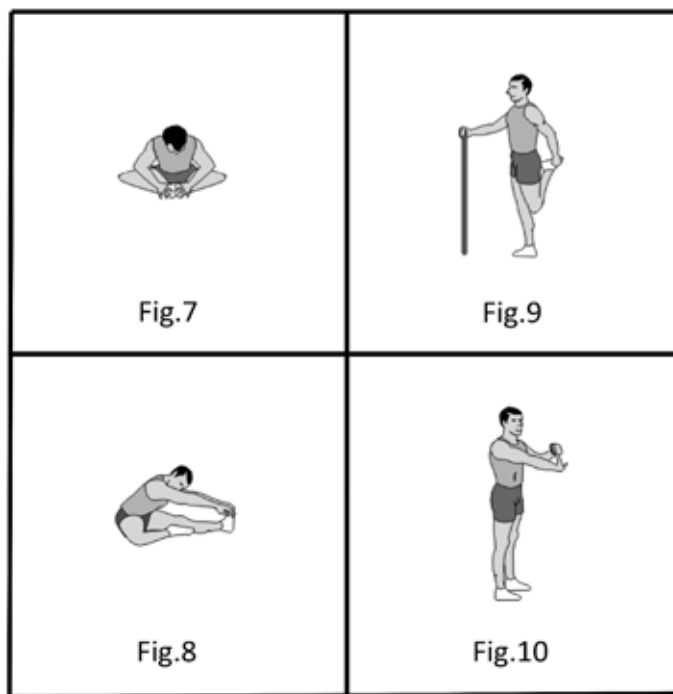
- Pull your foot up until you feel a stretch on the front of your thigh.
- Hold, relax and repeat before changing legs.

Forearm/Wrist Stretch – Fig. 10

Stand with your right arm extended straight out. Pull back your fingers with the other hand until you feel a stretch in your forearm. Hold, repeat and then repeat 2 stretches on the other arm.

These golf stretching exercises performed regularly will help to promote relaxation in the muscles. They have the added benefit of increasing body awareness, which is so important for maintaining a consistent swing pattern.

Additionally, the more a muscle group can relax, the more forcefully its opposing muscle group can contract. Coupled with a suitable strength training program these golf stretching exercises will help to increase you power with every club. And as with any exercise routine, please consult with your physician before starting this or any stretching or weight program.



Port Ludlow Golf Club Leagues

by Elaine Girard, Guest Writer

MGA (18-hole Men’s group) provides organized golf for men on Wednesday mornings with either individual or team games. The weekly registration fee is \$15 which is paid back to winners in Pro Shop credit. The annual registration fee is \$75. This money goes to support our social events in the spring and fall as well as some of our major tournaments throughout the playing season. Our major tournaments for the season include the President’s Cup matches, the Club Championship, the Battle at Ludlow matches, and Ryder Cup matches. We also organize some golf events where PLMGA members compete against other golf clubs in the area. For more information, contact the PLMGA Tournament Director at mgatournamentchair@gmail.com

WGA (18-hole Women’s group) provides organized golf on Tuesday mornings with either individual or team games. The annual registration fee is \$115. Winners are paid with credits at the Pro Shop. There are a number of tournaments played through the season including President’s Club matches, Club Championship matches, the Spring Fling tournament, and additional tournaments. Other events include Gal’s Getaway, Exchanges, and Play Day Away (play at other golf clubs in the area). The ladies have several social events throughout the season as well.

Nifty Niners (Men and Women’s 9-hole group) provides organized golf on Thursdays with either individual or team games. This is a fun and lively group playing not so serious golf! The annual registration fee is \$35. The weekly

continued on next page

Golf continued from previous page

registration fee is \$5, which is paid back to winners in Pro Shop credit. Once a month is a couple's match. Social events are hosted throughout the season.

All the leagues support all levels of golf handicaps. If you're not a member of a league, but you enjoy playing golf, and you would like to meet or play with any of the other league members, please consider joining us as a guest for a round. You can get more information by contacting the Pro Shop at (360) 437-0272.

Discovering the Birds on Marrowstone

by Gary Perless, Guest Writer



Oystercatchers, Marrowstone Bridge.

Photo by Gary Perless

People often ask me where to go locally to find the birds—and I answer: That depends on which birds and in which season of the year. But I can always recommend an excursion to a nearby jewel, Marrowstone Island. Easy access and a diversity of rich habitat for birds on land and in the water places Marrowstone at the top of my list. Along with neighboring Indian Island, it's considered an "Important Bird Area" of the United States. Indian Island is managed by the U.S. Navy, so only the Oak Bay (southern) shoreline is open to the public.

Early spring is a great time to refresh our memory of bird songs, as new arrivals trickle in and males define their territories through song. Flocks of wintering ducks gather in increasing numbers, preparing for their spring migration to breeding grounds farther north. So, grab your binoculars, and clothes for the weather, and check out these hot spots for birds.

From Hadlock, follow the signs to Fort Flagler. Hwy 116 crosses a bridge over "the Cut" and takes a hard right, traversing the south shore of Indian Island. I often stop at one of several parking areas to explore the shoreline, and the lagoons are popular with wintering flocks of pintails, green-winged teals, and wigeon. Hike the bluff trail, or park just east of the new Marrowstone bridge, to look for herons, eagles, and mergansers in the restored estuary that once again allows fish passage.



After the bridge, the road takes a hard left onto Marrowstone Island, and becomes Flagler Rd. My birdwatching spots are listed from south to north. County parks are free, while state parks require a Discovery Pass for parking your car. JLT areas are managed by the Jefferson Land Trust. Information, photos, and a downloadable bird checklist and map can be found at the website admiraltyaudubon.org. Happy birdwatching!

- Marrowstone Bridge – park east of the new bridge in the tiny lot. Beach access is at the Oak Bay side of the estuary. Great for herons, ducks, oystercatchers, kildeer.
- Chai-Yahk Nature Reserve (JLT) – Where Griffith Point Rd. crosses Flagler Rd., park in the lot and walk the trail. Rubber boots are good, as it's often very muddy and wet in winter and spring. Look for spring warblers, occasional hawks, owls.
- Nordland Marsh (tidal) – Can view from the car! Worth a stop to look for pintail ducks, yellowlegs, kingfishers (often on wire).
- East Beach County Park – On East Beach Rd., just north of the Nordland Store. Faces the sunrise, lovely beach, very exposed to southerly winds. It's a good place to set up the spotting scope for a good look at diving birds like scoters, looms, grebes, eagles.
- Morningtide Reserve (JLT) – Look for hawks, woodpeckers.
- Mystery Bay State Park – West shore of the island, boat launch, tidal wetlands. See kingfishers, ducks.
- Fort Flagler State Park - The largest protected area on the island, with plenty of trails, and lovely shorelines. Even the large lawns on the bluff top are popular with birds. The spit in winter is rich in shorebirds, but please give the Brant geese plenty of space (especially when walking your dog). Brant geese need to rest and store up fat for the 2,500-mile journey back to the Bering Sea coast in Alaska, where they breed in summer.

Note: Gary Perless is a longtime bird enthusiast and educator. He enjoys fielding questions about birds. He can be reached via email at gperless@gmail.com.

HAPPY HOUR

Sunday ~ Thurs • 4 to 6pm

TAPAS \$6 to \$10 ea.
Small shareable may include:
Manila Clams, Pomme Frites,
Fish Tacos and more.

WINE & BEER
Wine By the Glass Specials
Cocktails
Draft Beer (Pint) \$6

The Fireside
— WATERFRONT DINING —

For reservations call: 360.437.7412
www.portludlowresort.com/the-fireside

Loving care for your little one!

Lulu's B&B for Dogs

Still here to care for your pet
in a clean and safe manner
Serving Port Townsend
for 20 years!

360-379-5248 or 360-301-5151
www.lulusfordogs.com



GRATEFUL TO SERVE THE PORT LUDLOW AREA



COLDWELL BANKER BEST HOMES

KARENA WELLS
Realtor® | Managing Broker
360-403-5800
Karena@karenawells.com
karenawells.com



IS YOUR HEAT PUMP READY FOR THE WEATHER?





CALL THE HEAT PUMP DOCTOR FOR A CHECK-UP!

FREDERICKSON ELECTRIC

**Heat Pump Service & Repair - All Major Brands
Trusted By The Community, Family Operated Since 1974**

DAIKIN FIT HEAT PUMP LOWER BILLS, MORE COMFORT, QUIET OPERATION



(360) 531-6111
www.fredelectric.com
LIC# FREDEEI821NT



Trail Mix

by Larry Scott, Trails Committee

Just a short article from Trails this month. Projects are backing up a bit due to some work requirements and the typical weather that comes with winter. On our TO-DO list: Rerouting the beginning segment of Mt. Wilder to DNR trail, Resetting Picnic Point benches (with new king tide resistance—hopefully), Repairing some elements of the Interpretive stairs, and getting started in earnest on McCormick (both the rail trail and loop). However, we hope to have started moving forward with Fun Days by the time you read this in March. In the meantime, we have not been completely dormant. Small crews have gone out to begin pioneer cuts on McCormick Loop, another crew has removed the very brushy overhang at the Timberton Loop trailhead parking lot, and a third has cleared a large tree on the Golf 9 Loop. Many thanks go to John Fillers, Doug Huber, Jim Mueller, Tim Rensema, Jack Riggen and Denny Schuch, for carrying on the Trails tradition of “...*Improving our Trails.*” We’re still looking for a secretary too.

If you would like to join in, give me a shout at mclgscott@cablespeed.com. “*Let’s Keep Improving our Trails*” is our motto.

Port Ludlow Hiking

by John Nuereberg, Hiking Club

Unless otherwise noted, hikers meet at the Bridge Deck at 8:15 a.m. to get directions to the trailheads and depart at 8:30 a.m. The hikers abide by the “Stay Healthy” recommendations and follow CDC guidelines for outdoor recreation. Those on the hiking email roster receive an update the week of a scheduled outing. If you would like to be added to the email roster, send a note to plhikingclub@yahoo.com, or go to the club’s website, portludlowhikingclub.com, and click on “Contact” to send a message.

Friday, March 3 – Fort Townsend

The Fort Townsend State Park has 6.5 miles of trails and 3,960 feet of shoreline. The trails are mostly through old-growth forest. They are well marked and maintained. Restrooms are available at trailhead. A Discovery State Park pass is required. Hike leaders: John & Chris Fisher, 509-341-4005.

Friday, March 17 – Miller State Park

Join us for a fun hike on Miller Peninsula at the state park. This will be a different kind of hike where we will be sent on different trails in groups to find a “treasure” on a scavenger hunt. Restrooms are available at trailhead. A Discovery

State Park pass is required. Hike leaders: John & Sally Nuereberg, 623-229-4657 (John), 623-229-4257 (Sally).

Friday, March 31 – Ueland Tree Farm

Explore this active tree farm that has trails open to the public. Expect an easy to moderate hike of 5-7 miles. See waterfalls and an 800 ft. elevation gain to Zach’s lookout for a panoramic view of the Olympics and Hood Canal. Information: Gary Hicks, 510-566-2401.

Wednesdays: Timberton Loop.

Walk the 4.2-mile Timberton Loop. Enjoy views of the Olympic Mountains. This is a self-led hike. Meet other walkers at the parking lot trailhead on Timberton Drive at 9 a.m.

Monday/Wednesday/Friday - 8 a.m.

Join the Trail Club Group that meets at the golf club parking lot for a self-led walk on the abandoned golf cart path trail or other alternative route.

For more hiking information, map of the Port Ludlow Trails and descriptions and pictures of previous hikes and other destinations, go to portludlowhikingclub.com.

TJ’s Workouts

by Donna Geer, Staff Writer



TJ Plastow at PL Yacht Club.

Photo by Andrea Lunde

Are you ready to feel energized, starting your day with a spring in your step? Do you want to work out with people interested in the benefits of exercise and the connections forged with shared experiences? Exercise doesn’t have to be hard, and it should be fun.

TJ Plastow, a group fitness instructor for over 25 years, offers courses indoors at the Bay Club and outdoors at Port Ludlow Marina. Classes are held Monday through Friday, 8 – 11:30 a.m. depending on location. People from 40 to 90 years old show up, some bringing grandkids in tow, because no one is too young or too old to participate. All exercises can be modified to accommodate all levels of fitness.

You don’t have the right equipment? TJ says even Prego spaghetti sauce jars work for light weights, provided you leave the sauce inside the jar. Don’t have a squishy ball? A roll of

continued on next page

Workouts continued from previous page

toilet paper will work just fine if you're working indoors. No exercise clothing? Some people wear PJ's and slippers for the Zoom classes. Just about anything works as long as you're wearing something—sans clothing not allowed.

The popular Let's Keep Movin' class is a combination of floor aerobics, balance, strengthening and stretching moves. There's lots of lively music, so something's likely to get your feet tapping to a favorite song.

Other classes offered are Dance and Tone, Step/Weights, Dance/Core, and Cardio/Weights. If you don't want to leave the privacy of your home, TJ also offers all the same classes via Zoom sessions.

Classes are \$7 for 45 minutes at Port Ludlow Marina and \$8 for 55 minutes at the Bay Club. For more information,

PLYC Annual Training Day, April 1

by Lori Longo, PLYC Communications Officer



*Ken Emmes, Rear Commodore
Photo by Cindy Marie
Photography*

The community is invited to join Port Ludlow Yacht Club (PLYC) at the Beach Club on **April 1 (no fooling)** for our annual training day. Rear Commodore Ken Emmes is putting together a great schedule of presentations covering an array of marine topics from mechanical to sea adventures. Look for the training day flyer on the PLYC bulletin boards at the marina, Yacht Club, and Beach Club for more details.

When: **Saturday, April 1, 2023.**

Registration: 8:30 a.m. Sessions from 9 a.m. – 4 p.m.

Event Cost: \$20. Box Lunch may be ordered separately for \$20. Please contact Ken Emmes at rearcom1@plyc.us to reserve your spot.

If you are looking for a vibrant social venue and cruising venue, the Port Ludlow Yacht Club is a great place to meet people and make lifelong friends. Please consider joining us and your first meal will be free with one of the flag officers as your host for the night. To express your interest in visiting PLYC, please complete the form on our website at plyc.us/visit.



PLVC Meeting Summary continued from page 25

- A motion was made and seconded to accept the minutes of the January 25, 2023, Executive Session. Motion passed.
- The Board confirmed an action taken without meeting in accordance with Article III, paragraph 9 of the Bylaws appointing Chris Dean as a non-director Secretary of PLVC until October 2023.

Financial Activities

Paul Hinton, Treasurer presented the financial report approval. A motion was made and seconded to accept the financial report. Motion passed.

Next Board Meeting is **Thursday, March 2**, at 3 p.m. – Zoom virtual meeting

Next Workshop is **Tuesday, March 21**, at 3 p.m. – Zoom virtual meeting.

Jefferson Healthcare Launches New Podcast Series

Jefferson Healthcare is proud to announce the launch of its new podcast series, To Your Health, aimed at promoting health and wellness for the community. The podcast series, which will be released bi-weekly, will feature a variety of topics related to health and wellness, including expert advice, patient stories, and the latest medical research.

“We are excited to launch this new podcast series and bring our expertise to the public in a new and engaging way,” said Amy Yaley, Director of Marketing and Communications for the hospital. “The goal of To Your Health is to educate and inform the community about various health and wellness topics and provide actionable advice to improve their overall health and well-being.”

Each episode of the podcast will feature a panel of experts from Jefferson Healthcare, including doctors, nurses, and other healthcare professionals and provide easy access to the latest information on health and wellness. Listeners can subscribe to the podcast on popular platforms, such as Apple Podcasts, Spotify, iHeart, Sticher and Google Podcasts, and can also access the episodes on the Jefferson Healthcare website.

For more information on the Jefferson Healthcare To Your Health Podcast series, visit the hospital website at jeffersonhealthcare.org or follow Jefferson Healthcare on Facebook or Instagram.

Port Ludlow Art League - Merchant Art Exhibits

The Port Ludlow Art League works with local businesses that graciously offer locations for artists to exhibit and sell their artwork. During February through April, you can enjoy the art by the following artists:

Active Life Physical Therapy – Georganne Muse: Abstract acrylic paintings

Coldwell Banker Best Realty – Nina Everitt: Colored pencil drawings, silkscreen, and scratch art

The Beach Club – Diane Walker: Abstract acrylic paintings

The Bay Club Lobby – Stephen Lovendahl: Acrylic paintings

Port Ludlow Post Office – Sheryl Goldsberry: Watercolor paintings

If you'd like to purchase any of the artwork, please use the label information to contact the artist.

Speed Limit in
Port Ludlow Bay
5 mph
No Wake, It's the Law!

Michael Haberpoiner, PT, DPT
Timothy Mansour, PT, DPT
Faye King, PT, DPT
Bailey O'Hotto, DPT



ACTIVE LIFE
PHYSICAL THERAPY

*Balance Training • Spinal Rehab • Rehab After Surgery
• Vertigo Treatment • Personal Training*
Medicare and most insurances accepted

www.activelifetherapy.com
9483 Oak Bay Rd. • Port Ludlow, WA 98365 • (360) 437-2444

VOLVO • BMW • AUDI • MERCEDES • MINI • VOLKSWAGEN
LAND ROVER • JAGUAR • SAAB



CIRCLE & SQUARE
AUTO CARE

(360)385-2070 WWW.CIRCLEANDSQUARE.COM







chimacum corner farmstand

visit us! **YUM!**

FOOD FROM HERE open daily 9 to 7

9122 Rhody Drive, Chimacum, WA
360-732-0107, chimacumcorner.com

Spring offerings!



SEEDS
SOILS
BARE ROOTS
FLOWERS
PLANT STARTS
AMENDMENTS



Hear for Life
AUDIOLOGY



"When experience makes the difference."
Comprehensive Hearing Evaluations
Digital Hearing and Assistive Listening Devices
Hearing Device Repairs & Batteries
Insurance Billing • Physician Referrals

Call For A Hearing Consultation:
360 437-7767
115 Village Way, Port Ludlow

Camron Meikle, Au.D.
Board Certified Audiologist

Do It Right
Roofing & Construction

*Located locally in Port Ludlow • Excellent Local References
Quality and Customer Satisfaction is our #1 Goal*

- ◆ All Types of Composition
- ◆ Metal, Cedar Shakes
- ◆ Re-Roofs
- ◆ New Construction
- ◆ All Types of Repairs

- ◆ All Types of Construction
- ◆ Repairs
- ◆ Remodels
- ◆ Decks, Siding
- ◆ Custom Woodwork

General Contractor's License
Lic # DOITRIR943Q
Bonded, Insured

William Bacchus
Phone: **360.774.6348**
email: doitrightroofing@msn.com

Liberty Shores
SENIOR LIVING



Harbor House
MEMORY CARE

*Exceptional Care
in an Exceptional Place*

19360 Viking Ave. N.W., Poulsbo, WA 98370
360.779.5533

Classifieds

The cost of classified ads is 60 cents per word (\$12 minimum charge). There is a prepayment discount, 10% for 6 months or more. We accept "personal" ads such as public "thank you" ads. We do not accept ads of a political nature. The deadline for new ads, changes, and cancellations is the 8th of the preceding month. We send out invoices on the 1st of the month. We normally send emailed invoices but will mail them if you request. Ads will run until canceled. You may pay by check, money order, credit card or bank transfer. Email your ad and contact information (name, billing address, phone numbers, and email address) to classified@plvoice.org.

COMPUTER & TECHNOLOGY

Pizzo Computer Consulting. Taming your computer nightmares with patience, humor & years of professional experience. To learn more about us & our happy customers, pizzoconsulting.com or 360-437-7738.

Computer Sleuth – Is your computer walking instead of running? Try the simple things first! Local references available. Call Eric Hammond 949-244-3595.

PT Computers: we work on Apple, Windows and Linux computers. Diagnostics & Repairs, Virus Removal, New Computer Set Up. We Sell: Printer Ink, various cables and Adapters, Phone chargers/cables. 360-379-0605.

FINANCIAL SERVICES

Taxes & Accounting. We specialize in tax preparation & needs of small businesses. We make house calls. Call 360-437-1392. Great service/fair prices. Duane E. Anderson, CPA.

Accounting: Bookkeeping services, payroll & payroll taxes, tax return preparation. Need someone to get your books ready for tax season or to keep the books up to date? Do you need help with personal or business tax return preparation? More than 20 yrs. experience. email Rhonda @ r3granger@gmail.com or call 360-358-5340 for more info.

HEALTH & BEAUTY

Sacred Healing Arts: Acupuncture, Sound healing, barefoot massage, cranial and nerve therapies to clear unprocessed emotional trauma to connect you with your embodied joy! Contact Jillian Rifkind L.Ac, EAMP at 360-523-2091 or visit joypointclinic.com. 9481 Oak Bay Road.

Physical Therapy in Port Ludlow. Active Life Physical Therapy. Our services include balance training, spinal rehabilitation, vertigo treatment, and joint replacement therapy. Medicare accepted. 360-437-2444. Michael@activelifetherapy.com.

Foot Care. Dr. Steven Reiner, DPM, Podiatric Physician & Surgeon. Bunions, hammer toes, toenails, diabetic shoes, orthotics, heel pain. Located at 204 Gaines Street in Port Townsend. Call 360-385-6486 for an appointment.

Tootsies: Manicures & Pedicures. 7551 Oak Bay Rd (across from Port Ludlow Fire Hall) Available by appointment, 360-437-2332. Neighborhood fun!

End of Life Doula and WA State certified caregiver. Peace of mind through discussion, planning and support. mollymaverick.com

Caregiver Available in Port Ludlow. Providing in home care services, light housekeeping, errand and grocery assistance, medical transportation, and companionship. Certified and Experienced. Call or text Susan at 360-301-0200.

Home Care Aide in Port Ludlow. Certified and experienced. Available for in-home care, light housekeeping, and transportation. Hard working, non-smoking, pet loving, and patient. Call or text Rebecca at 360-316-9354.

HOME RENOVATION & DÉCOR

Quality Painting with Affordable Pricing. Exterior, interior. Pressure washing. Lots of local Port Ludlow references. Bonded & insured. License CBSPAP*917CD. Call Tony Forrest, owner, CBS Painting, for a free estimate. 360-633-5702.

Arnett's Affordable Home Improvement - All remodeling and home repair, Kitchen and Bath Specialist, Tile, Stone, Hardwood and Laminate flooring, Construction, and repair of Decks. "When you want it done right the first time-call us!!" Arnett General Construction 360-477-1935; WEB.constructiontilepro.com; CCDONARAG875DL; local references.

Ludlow Custom Contractors. Specializes in custom home painting, decks, & finish carpentry. Contractor's License #MOSHECJ994MC. Christopher Mosher, 360-301-9629. "Custom Designing Your Dreams."

RW Construction. 30-years' experience remodeling & custom construction. Small jobs OK. I also consult on renovations or remodels. Avoid innocent but expensive mistakes. Great references. Licensed/bonded JOHNRC*983DF, 360-302-1242.

JDG Construction Inc. 30 years in local business. Free estimates on remodel & new construction, 360-385-3287.

Do It Right Roofing & Construction. High quality roofing & construction & remodeling. Owner on every job. General contractor Reg. #DOITRIR943QL. Locally located in Port Ludlow. Excellent local references. 360-774-6348.

Dave Peterson Tile & Stone. Kitchen and bathroom remodel, shower-pan specialist. General Contractor. Bonded, insured, Lic#CCDAVEPPT943DW. 40 years' experience. 360-681-2133.

Professional Tile & Grout Cleaning/Sealing. Clean Grout Northwest, re-grouting, re-caulking. Cleaning & sealing, ceramic, porcelain, natural stone. Licensed, bonded, insured. Lic#GROUTGN905DJ, 360-621-1730. cleangROUTNW.com.

Remodels, Additions, Finish Work & Handyman Services. Carpenter dedicated in providing quality work for Port Ludlow customers! Lic#GREYDGD824BH, Bonded & Insured. Call Chris Travaglio 360-434-8999 www.THEGREYDOOR.net

HOME SERVICES

Legion of Clean Voted #1 Best House Cleaning in 2021 & 2022. Professional and Reliable Cleaning Service. Licensed, Bonded and Insured. legionofclean.com 360-344-8409 sparkle@legionofclean.com

Olympic Gutter Cleaning & Moss Treatment. Improving the appearance & life of your home. Call to set up an appointment at 360-301-9980. Licensed & insured.

Pristine Clean Gutter and Moss Removal: Commercial and Residential. Tile, Comp, Cedar and Metal rooftops, Gutter repair, Moss prevention plans. Pressure Washing, Siding and Surfaces, Gutter Guards. Licensed and Insured. Call: 360-990-2679 or 360-440-2238.

Home Maintenance. Pressure Washing driveways and sidewalks, soap is safe on plants and grass. Small Home maintenance jobs. Lic#RMSERS*835B3, Bonded and Insured. Call for info. James @ R&M Services 360-301-2683 or randmservicesrm@gmail.com. Local Resident.

Window Blind Restrings and Repairs. Most cases same day service. Give James a call @ R&M Services 360-301-2683, Port Ludlow Resident.

Household Help--Hauling, pruning, power washing, hauling donated items to Goodwill, weeding, weed eating. Chris at 510-757-2371 text please or email at chrisandlouann420@gmail.com

JC's Painting and More. Painting--drywall repair & finishing--carpentry-handyman tasks and more. Free Estimates 360-550-6101. Lic. # JCSPAPM919DS. jcspaintingandmore.com.

Experienced House/Pet sitter for travelers. Also Pressure washing, yard cleanup, pruning, light hauling, minor outdoor repairs. Reliable local resident. Outstanding References. Call Gary 425-422-9709

Home Maintenance Painting, electrical, plumbing, roofing, drywall, light remodel, landscaping, decks, hauling, concrete, pressure washing, general labor, and handyman services and more. David 360-301-9012.

Gutter Cleaning and Moss Treatment: Call Gutter Street Services. 360-821-1806. Reliable, local, licensed and insured.

Home Team Housecleaning. Hard-working, honest, fast, and friendly young Dominican girl. I want to make my clients happy and keep their homes clean. References. Please contact Sheryl 360-860-2774 or sheryllara@hotmail.com.

Josh Scholar Washer & Dryer Repair Located in Port Townsend & serving from Port Ludlow to Quilcene to Sequim. 18 years experience. 4 ½ stars on Google/Yelp. To see reviews follow links from js-washer-repair.com 360-499-3202.

Pressure washing is our specialty. Make it look new again with EcoClean pressure washing services! Driveways, patios, decks and more. Give us a call 360-531-4821.

Leave it to Liz. Dreaming of an organized closet, pantry or garage?? Eliminate your stress and allow me to create a stylish and sensible space. I organize EVERYTHING...just name it and I will ORGANIZE it! Cheers to a sorted and beautiful home, Liz Grieves McElroy, Professional Organizer 808-421-7870, esmcelroy@gmail.com

LANDSCAPE & YARD SERVICES

Brett's Stump Grinding. Goodbye ugly tree stumps! I'm professional, reliable, & reasonably priced. For info & to see before & after photos, go to bretts-stumpgrinding.com or call Brett Anibaldi at 360-774-1226.

Field's Tree Care LLC is a Certified Arborist here to help you with all your tree & shrub needs. Fine Pruning. Free Estimates. Licensed, bonded, insured. Lic # FIELDTC876DH. Dan Field 360-994-0166.

Irrigation repair, maintenance, and automatic flower bed systems. Seasonal start up and shut down. Call Wayne 360-643-3114. Email waynegrassman@aol.com.

Garden and Lawn Care: Mowing, trimming, pruning, pressure washing, clean up. Fall/winter projects welcome. Effective, reliable and considerate. Contact Joe at 360-301-1333. Bonded & Insured. Cards accepted.

LEGAL SERVICES

Secretarial Services. Call Cammy Brown, Peninsula Legal Secretarial Services, LLC, 360-301-2590, cammybrown.com, for all your business and legal secretarial needs. Transcription, preparation of legal and business documents, typing projects, etc. I now have a second office inside the Post Office in Port Ludlow. Same phone, etc. By appointment only.

Notary Public: For Notary Public services call Cammy Brown, Peninsula Legal Secretarial Services LLC, 360-301-2590, located in Kivley Center, Port Hadlock and the Post Office in Port Ludlow, by appointment only.

MISCELLANEOUS

Elena's Alterations & Tailoring. Providing professional seamstress services since 1992. For only the highest quality alterations or tailoring, call Elena today 360-437-9564(h), 206-305-1101(m).

SemperFiChauffeur.com Tired of the lack of options getting to SeaTac Airport? Leave your car & your worries locked at home in your garage. Call Retired Gunny, Brent Neel for quote. Best way to start/end your vacation. 206-718-6139.

PERSONAL

LGBTQ+ folks and allies: Contact us at prideportludlow@gmail.com if you wish to be included in our membership. We are 106 persons strong! We have fun and do service projects for our area.

PET CARE

Big Valley Pet Resort is a great place for your socialized pet to play while you are away. Check out bigvalleyanimalcarecenter.com or call 360-697-1451 for more information.

In House Petsitting for dogs and cats. buzzydonahue@yahoo.com 360-531-2605.

RV/BOATING/TRAVEL

RV Storage. South Bay, 1 mile west of Hood Canal Bridge on Hwy. 104. Call Shirley, 360-437-9298.

Beaver Valley Storage. 100 - 800 square feet. Twenty-four-hour security on duty. One month free with minimum six-month lease. 360-732-0400.

Financial Disclosure

The *Port Ludlow Voice* is a 501(c)(4) organization. Its entire staff consists of unpaid volunteers. All writing and editing is done in the homes of staff members on their personal computers. The production editor formats each issue and provides an electronic copy to the printer. The *Voice* is delivered at no cost to readers on all U.S. Post Office carrier routes in the Master Planned Resort (MPR). As of January 1, 2021, subscriptions are \$36/year or prorated at \$3/month.

Financial support for publishing the *Voice* each month comes from advertising, subscriptions and contributions primarily from community organizations. Average monthly income was:

1. Ludlow Maintenance Commission (LMC)	\$200
2. South Bay Community Association (SBCA)	\$200
3. Port Ludlow Village Council (PLVC)	\$200
4. Display Advertising	\$5,982
5. Classified Advertising	\$764
6. Subscriptions	\$67
7. Web Advertising	<u>\$65</u>
Total average monthly income in fiscal year 2021/22	\$7,478

This issue proofread by Joe Kelly, Betty Kay Landaker, John Paxson and Mary Small.

©2022 *Port Ludlow Voice*. All rights reserved.

Printed in the U.S.A.

No part of this publication may be reproduced in any form without express written permission of the *Port Ludlow Voice*.

The printing of an article, or of classified or display advertising, does not necessarily constitute endorsement by the *Voice*.

SEA MARINE

FULL SERVICE BOATYARD

FULL SERVICE BOATYARD

ABYC Master Technicians • Haul Out Lift
Canvas Shop • Full Joinery Shop
Electrical Repower • Plumbing • Painting
Winter Storage • Provisions

SYSTEMS SHOW ROOM & SERVICE CENTER

GPS Navigation • Beta Engines • Electronics
Water Heaters • Heating Systems • Inverters



Sandy Bakken, Broker

BROKERAGE SERVICES

Buying a boat? Selling a boat?
SEA Marine offers full Brokerage Services.
Contact Sandy Bakken for a consultation.
<http://seamarineco.com/yacht-brokerage-listings/>

For all your boating needs!
SEA...the difference.

Point Hudson, Port Townsend
(360)385-4000 • seamarineco.com

YOU'VE FOUND YOUR NEW HOME



Independent Living
Assisted Living

Honored to be recognized for quality care

- Best Senior Living by The Leader: 2020-2021
- Best of the Peninsula by The Peninsula Daily News: 2019-2021
- Commitment to Quality Award by the American Health Care Association: 2019
- Proudly serving Port Townsend for 16 years



MORE THAN JUST A HOME



AVAMERE
at Port Townsend



Contact us today!
(360) 379-9376

Grace Christian Center

Solid, Spirit-Filled Bible Teaching

Grace Christian Center is celebrating 20 years of serving our Lord Jesus here. Planted in Port Ludlow, we welcome people from all over the Kitsap and Olympic Peninsulas to worship with us. We believe the Bible is God's Word and we bring relevant teaching for today from the Scriptures, with understanding of history and context, to bring you strength and hope in your daily life.

Grace Christian Center--look forward to seeing you, Sunday mornings at 10.

Pastors Kevin and Sherri Hunter
Senior Pastors

360-821-9680

360-821-9684

Port Ludlow Conference Center • 200 Olympia Place, Port Ludlow
www.gracechristiancenter.us

Loving Jesus and Loving Each Other

Medicare Solutions Made Simple!

Need a Consultation?
Call our office!

KMi

Kristin Manwaring Insurance



Kristin Manwaring, Licensed Agent

360-385-4400

www.KristinManwaring.com

ELIN PHILIPS

34 YEARS PROVEN
REAL ESTATE EXPERIENCE



Full-Time Managing
Broker Representing:

- *Sellers
- *Buyers

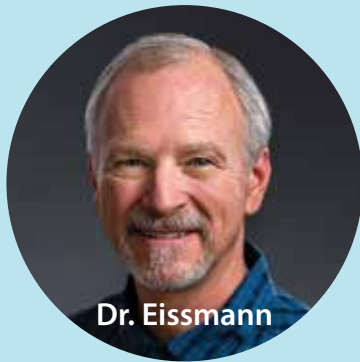
ABR-SRES-GRI

Cell 360.301.9115
Elin.Philips40@gmail.com

www.portludlowbrokers.com



JOINT REPLACEMENT



Dr. Eissmann

Jefferson Healthcare is offering a free orthopedic health seminar focused on degenerative joint pain and the role joint replacement can play as a safe and reliable option to restore quality of life. Audience members will have the opportunity to ask questions and speak directly with Edward Eissmann, MD, FACOS, FRCS, and Mitzi Hazard, DPT, Director of Cardiopulmonary and Physical Rehabilitation Services and Wellness.

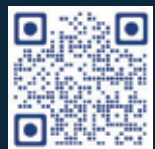


Dr. Hazard

Tuesday, March 21 at 3:00 pm
Cotton Building, 607 Water St.
Downtown Port Townsend

Jefferson
Healthcare

jeffersonhealthcare.org/events



register here