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June 2023



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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.

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**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.

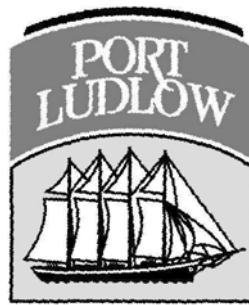
**Full Content on the Website:** All the content from the magazine is now posted online.

**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.



**Port Ludlow Voice**

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#### ON THE FRONT COVER

Photo by Steve Deligan

## News & Community

### Editorial—You Need to Read This

by Carol Riley, Staff Writer

As I did the copy editing for this month's magazine, I was struck by the number of articles where community groups are asking for volunteers. PLVC, SBCA, the Dove House annual golf tournament, Trails, and of course the *Voice*, who is always asking for volunteers.

The need for volunteers is ongoing. This wonderful community runs on volunteers, but volunteers these days are as scarce as hens' teeth. We ask, we cajole, we wax poetic about the benefits and satisfactions to be gotten from volunteering (all true, by the way), we adopt the tactic of "you catch more flies with honey than with vinegar." It falls on deaf ears!

People! Are you listening? Are you so involved in the boomer antiphon "he who dies with the most toys wins" that you can't hear the call? You can't take it with you, but you can earn the respect and gratitude of your community by giving up a few hours or days of your time to make a difference.

I think Gil Skinner is on the right track when he says that his wife Barb believed we have an **obligation** to volunteer in whatever way we can in whatever area speaks to us and our talents. Who can't drive the prepared lunches to the golf course for the Dove House golf tournament? Who can't fill swag bags for the golfers? Who can't help to see that the juice pitchers stay full at the First Friday pancake breakfast?

This isn't rocket science but it does require that you step up. Sometimes, people like to be invited personally to participate. Send me an email, tell me what you are interested in, and I will personally invite you.

As you read the June *Voice*, peruse the informative and interesting articles, find out about the concerts, exhibits, book groups and other happenings, look at the ads touting our wonderful local businesses, I hope you appreciate the many volunteer hours that it took to bring it to publication. Another volunteer opportunity awaits—come join our staff.

I hope I shook your complacency a little. Lit a tiny flame under your derriere. Desperate times require desperate measures—we need you to volunteer.

### First Wednesday Luncheon

Please join us for the final First Wednesday luncheon of the season, to be held on **Wednesday, June 7**, 11 a.m. – 1 p.m. at the Bay Club. We will feature Quinault basket weaver, historian, and storyteller, Harvest Moon Howell, who will share with us stories passed down from her great-great-grandfather and Quinault tribal legends.

Harvest Moon means "a light shining forth in the midst of darkness." She speaks from her heart and spirit, leaving people

with perhaps a different perspective of the N.W. Coast Native Americans. She has served two terms on The Washington Commission for the Humanities and has received the Peace and Friendship Award presented by the Washington State Historical Society in recognition of significant contributions to the understanding of N.W. Indian Heritage.

As our end-of-season treat, we will be providing an array of salads and lemony desserts for this luncheon and, as in May, we ask that you bring your own place settings.

Please sign up at either the Bay or Beach Club or RSVP to [firstwednesdayluncheon@gmail.com](mailto:firstwednesdayluncheon@gmail.com) by **June 4** as a courtesy to the club so we can have the appropriate number of tables set up in advance as well as provide ample food. We appreciate your cooperation in helping us in this effort.

You are asked to bring donations in the form of cash, checks made payable to the Tri-Area Food Bank, or non-perishable food and hygiene products.

The luncheon always includes a raffle, with proceeds used to help support the Food Bank during July and August when the Luncheon is on hiatus.

Finally, thank you to all who have supported us this year in our efforts to support, in turn, the Tri-Area Food Bank. Your donations have been much appreciated.

Stay healthy and have a wonderful summer.

### Turtles All the Way Down— Martha's Book Group

by Milt Lum, Staff Writer

Turtles All the Way Down, a saying derived from mythological stories of creation, refers to the problem of infinite regress. Since 2017 it has been associated with John Green's fifth novel titled *Turtles All the Way Down*. Like all his prior novels involving young adults coming of age, *Turtles* has garnered a huge following among readers and has been adapted into a film which is poised for release.

Martha's Book Group will discuss Green's novel whose protagonist suffers from obsessive compulsive disorder at the far end of its spectrum. Follow her struggles as she befriends the son of a missing billionaire whose mysterious disappearance has perplexed everyone. Join us at 4 p.m. on **Tuesday, June 13** at the Bay Club to join the discussion of this intriguing story.

We will be taking a brief hiatus for July while reading Pulitzer Prize winning author Anthony Doerr's *Cloud Cuckoo Land*. This is the book club's selection for August when we reconvene at 4 p.m. on **Tuesday, August 8** at the Bay Club.

Martha's Book Group is open to all. For more information or a list of upcoming book selections, contact Sarah Schuch at [bookclub@plvoice.org](mailto:bookclub@plvoice.org).

## Summer Reading at the Jefferson County Library District

June means the start of our Summer Reading Program at the Jefferson County Library District. Kids and adults can participate in reading challenges to earn rewards beginning **June 1**. Getting started is easy! Visit [cleoreads.beanstack.com](http://cleoreads.beanstack.com) or download the Beanstack app to participate. There will be plenty of fun for everyone with programs, events, and activities to keep people of all ages busy throughout the season. Visit [jclibrary.info](http://jclibrary.info) for complete program details.

**Summer Reading Program** events for kids and teens will take place weekly beginning **Monday, June 26**. Kids will meet at H.J. Carroll Park in Chimacum Mondays at 11:30 a.m. and at Worthington Park in Quilcene on Tuesdays at 11:30 a.m. for crafts and fun educational programs. Teens will meet at the library on Thursdays at 2 p.m. for improv, art, and other exciting activities.

**Storytimes for Toddlers and Preschoolers** will move outdoors beginning in June. Storytimes are held weekly at two locations — Mondays at 10:30 a.m. at H.J. Carroll Park in Chimacum and Tuesdays at 10:30 a.m. at Worthington Park in Quilcene. Children will listen to stories, sing songs, enjoy physical movement, and create free-form art with Early Childhood Coordinator Rosaletta Curry. Please bring a blanket or cushions to sit on.

**Tech Tuesday** classes will focus on the great outdoors this month. First, join the tech team indoors at the library on **Tuesday, June 6**, from 3 to 4 p.m. to learn about popular outdoor and nature apps. The following week on **Tuesday, June 13**, from 3 to 4 p.m., the class will meet at H.J. Carroll Park to practice using the apps they learned about in the previous session.

Starting in June, adults can participate in this year's Adult Summer Read by picking up a copy of *Quilt of Souls* by Phyllis Biffle Elmore, filled with special surprises! Add to the fun by creating a 6x6" quilt square to contribute to our Community Quilt Art Project. The month also brings another popular Art & Music Meditation program, which will take place on **Thursday, June 8**, from 10 to 11 a.m. WSU Master Gardeners will continue their monthly Plant Clinics, with the next workshop held on **Saturday, June 10**, from 1 to 3 p.m.

Other adult programs in June include a SilverKite Community Arts workshop on the art of Telling Stories. On **Monday, June 12**, from 1:30 to 2:30 p.m., teaching artist Pearl Klein will explore traditional oral storytelling techniques and how they can be applied to fiction writing. Local author Mitch Luckett will entertain us with an evening of music and storytelling on **Wednesday, June 28**, from 5:30 to 7:00 p.m., as he joins us to talk about his third novel, *Holy Roller Heart*.

Visit the Jefferson County Library District at 620 Cedar Avenue in Port Hadlock. For questions or assistance, call 360-385-6544 or email [information@jclibrary.info](mailto:information@jclibrary.info). For complete program details and the event calendar, visit [jclibrary.info](http://jclibrary.info).

## "You're On Your Own!" Program a Great Success

On April 27, the Emergency Preparedness Committee (EPC) of the Ludlow Maintenance Commission (LMC), and the Port Ludlow Village Council (PLVC), sponsored an information-packed and enlightening program before a nearly full house at the Beach Club and online. Speakers from the JeffCo Department of Emergency Management (DEM), PUD, Public Works, OWSI, East Jefferson Fire Rescue, and PLVC's block captain coordinator, addressed hypothetical but entirely plausible disaster scenarios. A major winter wind and ice storm fells trees that take down electrical power for a week or more, closes roads, breaks our water and sewer systems, damages homes, and causes injuries. Attendees learned how these agencies prepare for and respond to such events, and what they can do, and, crucially, what they can't immediately do. The theme of the program was "You're On Your Own," and it became pretty obvious that even with the support agencies working 24/7 in such an emergency, residents could easily be stuck at home for a week with no working utilities, no cell service, and no outside support. In other words, "You're On Your Own!"

The slides from the program are available online on the EPC tab on the LMC web page, revealing the complex logistical challenges facing all of us in such a storm or other widespread emergency: [lmbeachclub.org/Emergency-Preparedness](http://lmbeachclub.org/Emergency-Preparedness).

Fortunately, there's also helpful information on how to prepare. Interested parties can access the downloadable copies of the materials that were hand delivered to over 700 North Bay residents last August. These included the *Think, Plan, Do!* pamphlet prepared by DEM, and the "Emergency Alerts and General Emergency Information Resources" sheet prepared by the EPC. These materials are guides for preparing for such an emergency and for dealing with one should it occur. In the extreme, thoughtful preparation could save lives, but even in less extreme circumstances, it could mean the difference between weathering such an event in reasonable comfort or abject misery.

The Emergency Preparedness Committee is planning its next program for this autumn: Earthquakes and Tsunamis. Stay tuned!

## Free Life Care Planning Zoom Seminars

Join Tony Hinson on **Tuesday, June 13** 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.

The June 13 seminar will be held online on Zoom and will be the last one for the summer. The seminars will resume in September. To register, visit [sherrardlaw.com/seminars](http://sherrardlaw.com/seminars), or call 360-779-5551.

**April 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 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	3
Rescue/Emergency Medical	394
Good Intent	21
Hazardous Conditions	10
False Alarms	19
Service Call/Cancelled en Route	56
<b>Total Alarms</b>	<b>503</b>

**Ambulance Transports**

911 Transports	170
Inter-Facility Transports	59
<b>Total Transports</b>	<b>229</b>

**FIRE CARES Contacts** **78**

**Meet Your Firefighters**

*by Ron Dawson, Guest Writer*

Meet Assistant Chief Pete Brummel of East Jefferson Fire Rescue.



Assistant Chief Brummel began his fire service career in 1990 as a volunteer firefighter with the City of Issaquah Fire Department. He lived next door to the fire station, got involved, and eventually was hired full-time in 1996. Originally from Connecticut, Chief Brummel attended Syracuse University where he received a degree in Advertising in 1987 and worked in New York City for several years.

In 1999, the City of Issaquah consolidated with King County Fire District #10 to form Eastside Fire & Rescue, serving the cities of Issaquah, Sammamish, North Bend, and Fire Districts #10, #38, and #27. Brummel was promoted to Lieutenant in 2003, worked at several engine companies in Issaquah, Sammamish and North Bend and promoted to Captain in 2009. From there he served as an Acting Battalion Chief and ladder truck Captain until he transferred into the Training Division in 2017. Chief Brummel’s interest in regional training and operations allowed him to serve on technical rescue teams with a special knowledge of structural collapse rescue. In addition to technical rescue, he served as the regional hazardous materials team coordinator for nine municipal fire agencies in the east King County area. In addition to operations and training, Chief Brummel is a graduate of the Los Angeles Fire Department Leadership Academy in 2017 and has had the unique opportunity to travel with a United States terrorism response task force to Israel in 2014.

The thing he likes best about his job is interacting with the bright and effective staff of the fire department in our beautiful environment. The hardest part is delivering on the considerable volume of continuous and varied work in his assignment that consumes his actions every day.

Chief Brummel is married to Carolyn, a pediatric RN, and they live in Port Orchard. Their daughter Amelia lives in Tacoma and is pursuing law school, and their son Owen attends Pacific Lutheran University. Leo, a four-year old Goldendoodle, is the newest member of the family and has been trained as a certified therapy dog in the “Read-to-Rover” program in the Port

*continued on next page*

**Stay Informed About  
Road Work on The Olympic Peninsula**

Summer is fast approaching and with it an increased number of visitors to our area. This can also mean a higher call volume for fire and law enforcement agencies.

A friendly reminder: If you see or hear an ambulance, a fire engine, or law enforcement vehicle heading in your direction, you must pull off the road as far as you safely can to allow those vehicles to pass you. (See RCW 46.61.210) The tab for a ticket if caught not yielding to emergency vehicles can be as high as \$1,071. Be careful out there!

This summer is also the time for Washington State Department of Transportation (WSDOT) crews to do roadwork on the Olympic Peninsula.

Hood Canal Bridge Closure dates and times for the month of June can be found at [wsdot.wa.gov/construction-planning/search-projects/sr-104-hood-canal-bridge-center-lock-rehabilitation](http://wsdot.wa.gov/construction-planning/search-projects/sr-104-hood-canal-bridge-center-lock-rehabilitation).

Additional work will include roads from the Hood Canal Bridge to Port Townsend and along US 101 north of Quilcene all the way to Port Angeles and points beyond, according to WSDOT. Check this link for specific dates and locations of the planned work: [engage.wsdot.wa.gov/north-olympic-peninsula-2023-construction](http://engage.wsdot.wa.gov/north-olympic-peninsula-2023-construction).

*Firefighter* continued from previous page

Townsend and Chimacum school districts. When Pete is away from the job, he likes hiking, kayaking, and spending time with his family.

For the past two years, they have had a cabin in Brinnon, which is a great retreat for the family.

### Community Opportunity Fair Summer 2024



Look for more information this fall about the Community Opportunity Fair to be held in 2024. To keep the event fresh and relevant to both new and longtime Port Ludlow residents, the Co-Chairs will host the fair every two years. We look forward to showcasing local talent and cuisine as you explore volunteer opportunities, non-profit

organizations, and local service industries in Port Ludlow in the summer of 2024.

We thank our 2022 sponsors: Port Ludlow Village Council, Ludlow Maintenance Commission, South Bay Community Association, Karen Best of Coldwell Banker Realtors, and Port Ludlow Brokers.

Co-Chairs: Vickie Norris, Allison Leonard, Janet DeDonato, Tam McDearmid, and Lori Longo.

### Garden Club Presents Magnificent Gardens



Dee Coppola

Join the Port Ludlow Garden Club for a one-of-a-kind visual presentation of the most stunning and unique private gardens featured in *West Sound Home & Garden* magazine. The speaker for the program is Dee Coppola, founding editorial director of *West Sound* and owner of Wet Apple Media.

This photographic tour showcases a collection of private gardens, from lush to the serene, highlighting the diversity on the Kitsap peninsula. “We are thrilled to have Dee share

her passion for great design and (to have) an opportunity for a behind-the-scenes look at the selection and editorial process,” said Phyllis Lovendahl, PLGC member, “and the magazine’s beautiful photography of these magnificent gardens is sure to inspire and delight everyone.”

The program will be held on **Wednesday, June 14**, at 11 a.m. at the Bay Club. Attendance is free for PLGC members and \$5 for non-members. RSVP to [portludlowgardenclub@outlook.com](mailto:portludlowgardenclub@outlook.com) or call Michelle at 360-710-3547. Seating is limited, so don’t miss this opportunity!

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## Features & Stories

### What's Up, Neighbor?

by Donna Geer, Staff Writer



Gail Wellenstein and her husband Nick De Chadenes hiking the West Highland Trail in Scotland

Submitted photo

Inner Harbor Village, nestled in the same woods that surround the Bay Club, was built in 1990 and has 46 condominium units—nine duplexes and seven fourplexes that look and feel like individual homes. There's a lot of natural landscaping, huge trees, and access to the bay. It's common to see river otters and seals down by the water's edge and, of course, the ever-present deer and raccoons that like to wander the grounds. This neighborhood even boasts its own pair of tiny islands.

Gail Wellenstein and her husband Nick de Chadenes, newer residents of Inner Harbor Village, have lived here for almost two years, arriving just after the historic heatwave of June 2021, which stretched from British Columbia down to Northern California. The extreme heat killed the oyster beds in the cove behind their new home, stinking up the surrounding area so much they wondered if they'd made a mistake moving there, but the smell soon dissipated, and it's been heaven ever since. (Makes me think of the Port Townsend Paper Mill, but that's another story!) They can walk to the Bay Club for all kinds of events, which means they don't have to worry about parking and Gail says there's no excuse for not taking advantage of the fully equipped exercise room. *Geesh, I make excuses all the time, and I just need to walk down the hall to use my exercise bike, I think as I write this. I should listen to Gail!*

Both Gail and her husband had successful careers as pediatricians in Everett, WA. In fact, they met each other during their residencies. At one point, they even started their own practice, eventually selling it to Providence. Gail later went on to her second career, becoming what she refers to as an "accidental teacher." When the biology teacher quit right before the school year started, her son's high school principal recruited her when he heard she wasn't working. Gail ended up teaching biology for 19 years, while also getting her master's degree and starting a Health Studies program with Providence and Washington State University. Accidental? Nah, it sounds more like serendipity, right?

One thing Gail mentioned frequently during our conversation was how wonderful her neighbors have been, exposing her to different opportunities in the area. One neighbor is teaching her how to quilt. Another neighbor, a beach naturalist, took her bird watching and told her about the low tide beach walks at Shine Tidelands State Park. Gail decided to take the Beach Naturalists training so she could lead some of those beach walks, where she sees sand dollars and moon snails. One time, she even watched Dungeness crabs molt. *I would have loved to see that!* The Beach Naturalists program included learning about the Salish Sea, seaweed and seagrasses, and sea creatures in the intertidal zones, so now Gail volunteers at the Port Townsend Marine Science Center.

Gail told me she feels like she's in her third life. It's a sentiment shared by many of us. That's what retirement is all about—a chance to try different things on different terms. It all starts with a great neighborhood, friendly people, and an inquiring mind. Sounds just like Port Ludlow!

If you want to share some stories about your neighborhood and who you are, reach out to Donna at [sports@plvoice.org](mailto:sports@plvoice.org) to start the conversation. Can't wait to hear from you!

### Lavender

by Eline Lybarger, Staff Writer

Lavender is a color, a fragrance, a flavor, and a plant. It is one of 47 species of the mint family and found around the world. It is usually a compact plant no more than two feet tall. The small, slender leaves are a soft dusty green to light green. *Hidcote*, also known as English Lavender, is readily available and loved for its deep purple-blue flowers and pungent fragrance.

Lavender likes full sun in well-drained soil with added organic material. It also likes a pH of 6.5 to 8, so you will want to add some lime every spring. During the summer let it dry almost completely, then soak it heavily. Some gardeners like to remove the spent blossoms immediately, while others leave them until spring when you need to severely prune the whole plant. This promotes the growth of new stems, preventing woody stems that lead to death. In the right environment it is a hearty plant with almost no diseases and the deer won't eat it.

Lavender as medicine: *Lavandula angustifolia* is most commonly used as a treatment. Herbalists use it to treat skin ailments, fungal infections, eczema, acne, and it speeds the healing of skin abrasions. It is being studied for possible cancer remission. The fragrance has proven to increase delta waves in slow-wave sleep, which is the stage of sleep where you sleep the most deeply and restfully. It has also been effective against staph infections and is being researched as a topical anesthetic. Smoking lavender has no health benefits. For more details, search "*Medical News Today, Lavender.*"

*continued on next page*



*Lavender* continued from previous page

One unique use of lavender—an artist who uses the color and fragrance in her paintings.

*Lavandula Angustifolia*, *L. Folgate*, *L. Melissa*, and *L. Roy Velvet* are culinary lavenders. Each has a slightly different color and flavor. Generally, culinary lavender is similar to rosemary, with a hint of mint, and is a delicious enhancement to anything lemon, orange, or honey. Non-culinary lavender has a strong camphor or soapy flavor and can ruin a dish, so be sure you know what you are getting. The buds, either fresh or dried, are used in cooking as the leaves have no flavor or fragrance.

A simple recipe from Nancy Bagett's *The Art of Cooking with Lavender*, is Lavender Tea: ¼ cup dried lavender buds and ¼ cup dried peppermint leaves. For each cup of tea, put 1 ½ teaspoons of the tea blend in a tea ball in a large mug. Pour one cup of just barely boiling water into the mug and let steep at least two minutes, or longer for a stronger tea. You may sweeten with honey or serve with lemon wedges and enjoy.

### **Edibles: Chocolate Part 3 Seize, Temper and Bloom—Crystals, Chemistry and Chocolate**

by Libbey Lincoln, Staff Writer

Finished chocolate has relatively few ingredients: cacao, cocoa butter, possibly sugar, and milk powder. Noticeably absent is water.

Cacao, sugar, and milk powder are very attractive to water but are surrounded by cocoa butter, a fat, which repels water. The environment is a set up for bakers' nightmares—the chocolate seize.

When a drop of water is added to melted chocolate, a stiff paste rapidly ensues. The little bit of water grabs millions of tiny particles of cacao, sugar, and milk powder, separating them from the liquid cocoa butter. Chocolate's unique chemistry fun fact: add a liquid to a liquid and get a solid, which isn't so fun when it happens to your dessert.

The baker has two choices: keep the chocolate dry or add enough liquid to dissolve the particles instead of just wetting them. By adding melted chocolate to a liquid or pouring enough hot liquid into chocolate all at once, the solids are overwhelmed and syrup forms instead of stiff glue.

Chocolate may be melted to coat a lovely fresh strawberry or cookie or cut for decorations. If the set chocolate is to be shiny and crisp, it needs to be tempered. Chocolate has often been tempered when purchased, but tempering is lost during the melting process and must be repeated by the home baker.

The baker achieves the shiny snap of tempered chocolate by controlling the crystals in the cocoa fat. There are two crystals of interest in cocoa fat: unstable and stable. Unstable crystals result in a soft dull finish, but stable crystals provide a beautiful crisp sheen.

Fortunately, the crystals melt at different temperatures. This kitchen chemistry can be used to create stable crystals. Unstable crystals melt around 82°F. The desirable stable crystals melt around 93°F. To create the stable crystals, bakers heat the chocolate to melt all the fat crystals then cool it to the tempering range

of 88-90°F. This temperature is too warm for the unstable crystals, but cool enough for the stable crystals to form. These stable crystals form a dense, shiny network as the chocolate cools.

Have you ever opened the long-forgotten candy bar in the glove box of your car and found it coated with a white powdery substance? Crystal chemistry also directs appropriate storage of chocolate. Most likely you are witnessing tempering gone awry. At some point, the temperature in your car exceeded the crystal's melting points, cooling was not carefully controlled, unstable crystals were allowed to form, migrate to the surface, and solidify. This is called a fat bloom; what you are seeing are cocoa butter crystals. For this reason, chocolate should be stored around 65°F to prevent melting, recrystallization, and improper tempering.

To truly enjoy fine chocolate, it is best to understand and respect its chemistry. When handled appropriately it delights, but when misunderstood its moods can lead to disappointment.

### **WSU Beach Naturalists Explore Shine Tidelands State Park**



*Dogwinkle snail, Limpets and Brown barnacles.*

Submitted photo

Join WSU Extension Beach Naturalists on the beach this summer to explore the rich, colorful sea life that is exposed during low (minus) tides. Naturalists will be on site to guide an exploration. These sessions are always free and open to the public. Boots are recommended but not required. Depending on tide, participants will explore the beach beside and under the Hood Canal Bridge. Feel free to come and go as you like.

WSU Beach Naturalists will be at Shine Tidelands State Park three times this summer. These beach explorations begin at the far north end of the state park parking area. Free parking is limited due to recent King Tide road damage. .

**Sunday, June 4**, 11 a.m. – 12:30 p.m.

**Sunday, July 30**, 9 – 10:30 a.m.

**Tuesday, August 1**, 10:30 a.m. – noon

*continued on next page*

*Beach continued from previous page*

**Directions to Shine Tidelands State Park:** From Port Ludlow: Travel south approximately 7 miles on Paradise Bay Road. Turn left onto Termination Point Rd., about 100 feet before the intersection with Hwy 104 at the Hood Canal Bridge. Stay left at the Y in the road. Parking inside the Park requires a WA State Park Discover Pass. The Jefferson County Library in Port Hadlock has a Discover Pass you may check out.

From East side of the Hood Canal Bridge: At west end of bridge, turn right onto Paradise Bay Road, and an immediate right again onto Termination Point Rd. and into Shine Tidelands State Park. Stay left at the Y in the road and follow road to end.

## Seal-Pupping Season and the Tale of Frank and Andre

by Rachel S. Imper, Guest Writer

June marks the beginning of seal-pupping season in Puget Sound. From nearby beaches, you can often see harbor seals, popping their heads inquisitively above the water or basking on the shore. But in summer you might also find a seal pup alone on the sand.

If you do, it may not be abandoned. Seal moms leave their pups to rest for short periods of time while they search for food—but the pups are vulnerable.

### From June to September, keep dogs leashed on the beach.

“If a seal pup is bitten by a dog, it nearly always dies,” said Deisy Bach, who directs an acclaimed series of nature programs for the Friends of Fort Flagler. “When only half of seal pups survive the first year, avoiding dog and seal encounters becomes very important.”

It’s also the law. The Marine Mammal Protection Act prohibits touching or harassing marine mammals. NOAA advises that people stay 50 yards away from seals and sea lions.

### What about injured marine mammals?

Until recently, little could be done for injured sea animals. But in 2021, SR3 (Sealife Response, Rehabilitation and Research), a scientific non-profit, opened in Des Moines, WA, to serve the entire state. SR3 rehabilitates injured marine mammals, sea turtles, sea otters, and others, as well as pinnipeds (the scientific term for seals and sea lions). But that’s not its most important work. As Casey McLean, the executive director, said, “Our goal is to improve the health of the entire marine ecosystem that marine mammals and humans alike depend on—because everything is intricately connected.”

SR3 has already had many success stories, including the rescue and release of four harbor seals from our area. Two of those pups, dubbed Frank and Andre, were released after months-long stays at the facility. As a marine biologist and a veterinary nurse, McLean said, “One of my greatest satisfactions is seeing animals recover and be released to the wild.”

For the rest of us, if we can avoid causing injuries and entanglements or polluting their habitat, seal rescues will be less necessary. Then we can just enjoy our wild neighbors in the Salish Sea.



Andre at the SR3 facility.

Submitted photo

### What to Do if You Find a Seal Pup

- Stay at least 150 feet away if possible. Keep your dog leashed. If the seal does not look injured or emaciated, leave the area. The mom will not return if there are people *anywhere* nearby.
- Try to keep other people and dogs from coming near the seal.
- If you think the seal may be injured—or if it’s in a crowded area—call the Marine Mammal Stranding Network at 866-767-9425. Notify them of dead animals too.
- Also send an email with photos to the network at [mmsn@ptmsc.org](mailto:mmsn@ptmsc.org), giving information on the location and animal’s condition.

For more information about the non-profit Friends of Fort Flagler, see [friendsoffortflagler.org](http://friendsoffortflagler.org).

For more information about SR3, see [SR#.org](http://SR#.org).

## Olympic Community Action Programs: OlyCAP

Our community helps the Port Townsend OlyCAP support families in need. Christmas gifts for needy children were purchased in December with our help, but during the year there is a need for other supplies. Supplies are accumulated and ready to be utilized when the need arises. You can help by remembering OlyCAP when you are spring cleaning, downsizing, or moving. Items such as pots and pans, mixing bowls, dishes, silverware, dish drying racks, glassware (no wine glasses), twin-size sheet sets, blankets, bed pillows, and bath towels are always appreciated. If you have such items you wish to donate, please email [rlplep@yahoo.com](mailto:rlplep@yahoo.com) and put OlyCAP in the subject line.

There is also a need for twin bedframes, small kitchen tables and chairs, small coffee tables, and small living room chairs. If you have any of these items, please call Karen Bondurant at 360-385-2511 and leave a message.

Thank you so much for helping these families transition to a new life.

## A Whale's Tale, Part II: The Black & White

by Evie Maxwell, Staff Writer



*A family of Bigg's orcas moves through the waters in their Pacific Northwest home.*

Photo by Erin Gless

Here is a creature of contradictions. On one hand, one of the most beautiful and playful inhabitants of Pacific Northwest waters, while also an efficient killer when in need of food. It is likewise both endangered and thriving ... permanent and transient ... whale and non-whale ... and always social and highly intelligent, with sophisticated hunting tactics, a wide variety of vocalizations and even a much-storied mother who mourned her dead calf by carrying it for 17 days across the ocean. \*

This, as you probably guessed, is the large and diverse marine family known as orcas. Dubbed 'killer whales' by ancient sailors who watched family groups devour baleen whales, sea lions, and the like, the orca is a large (up to 30 feet long) black and white beauty seen with some frequency in our northern waters. Strictly speaking, the orca is a member of the dolphin family although they are both members of the order *Cetacea*. The word *Cetacea* is derived from the Ancient Greek word for "sea monster"—which encompasses the entire grouping of whales, dolphins, and porpoises.

In our corner of the Pacific Northwest, we enjoy the company of two distinct groups of orcas. We'll start with the group now known as the Biggs. We used to call them 'Transients,' due to their periodic, but never permanent, excursions to this area. Back in the 1970s, that began to change as laws protecting creatures such as seals, sea lions, and gray whales from human hunting gave these populations a chance to recover. This uptick in food opportunities naturally led to an uptick in Bigg's orcas, and thus today's thriving community, where some members make their home year-round.

"We currently have close to four hundred Bigg's orcas in our area," says the Orca Network's Education and Advocacy Coordinator, Cindy Hansen. And so far this year, the population "has added five newborns" with more, hopefully, to come.

The Bigg's generally hunt in small groups, but they do sometimes gather in large, multi-family groups where they can be seen cavorting in a kaleidoscope of black and white.

While Bigg's orcas face considerable environmental challenges (i.e., pollution, boaters, and the like), they do enjoy a good supply of food. That is not true for their cousins, the Southern Resident whales.

In fact, the Southern Residents, whose home stretches from far northern Washington up into Canada, are currently listed as endangered. And the threat can be summed up in three words: Food, food, food.

"We currently have 73 whales in our Southern Resident population," says Hansen, "and they are not thriving."

The first hit on Southern Resident populations started in the 1960s with large aquariums on a mission to capture the rare orcas for their exhibits. That became illegal and the population started to recover. Then a triple whammy hit as newly dammed rivers, commercial fisheries and habitat destruction all began to take their toll on local salmon populations—the key food source for Southern Residents.

Today, state and provincial governments are working to ameliorate the river damming that cuts salmon off from upstream breeding grounds. In addition, some moves have been made to lessen the impact of commercial fishing. This, of course, raises a considerable number of 'us-versus-them' issues, a point not helped by the fact that the average adult Southern Resident needs about 200-385 pounds of Chinook salmon daily to remain healthy.

That, of course, is a tough dilemma, given our quest to help Southern Resident populations thrive. Another tough spot comes in the conundrum of the growing populations of seals, sea lions and the like who are also voracious consumers of salmon.

As a result of this, some Washington-based groups are moving "to allow for the resumption of pinniped (i.e., seal, sea lion etc.) hunts in an effort to bolster salmon numbers," notes Erin Gless, executive director of the Pacific Whale Watch Association. Unfortunately, renewed hunts could also result in a significant population take-down, which "will be detrimental to the thriving Bigg's killer whales who rely on those pinnipeds for food." If this happens, Gless concludes, we could end up with "a situation where *both* of the orca populations in Washington face food shortages."

Thus, the balancing act goes on as our gorgeous aquatic neighbors continue to need human help for survival.

(\*Meanwhile ... about that mama Southern Resident mourning her dead calf: The orca, known as Tahlequah, birthed the female calf in 2018. The calf died within half an hour, but Tahlequah persisted. For 17 days, she followed her pod, carrying the dead infant on her rostrum (the upper jaw area). Finally, the effort proved too much, and she let the calf sink. Two years later, she gave birth to a male calf near the San Juan Islands. To enormous cheers from whale watchers everywhere, that calf survived.)

## Arts & Entertainment



### Fiber Arts at the Bay Club

by Donna Geer, Staff Writer



Someone once brought a small, Civil War era, two-by-four-inch handmade lace sample created by their great-great-great-grandmother, to a Fiber Arts Group meeting. Can you imagine? Someone else started making a patchwork quilt with pre-cut fabric squares found at a garage sale. I think she's using her own design. Occasionally, extra yarn gets donated so someone can use it, or it's sent to a local yarn shop for kids learning to knit. One time, someone used donated fuzzy yarn to make a shawl, and it looked like a woolly caterpillar when it was finished, so maybe it got donated too! These are just a few of the interesting things I learned when I spoke with Donna Moore, coordinator of the Port Ludlow Fiber Arts Group.

If you need help with a project, someone will know how to solve the problem. There's a lot of knowledge in this group and everyone's eager to help. Some things can't be resolved, however. One member tried to revive an old moth-eaten sweater she'd knitted years earlier for her daughter and she spent hours trying to mend it. She finally sent it back to her daughter with instructions to sew patches over the holes! Sometimes you just can't fix it.

Occasionally, they go on field trips, like local studios, quilt museums or fiber farms. They went to BARN, the Bainbridge Artisan Resource Network, for an open house and they're planning on going to Wilderbee Farms in Port Townsend, where they make their own mead and have their own sheep. Wilderbee Farms has a pumpkin patch that I've been to with my grandkids, but I never saw the mead tasting room, so I should probably go back!

It's always more fun when you can share what you're doing, so if you're looking for inspiration and you can wield a needle, bring your project to the Port Ludlow Fiber Arts Group at the Bay Club. It can be embroidery, spinning, weaving, crocheting, knitting, quilting—just to name a few. They meet twice a month, every first and third Tuesday, from 1 – 3 p.m. in the Craft Room at the Bay Club.

### Disorderly Conduct

by Jim Gormly, President, Ludlow Village Players

What do you do when confronted with a mundane suggestion? Or perhaps, a bizarre one? Well, if you're a member of *Ludlow Village Players'* improv group, *Disorderly Conduct*, you improvise, of course. And the more bizarre, the better ... and funnier. By its very nature of being unscripted, an improvisational performance is unique. Taking suggestions from the audience, the free-wheeling troupe produces a show that will never be seen again – a truly once-in-a-lifetime event. In improv theater, with no script and the actors creating, directing, and interacting with their fellow performers, all on the fly, the results can be unexpected and very funny. It's spontaneous and entertaining, but like all great things, you must see it firsthand to fully enjoy and appreciate it.

For a chance to experience *Disorderly Conduct*, come to their next performance on **Wednesday, June 21** at 7 p.m. at the Beach Club. Admission is \$10 at the door. And maybe bring a bizarre idea.

### It Takes a Village to Produce a Play

by Jim Gormly, President, Ludlow Village Players

It takes a village to produce a play, and Ludlow Village Players (LVP) are on the lookout for help. Now that we are expanding by putting on a fall show in addition to our usual spring performances, as well as planning for a future kids' camp next summer, we need to expand our board. We are looking for people with interests in volunteer coordination, marketing, box office management to help with ticketing, and we're always on the lookout for behind-the-scenes workers. LVP is a 501(c)(3) organization and does not provide any remuneration. What you receive, however, is the joy of being part of the creative process and bringing high quality productions to Port Ludlow. To find out more about the opportunities with LVP, contact Val Durling at [LVPTheaternotes@gmail.com](mailto:LVPTheaternotes@gmail.com).

Feeling it was time to move on after 14 years of being involved with LVP, Carol Durbin has resigned from the LVP Board. She has contributed hugely to the sets over the years with her talents, and her loss will be felt strongly. From the model gazebo in *The Gazebo*, to the many paintings that hung on the walls, to the coordinated interior designs on the sets and many props, she created an ambiance that helped bring a play to life. We are very grateful for her contributions over the years.

## Port Ludlow Art League

### Artist of the Month – Gail Larson



Orbit, by Gail Larson.

Gail Larson has worked with oils and watercolor for many years. At present, Gail is focusing on acrylic, mixed media, and collage. As a Signature Member of the National Collage Society, Gail discovered that acrylic and collage is the best media for creating her abstract art. Gail generally works with a limited palette, selecting appropriate colors for the theme, making design, value, and movement her main focus.

During June, you can view Gail’s artwork at the Sound Community Bank and online at [portludlowart.org](http://portludlowart.org). A reception for Gail is set for 4 to 5 p.m., **Wednesday, June 14**, in the lobby of the bank and 5 to 6 p.m. at the adjacent Port Ludlow Art League Gallery. The bank and gallery are located at the corner of Oak Bay Road and Osprey Ridge Drive in Port Ludlow.

### Jeweler of the Month – Pamela Raine

Returning from a recent trip to Sicily, where she was able to shop for distinctive Murano Millefiori glass beads, Pamela has fashioned a collection of necklaces and earrings that feature the dazzling rainbow of patterns and colors found within these exceptional beads.

During June, Pamela’s jewelry will be on display at the Port Ludlow Art League Gallery, the Sound Community Bank, and online at [portludlowart.org](http://portludlowart.org).



Necklace by Pamela Raine.

Submitted photos

Please note that beginning in June, the gallery will be open Wednesday through Saturday, noon to 4 p.m. For more information, please email [info@portludlowart.org](mailto:info@portludlowart.org) or visit [portludlowart.org](http://portludlowart.org).

## PLAL Group Art Exhibit at the Bay Club

The Bay Club’s art exhibit entitled *Black & White* is making an encore performance with over 55 new pieces of artwork that feature a wide variety of mediums including acrylic, oil, watercolor, resin, ink, graphite, textiles, encaustic, collage, mosaic, ceramics, and photography. The art exhibit is sponsored by the Port Ludlow Art League and will be on display during June. Be sure to stop by the Bay Club and vote for your favorite artwork.



Mosaic, by Shelley Jaye.

Submitted photo

As an added bonus, Gail Larson’s watercolor and collage artwork will be on display in the Bay Club’s lobby through July.

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](mailto:info@portludlowart.org).

## PLAL 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 May through July, you can enjoy the original art at the following locations:

Active Life Physical Therapy – Nina Everitt: Colored pencil drawings, silkscreen, and scratch art

Coldwell Banker Best Realty – Stephen Lovendahl: Acrylic paintings

The Beach Club – Carol Reynolds: Textile paintings

The Bay Club Lobby – Gail Larson: Acrylic paintings

Port Ludlow Post Office – Port Ludlow Art League fundraising plaques of original art

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

## Port Ludlow Art League

### June Program Meeting Speaker – Julie Paton



*Julie Paton's Piazzette Dinnerware.*

Submitted photo

The Port Ludlow Art League is delighted to welcome Julie Paton as the speaker for their June Program Meeting.

Julie began her artistic journey studying at the University of Missouri and landed a job at Hallmark Cards, Inc., the largest manufacturer of greeting cards in the United States. Hallmark was an excellent training ground, providing expertise and instruction to further develop her painting and design skills. During her time at Hallmark, Julie worked with watercolors and several other media for greeting card products. The experience not only enabled her to perfect her artistic talents, but also gave her the opportunity to observe other artists and work with groups of artists for special projects.

After 10 years at Hallmark, Julie left to pursue freelancing. Focusing on watercolors, she developed artwork for a variety of paper products, including calendars, scrapbooking, paper plates, and napkins. To accommodate multiple products for manufacturers in the home decor market, Julie started using Photoshop to design her artwork.

At the June Program meeting, Julie will describe how she turns her watercolors into artwork for 2D and 3D product lines. She'll explain how she creates collections in a variety of formats for multiple product placement and exhibition at the annual Surtex Trade Show, where manufacturers search for artwork for their product lines. Julie will also talk about how to work with agents, the licensing process, contracts, and copyright applications.

The Program Meeting is scheduled for **Wednesday, June 21**, from 1 to 3 p.m. at the Port Ludlow Beach Club. The Beach Club is located at 121 Marina View Drive in Port Ludlow. Guests are welcome to attend the meeting for a small fee of \$5. Attendees will have the opportunity to win Julie's promotional gifts.

For more information, please email [info@portludlowart.org](mailto:info@portludlowart.org) or visit [portludlowart.org](http://portludlowart.org).

## Northwind Art Offers Classes and Gallery Shows



*Northwind Art Emmy Gran: Flower farmer Emmy Gran will co-teach a floral design and still life class at the Northwind Art School in Port Townsend in early July.*

Photo by Diane Urbani/Northwind Art

Northwind Art in Port Townsend, 701 Water Street—the nonprofit organization with two downtown art galleries and the Northwind Art School at Fort Worden State Park—has grown this spring. While new shows are opening at the galleries this month, adults and youngsters have nearly 100 courses and workshops to choose from at the art school.

“We’re expanding, seeking to meet the community’s needs,” said Northwind Art Education Manager Kate Lovejoy. Seven summer programs are open to children and teens. For adults, there’s painting, encaustic, block printing, natural dyeing, travel journal sketching and picture-book making, among other classes. Teaching artists also host open-studio evenings. Details are found at [northwindart.org](http://northwindart.org) on the Courses page.

The Northwind Art School, formerly known as the Port Townsend School of the Arts, will also offer classes in floral design and still life, mixed media layering, and other art forms in early July. Course fees start at \$25 with financial assistance available.

“Adult & Child Art with Heart!,” offered **Tuesday, June 20** and again on **Tuesday, July 18**, is an art-filled date for a grownup and a youngster age 6 to 17. “This workshop is designed to foster joyful connection,” said Lovejoy, who co-teaches the hour-long class with artist and author Dana Sullivan. No prior artistic experience is necessary.

Downtown at Northwind Art’s Jeanette Best Gallery, June brings a new exhibition. Titled “Shadows & Light,” it presents works by the 24 local artists in the Showcase Gallery program. These artists will interpret the shadows-and-light theme in their own ways. The gallery itself will have special lighting for the show.

At the Grover Gallery, 236 Taylor St., across from the Rose Theatre, two more local artists are unveiling their work. Herman James and Virginia Ashby, by special invitation from iconic Port Townsend painter Max Grover, are the featured artists in June.

*continued on next page*

*Northwind continued from previous page*

Both galleries are open from noon to 5 p.m. Thursdays through Mondays. In addition, Port Townsend's First Saturday Art Walk keeps them open with wine and chocolates until 8 p.m. on **Saturday, June 3.**



*Northwind Art Salt Creek by Stephen Deligan: "Salt Creek" is by Stephen Deligan of Port Ludlow, one of the artists in the Showcase Gallery program in Port Townsend. His work is part of the "Shadows and Light" exhibition at Northwind Art's Jeanette Best Gallery at 701 Water St.*

Photo by Stephen Deligan

### PLPA Supports CHIME IN!

*by Dave Cunningham, Staff Writer*



*Shelley Patton (right, holding microphone) presents a giant \$1,000 check to the CHIME IN! program. Pictured from left are CHIME IN! supporters Marci Heemstra, Stella Paterson, Rebecca Turner, Carla Powell, Shelley Patton of PLPA, and Chimacum School Music Director, Mitch Brennan.*

Submitted photo

CHIME IN!, a program which benefits all music programs in the Chimacum School District, recently received a \$1,000 check from Port Ludlow Performing Arts, presented by Shelley Patton. Patton is a board member of PLPA, a non-profit organization that

promotes music education and raises money by staging concerts in Port Ludlow. The presentation was made Sunday, April 23, at a silent auction/fundraiser hosted by Finnriver Farm & Cidery in Port Hadlock.

In March, PLPA hosted a concert at the Bay Club, performed by a group of Port Townsend High School student musicians. The concert, a fundraiser, was well-attended, and the funds were most welcome as they were received ahead of the students' trip to Southern California, where they had the opportunity to participate in a music clinic, attend a performance of the Los Angeles Philharmonic, visit a college campus, and play in a music festival. On April 12, the third of PLPA's three annual Adventures in Music mini concerts, was presented to younger students at Chimacum, Brinnon, and Quilcene schools.

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## Spotlight

### Building a Community, Part I

by Milt Lum, Staff writer

The Carnegie Library Foundation provided \$12,500 to build the Port Townsend Library in 1913. That it has survived the Great Depression, two World Wars, and the Great Recession of the early twenty-first century is due to the citizens of Port Townsend through the ages. The people who believed in books, reading, and education as being a critical asset in their community contributed time, private funds, and tax dollars to keep the doors open, repair the leaky ceilings, and expand its collection.



*Better Living Through Giving Circle.*

greatest challenge of its fifteen-year existence. Executive Director Siobhan Canty was undaunted. She had spent the previous three years since her arrival in 2017 expanding the foundation's outreach by listening to and gaining the trust of all the service agencies in the county. From an initial career as a classical singer, Canty was inspired to change paths into philanthropy after volunteering for a nonprofit in Washington, D.C. Her time in the District working at different non-profit organizations dealing with multi-million dollar endowments and talented but sometimes difficult personalities, provided her with critical insights about modern philanthropic management. She learned to listen to mentors, clients, dreamers, visionaries, politicians, and corporate executives. They all had something to teach her, and she absorbed their wisdom. When it came time for her to choose a place to live, she chose Jefferson County for the same reason many of us did, the natural beauty of the region. More importantly, she felt the spirit of the place where building a community meant opportunities for all, where people were willing to give of themselves and their resources, and where challenges were welcomed and worked on together.

The Covid shutdown stressed all the public and private institutions providing assistance. JCF, however, had an infrastructure in place by which funds dedicated to pandemic relief were managed and distributed in a timely manner with no overhead costs. Overseeing the distribution of funds was a committee of volunteers consisting of a former executive director of the Jefferson County Rural Library District, a former Jefferson County Commissioner of District 3, a former Jefferson County Health Director, and the current chair of the Jefferson Community Foundation. Meeting weekly to review grant proposals from the different agencies, funds were distributed quickly to those in greatest need. Open channels of communication with all the agencies facilitated funding for the most exigent needs and allowed services to preserve capital for long-term sustainment. Examples of directed responses included: connecting 143 low-income households to reliable internet services so the children could continue their education, hiring of low-risk staff to manage the homeless shelter in Port Townsend, providing financial assistance to 2000 households who had lost employment to assist with utility and other expenses, and supporting 48 young people with on-line counseling and mental health services to help them cope with the pandemic. By October of 2020, JCF had received \$713,659 in donations and distributed \$700,871 to the 34 front-line organizations providing pandemic relief.

In 2005 a new generation of citizens in Jefferson County had a broader vision. Their experiences with community foundations in other towns showed them the value of pooling their capital through a foundation. They came together as a group and started the Jefferson Community Foundation (JCF). Unlike the Carnegie Library Foundation which was dedicated to building libraries and endowed with the Andrew Carnegie's profits, JCF connects people from across the county and engages their ideas and resources to build a future where everyone who lives here can thrive. It works with local donors to facilitate grants that are well-informed and have significant impact. Donors are long-term partners to local nonprofits, helping them develop their resources and relationships they need to grow stronger. Members serve as a hub for people to come together to work on big issues like housing and Covid response. A board of directors selected by the foundation members oversees the actions of an executive director who manages the daily functions of the foundation.

When Covid shut down the country in 2020, JCF faced the



*Non profit partners at Rhody parade.*



*Building a Community* continued from previous page

JCF’s emergency response during Covid solidified its standing with the community and increased its visibility. One of the goals set forth following Covid was to learn from the crisis response. One of the challenges was how to bring a community together where divisiveness undermined efforts to provide a unified response. What worked and what didn’t? How to inform without alienating? How not to let individual agendas take precedent over the common good? To this end JCF continued to convene local service agencies so they could continue to work more efficiently with each other, learn from mistakes made, and assess community needs moving forward.



Group Working at Community Boat Project building tiny houses. Submitted photos

These questions which plagued the nation in the aftermath of the pandemic are questions that JCF needed to explore allowing frank dialogue where all parties felt safe, respected, and heard. With fear as a driving force during the pandemic and fueled with a plethora of misinformation from electronic media, there was a focus on developing resources which supported education: about the value of diversity of individuals within the community, on the role of the creative arts in mental health, on innovative means of furthering service by cooperative efforts, and above all, on finding ways to reduce rancor and build trust among all members of the community. JCF also expanded its giving circles to include more people pooling their donations to impact issues such as youth mental health and education.

Prior to the Covid effort, JCF founded The Housing Solutions Network (HSN), a focused group established in 2018 to expand affordable housing for workers. A common refrain echoed by businesses within the county was the difficulty with retaining employees because of the lack of housing. Workers with families employed by retail industries, the schools, and health-care facilities

lived in Clallam or Kitsap Counties and commuted to work daily. They could not afford to rent or purchase a place in Jefferson County. Data gathered in the 2020 census confirmed their grim reality. Jefferson County had an 18% job vacancy rate—more than double that of an 8% rate for the rest of the state, while the mean household income was about three-quarters of that in the rest of the state. Moreover, the median value of owner-occupied housing units was \$389,700, with a range of \$100,000 to over \$1,000,000, with 65% of these homes in the \$300,000 to over one million dollar range, and only 35% priced between \$100,000 to \$300,000.

HSN had studied this issue and recognized the impact this problem had on the future of Jefferson County. Economists look to industry and business to revitalize a community by providing much needed income to spur growth. What of the industries already present in the community that are limited in their expansion because their employees cannot find affordable housing, e.g., Wooden Boat School and Jefferson Health Care? What business would select an area where housing is at a premium? They decided that it was imperative to find a solution. Their diligent search found a possible one during the darkest days of the pandemic when for many, dreams had been extinguished and hope was too distant a reality.

Part II of *Building a Community* will be featured in the July issue of the *Voice* showing how a vision is transformed into a reality by the efforts of a community which believes it can.

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- Inspect decks and make needed repairs.
- Touch up any peeling/chipping exterior paint.
- Have your roof & gutters cleaned and repaired.
- Wash windows inside & out. Repair torn screens.
- Have air conditioner serviced. Replace filters.
- Get out in the garden. It's time.
- Check hoses & nozzles for leaks.
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## *Bay Club / South Bay*

### South Bay Community Association Update

*by Gil Skinner, President, SBCA Board of Directors*

You are wanted! What a wonderful thing to be wanted (as long as it's NOT for doing something wrong!). The SBCA Board of Directors is seeking candidates to serve. Village boards are seeking members to serve various committees and other organizations are seeking someone to serve. What are you waiting for? Oh, I get it, you are retired and want to enjoy your retirement. Me too, and lots of currently serving volunteers want the same thing, so let's consider serving

When we first moved to Teal Lake Village in South Bay, my dear wife Barbara looked around, loved what she saw, and said we had an obligation to serve our community if we love where we live and want to keep it that way. Those who knew Barbie realized it was not empty talk. She served as president of both the Port Ludlow Performing Arts and the Port Ludlow Garden Club. She was a constant at SBCA events, organizing and contributing—and, she made sure I was involved. She felt a civic duty to participate, part of her legacy that I hope you dwell upon as you consider serving. Most of the positions, whether they be on a board of directors or a committee, don't take an extraordinary amount of time, but your service helps lift some of the time burdens off others. Please consider serving. Whether you see it mainly as an obligation, a responsibility, or a fun way to socialize with others (it is all three), you are needed.

April was a busy month of events, which included more and more people finally feeling the joy of reconnecting with friends and neighbors. The pasta dinner was a huge success in this regard as we had over 80 people attend, laughing, talking, reconnecting! We will be doing this and similar events again! Thank you, Chef Walter Santee, and our bar host, Mark Torres. Thank you also to all the volunteers who helped: Katie and Mark Schwendener, Susan Shadrick, Christine Spagle, Peggy Thuotte, and Ted Ross.

Speaking of reconnecting, I have been pleased to hear so many nice compliments regarding the Members Lounge. Over and over, people are coming to me and saying what a great idea, we love being in this great setting, meeting friends over drinks and appetizers! Some have become serious regulars at either the Wednesday or Thursday events. If you haven't been to the Lounge yet, give it a try. It is a great way to relax, meet new friends, and reconnect with old ones.

One other regular event that is continuing to help members reconnect is the First Friday Pancake Breakfast. We have upped our game by adding fresh scrambled eggs while continuing with both regular and blueberry pancakes. The real joy to me, however, is the people sitting around the tables continuing to talk well after finishing their breakfast. This is what it is all about, community. Great food, great fun, try it out.

#### SBCA Important Dates

**Monthly Board Meeting  
Thursday, June 8, 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](http://sbca.club/home/schedule-sbca)

Committee Meeting minutes are posted at [sbca.club](http://sbca.club), then click on Board Minutes Page

In April we also had nice attendance at the talks on "Hiker Safety," "Rock Gardens and Native Pacific Northwest Flowers," and "Moving Towards a Better World."

May had a garage sale on May 20 and a Memorial Day event on May 29. Hopefully you found your way to participate in both events.

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# Beach Club / North Bay

## Update from the Manager

by Brian Belmont, General Manager

Following the 2023 Annual Meeting, the Board voted to approve the following officers for the upcoming Board year. Vaughn Bradshaw, President; Joan Johnston, Vice President; Bob Shaw, Treasurer; and Karen Davis, Secretary. The other LMC Trustees are as follows: Paul Maxwell, Carol Prisson-Reed, Kathi Pugh, Russell Sharp, and Rob Wall.

As I'm writing this month's article it is too soon to tell when we will be ready to open the outdoor pool which is currently being replastered. Weather permitting, the new plaster should be applied on or about May 15. As soon as the replastering is completed, our staff will begin refilling the 120,000-gallon pool. Once the pool is full, the circulating pump will be turned on and the slow process of getting the water balanced will begin. Balancing the water chemistry will take at least a week until the fresh plaster has cured. As soon as the water is balanced, our staff will start heating the pool. Once we are up to temperature and the water chemistry is within the acceptable ranges, we will be ready to open the pool for the swimming season.

We will do everything we can to get the pool opened as soon as possible.

While the pool has been emptied this spring, LMC hired a company to insert an epoxy-resin liner into the 6-inch cast iron main-drain pipe that is now 55 years old. We had been concerned about the condition of the old iron pipe which had been exposed to the chemically treated pool water for all these years, so the decision was made to reline the pipe before it started leaking.

LMC recently hired Clark Winchester as a new part-time maintenance employee. Welcome to our Beach Club team Clark!

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](mailto:BeachClub@Olympus.net).

**LMC and the Beach Club**  
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# Village Council

## PLVC Board Summary

by Chris Dean, PLVC Secretary

PLVC Board Members attending the May 4, 2023, meeting: David McDearmid, Ken Sondergard, Tam McDearmid, Joan Johnston, Dave Jurca, Jane Holmes, Randy Edwards, Chris Dean.

### Stakeholder Updates

#### Diana Smeland, President of Port Ludlow Associates

commented on the recent occurrences of pink and brown water in the community and encouraged residents to call the Olympic Water and Sewer (OWSI) office any time there are problems or something unusual is happening. She advised that OWSI is working on a test communication/notification system to advise users of problems occurring with the water system. She estimated it should be ready in 60 days. Residents would have an option to opt in to receive the texts.

#### Greg Brotherton, Jefferson County Commissioner, District 3

reported all elected officials in the County will be conducting a community outreach meeting in Port Ludlow on **Thursday, June 1, 6 - 8 p.m.** The Emergency Management organization is working on community wildfire planning. He advised that the Department of Community Development has recently experienced seven resignations which will have an impact on processing permits. Every fourth Wednesday of the month at 8:30 a.m., the County will be conducting budget meetings reviewing how the housing market is doing, etc. The meetings are open to the public online. Greg rode along with the Fire Department's Cares Unit and learned that eighty percent of calls to 911 are made by citizens over 65 years of age. The Unit, in conjunction with Olycap, performs case management for repeat 911 callers who may not have adequate support. Jefferson Transit has obtained their first electric bus. There are charging stations at their Four Corners facility. The first resident has moved into the Seventh Haven facility, and there is an expectation that all 43 units will be fully occupied in two weeks.

#### Dan Toepper, Public Utility District (PUD) Commissioner

reported PUD is busy trimming trees and replacing poles in preparation for the next winter season. He estimates the advanced metering infrastructure project will be completed in the whole county by the end of this year. Users can opt out of the program. The organization is pursuing grants for both the power and broadband sides of the business.

### Committee Reports

**Bill Dean, Emergency Management**, reviewed a modified storm and power outage procedure to poll Block Captains in case there are any residents in need of assistance. The Block Captain coordinator resigned. Eight new Block Captains have volunteered and are in the process of training. In concert with the County Department of Emergency Management (DEM), a neighborhood HUB concept is being developed to replace the Map Your Neighborhood process. In case of an event, a wire yellow HUB

**Village Council Meetings**

**Board Meeting**  
**Thursday, June 1**  
 3 p.m., Beach Club

*plvc.org*

sign will be placed in the Block Captains' yards to identify where help is available. Bill participated in the LMC Emergency Planning event together with the County DEM, East Jefferson Fire Rescue, OWSI, PUD, and County Roads Department to describe how the organizations would respond to a severe, week-long power outage and how they would work together.

**Ken Sondergard, Utilities**, reported the Utilities Committee has established an ad hoc subcommittee to evaluate OWSI's water rate increase. The Board directed the Utilities Committee to review the water system plan as it relates to replacement of infrastructure, review OWSI's communications concerning water or sewer issues, and request OWSI provide information on sewer system replacement and infrastructure.

### Board Business

**David McDearmid, for Paul Hinton, Treasurer**, presented the financial report for the month ending April 30, 2023. A motion was made, seconded, and passed to accept the report.

**Ratification of Actions Taken Without Meetings:** A motion was made, seconded, and passed to accept a letter written to the WUTC regarding OWSI water rate increase. The letter is available to view on the PLVC website.

**Citizen Comments:** A suggestion was made to include information on the status of OWSI's infrastructure and replacements, and that PLVC invite Diana Smeland and county and state officials to discuss the OWSI water and sewer systems.

## Opportunities to Serve Your Community

by Dave McDearmid, President, Port Ludlow Village Council

Port Ludlow has over 75 clubs and organizations, various Homeowners Associations and a Village Council that provide countless opportunities to pursue your interests and serve your community. It is indeed a wonderful place to live. Your Village Council is looking for additional participants to support its mission to Protect, Preserve, Promote and Unify our Village in the Woods by the Bay. The Village Council Board has nine Directors: two filled by representatives of the HOA's and seven elected to 2-year terms at its annual Members Meeting held each October. The Board is



## Recreation & Sports

### Chipping 101

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

Golf is a game that centers around controlling our missed hits. Good is good, and your good shots are probably pretty good, and in some cases bordering on greatness. That being said, what could be more deflating than two tremendous shots that end up right in front of a par 5 green only to “chunk” your first chip, then “skull” the next one right across the green on the way to a 7...awful.



Left, wrong stance; right, correct stance.

Submitted photo

It doesn't need to happen and, as any golfer will tell you, it makes the next chip shot a nightmare. Let's look at the cause and then a quick fix that should put you on the road to recovery. With this approach, it is very hard to control the bottom of your swing and the results could “chunk” or “skull,” never knowing which will appear. (Ref. Wrong Stance Photo)

1. In trying to hit a nice high chip shot, we lean away from our target
2. We've always been told ball in the back of the stance, hands forward
3. Weight on the front foot
4. Grabbing a lob wedge

Let's try a completely different approach and, with a little practice, end up with a different result. (Ref. Right Stance Photo)

1. Grab the wedge with the most bounce, most likely your 54- or 56-degree wedge
2. Ball forward to your stance, just to the left of your sternum (right handers)
3. Weight slightly on your front foot and your hands even with the ball

4. Tilt your spine slightly at the target. This is the most important key.

All these together make controlling the bottom of the swing more consistent with the club being delivered to the ball under control. To make the chip, the stroke should be equal back, equal through and with a smooth pace. No need to hit it easy or hard; just let your backswing determine the pace and follow through. When done, with the spine leaning at the target, the club will feel like it is traveling down a sliding board to the ball and not down a cliff.

Try this out, and I hope you start getting it up and down more often.

### 11<sup>th</sup> Annual Dove House Benefit Golf Tournament

by Barbara Burke, Co-Chairperson of Dove House Tournament

The PSO/Bluebills, sponsor of the annual Dove House Benefit Golf Tournament, need your help with this year's golf tournament on **August 18**. In the past 10 years we have raised \$140,000 to benefit the Dove House in support of safety, healing, and hope for survivors of domestic violence, sexual assault, and other crimes, as well as those in recovery from mental illness, substance use and other traumatic life experiences. This year we are asking the Port Ludlow Community to help support these efforts by giving us a little bit of their time. There are many jobs that need to be done to put on this event. No job takes a lot of time if we have many hands. Please look at the list below and let me know if you would be willing to help with any of them.

#### Before the Event:

- Help prepare the raffle baskets: 2-3 hours.
- Assemble swag bags for golfers: week of event, 1-2 hours.

#### Day before Event (8/17)

- Assemble lunches for golfers at the Bay Club: 1-2 hours, Thursday afternoon.
- Transport tee signs to golf course from Port Ludlow storage unit and assemble tee sign stands if needed: 2-3 hours.
- Transport golfer swag bags to golf course: 1 hour.

#### Day of Event (8/18)

- Transport lunches to golf course from Bay Club: 9:30 a.m.
- Purchase ice for coolers for beverages: 9:30 a.m.
- Sell game tickets: mulligans, buy a drive, pitching contest.
- Run pitching contest: 10-11:30 a.m.
- Event liaison to answer questions and oversee traffic.
- Help set up Bay Club for post-event dinner: about noon.
- Assist in setting up and tending bar before and after dinner: 4-7 p.m.

*continued on next page*



*Benefit continued from previous page*

- Help with kitchen clean up before event: 3-5 p.m.
- Help serve dinner, maintain buffet tables: 5-7 p.m.
- After dinner cleanup: 7-8 p.m.

**After Event Saturday (8/19)**

- Disassemble tee sign stands and transport stands and tee signs back to Port Ludlow storage unit: 1-2 hours.

If you can help with any of these tasks, please let Barbara Burke know at [Barbara.e.g.burke@gmail.com](mailto:Barbara.e.g.burke@gmail.com). Thank you!

**Port Ludlow Women’s 18-hole Golf League**

*by Kathy Traci, PLWGA Publicity Chairperson*



*Left to right: Elaine Raymond, Debi Bozanich, and Shana Worley.*

Photo by Kathleen Traci

The Port Ludlow Women’s Golf Association (PLWGA) enjoyed two beautiful days for the Spring Fling Tournament. The tournament chair, Bonnie Vahcic, planned a “Down the Rabbit Hole” theme that was enjoyed by all. The luncheon at Dusty Green was delicious and the café was transformed by the décor into a magical venue. Congratulations to this year’s winners: Elaine Raymond, Debi Bozanich, and Shana Worley.

The first day of the Captain’s Cup, a match play tournament, was May 30 and the last day will be **July 25**. Matches will be played until a winner is crowned. The MGA/WGA exchange will be held on **June 21**. Mixed teams will compete for 18 holes, and the luncheon following play will be hosted by the Men’s Golf Association at Dusty Green Café.

Kudos to our new PLGC Superintendent, Shawn Vetterick, and his crew for the fantastic condition of the course. Many large projects have been completed over the winter months, including the widening of the asphalt paths, irrigation improvement, and the renewal of many bunkers.

Head Pro, Jim Mancill, announced that the PLGC will host a Women’s Invitational Tournament on **June 27**, and he encourages all PLWGA members to play in this tournament. Other local women’s leagues have been invited. League members are asked to donate auction raffle items for the tournament (see Bonnie Vahcic to donate). Lucinda Thompson and Kathi Williams

have planned the Gals’ getaway from **June 10** through **June 13** in Gearhart, Oregon. Attendees are looking forward to playing Gearhart Golf Course, the oldest course in Oregon. League members interested in playing on casual Fridays need to sign up for the Golf Genius email distributed by Linda Haskin.

PLWGA Captain, Elaine Raymond, invites prospective PLWGA members to play with the group any Tuesday. To sign up to play with the PLWGA or to join the league, please contact the Port Ludlow Golf Course pro shop at 360-437-0272. Note: Port Ludlow Golf Club membership is a prerequisite for joining the golf leagues.

**Niners’ News**

*by Kathy Traci, Lady Niners’ Publicity Chairperson*

The April and May Niner’s Couples events were well attended by Lady Niners and Niners men competing for winning scores. Couples Chairs Barb and Mike Burke always plan games that allow members to post scores that count toward their handicaps. After the nine-hole shotgun event, attendees were encouraged to eat lunch with other league members at the Dusty Green Café. The \$10 lunch special is always a good choice. The next Couples event is scheduled for **June 22** on the back nine.

The Lady Niners’ four-day Captain’s Cup tournament will be played on **June 1, July 20, and August 10 and September 21**. Scores from these four dates will be compiled to determine the winner of the Captain’s Cup. Niners Co-Captains, Barbara Burke and Sharon Russell, along with Treasurer Elaine Girard, have planned a new 2023 event—a Putting Contest on **July 13**.

Some members of the Niners are playing in WA state golf tournaments. A Play Away day for all Niners is scheduled for **August 3**.

Captain Barbara Burke invites anyone interested in trying out the league to play with the group any Thursday morning. Individuals interested in Thursday play or in joining the Niners should contact the Pro Shop Desk at the Port Ludlow Golf Course (PLGC). Please note: PLGC Membership is required for participation in any of the PLGC golf leagues.

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## Trail Mix

by Larry Scott, Trails Chair



McCormick Loop Work Crew, (back l-r) Larry Scott (on Good Ol' John Deere) Jeff Sarantopulos, Jack Rikken (fore l-r) John Fillers, John Nuerenberg.

Photo by Mark Makarowski

We finally started the long weather-delayed McCormick Loop on March 15. Those last two weeks of March and all of April have been spent focusing on that new trail. With six weeks behind us on an almost daily basis, with multiple crews and crew combinations, we were and still are pressing forward. On some days we gained several yards; on others, we were lucky to get four stumps pulled. The local volunteering has been terrific as a posted calendar filled with full truck loads (six) of mixed daily participants for a "Fun Day" (2-2 ½ hours) of digging, griping, pulling, hacking, joking, sniping, hewing, sawing, yanking, lopping, complaining, ribbing, laughing, and just in general camaraderie followed by a beverage of choice at the Village store. Work? Yes, it's work; but it's the kind of work where you have a feeling of accomplishment at the end of the day, short as it is. We have neared the points of connection to the future (but historic) McCormick Rail Trail on both the eastern and western legs of the Loop Trail. However, for the month of May, due to logistics, equipment availability, and other life events, Trails pulled off from McCormick Loop and concentrated on developing the other new trail for Port Ludlow, the Oak Bay Trail, from Swansonville Road to Pioneer Drive. It's a different type of trail to develop, but the volunteers rose to the occasion. Efforts for McCormick Loop and McCormick Rail Trail will recommence in June.

If you would like to help develop this new trail too, just send me an email at [mclgscott@cablespeed.com](mailto:mclgscott@cablespeed.com). "Let's Keep Improving our Trails."

## PLYC Cruisers are Hearty Souls

by Lori Longo, PLYC Communications Officer



Commodore Andi Pistay welcoming Sandy and Will Litzler to the Club at Alderbrook Resort during the 2023 Wake-Up Cruise.

Photo by Lori Longo

The first cruise of the season was hallmarked with blustery conditions, sideways rain squalls, and intermittent sunshine. We had a blast! The Wake-Up Cruise down Hood Canal with overnights at Pleasant Harbor Marina and Alderbrook Resort is our traditional kickoff to the cruising season. This year we had a record number of participants with sixteen land cruisers joining twenty-one boats for a total of sixty-seven people. Activities included meals at Pleasant Harbor, golf, wine tasting, shopping at the Cameo Boutique, hiking, relaxing at the spa, dining out, and shared meals on the dock at Alderbrook. A special shoutout is due to brand new members Sandy and Will Litzler, who jumped right in and cruised with us, receiving their warm albeit wet welcome, from Commodore Andi Pistay at our Appetizer Night at Alderbrook.

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](http://plyc.us/visit).

## Port Ludlow Hiking Club

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.

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](mailto:plhikingclub@yahoo.com), or go to the club's website—[portludlowhikingclub.com](http://portludlowhikingclub.com) and click on Contact to send a message.

### Monday, June 5 – Mystery Hike!

This hike will be to a nearby location on a special trail. It is a 6-mile hike which will remain a mystery until driving instructions have been given to drivers! Looking for a little excitement in a hike? This is it! Hike leaders: Sally Nuereberg, 623-229-4257; and John Nuereberg, 623-229-4657.

### Friday, June 9 – Special Hike!

We will announce this hike in early June to all members on the email roster. It will be memorable, about 6 miles long with limited elevation gain. A lot of history and scenery. Must be able to hike a moderate hike. Hike leaders: Sally Nuereberg, 623-229-4257; and John Nuereberg, 623-229-4657.

### Friday, June 23 – Miller Peninsula State Park

This approximate 6-mile hike will include a series of trails taking us to the beach. After parking at the main parking area by the park entrance, the East Diamond Point Trail is an uphill climb with some undulation. We will cross the Aerospace Road and lead into the Fireweed Road and then to the Beach Trail. These trails include some gentle undulation with a drop to the sea. At the beach we will stop for a brief snack break/lunch and return the way we came. A restroom is available at the trailhead. Hike leaders: Sally Nuereberg, 623-229-4257; and John Nuereberg, 623-229-4657.

### Wednesdays: Timberton Loop.

Walk the 4.2-mile Timberton Loop. Enjoy views of the Olympic Mountains. This is a no-leader 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, a map of the Port Ludlow Trails and descriptions and pictures of previous hikes and other destinations, go to [portludlowhikingclub.com](http://portludlowhikingclub.com).

### Opportunities to Serve continued from page 23

currently down one Director, and this year will be looking to fill three seats at the election. That is admittedly quite a turnover, but not unusual for volunteer organizations today.

Are you interested in being a part of the Village Council and serving your community? Responsibilities include attending the monthly Board Meeting (first Thursday of each month from 3-5 p.m.), Workshop (third Tuesday of each month from 3-5 p.m.) and participating in one of eight committees. To learn more about the Council and its committees, or if you're interested in serving on the Council, please visit our website at [plvc.org](http://plvc.org).

## Punjab Indian Cuisine

by Eline Lybarger, Staff Writer

Punjab Indian Cuisine is in one of several small strip malls just off busy Hwy. 305. All of the businesses in the mall are exactly the same size and shape. Designed after railroad freight cars, they try to attract attention and differentiate themselves with signage.

Punjab is worth the search. Inside you are immediately met with the scent of curry, like perfume from the kitchen. It is not overly decorated and has a clean look. The menu has so much on it that it takes a while to make your way through it. They have several meat options, vegetarian, and vegan. There are a dozen appetizers, several Tandoori chicken and fish choices, 15 vegetarian options, and at least 15 naan bread options. The entrees go on for pages and are mostly priced under \$20. They have an adequate beer, wine, and cocktail menu as well as desserts.

We were craving curry, so Ray had a curry made with coconut milk and finely chopped vegetables. It could be a vegan dish, or you had a choice of meats. At the spice level of three, it had plenty of heat. I had lamb with mango curry at a spice level of two, tasty but it could have used a little more zip. Both dishes were served with plain rice, and we ordered their plain naan bread. They were perfectly done and a nice accompaniment to our curry.

We both said this is the best curry we have had since the Empress Hotel in Victoria, B.C. closed their Bengal Lounge.

## Anzanga Outdoor Concert

Come tap your foot and dance to *Anzanga Marimba Ensemble*, a lively all-percussion band playing African music at the Kingston Village Green Park, sponsored by the Kingston Library, at 5:30 p.m. on **Wednesday, June 28**.

*Note: A & E Editor's comment: I have heard this group several times and have always enjoyed their music! It is almost impossible to sit still when they begin to play, and the audience begins to dance. Before or after the music, you can enjoy any of several good places to eat and drink in Kingston!*



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### LOST

**Lost Journal:** If anyone found my leather bound personal journal I would be grateful to have it returned. It was lost February 12th. I have contacted the Old Alcohol Factory staff and owners of The Keg and I (places I visited that afternoon), retraced my steps several times to no avail. Please contact Laurel at 971-563-1125

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### FOOD

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### 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](http://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](mailto: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.

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**Haircuts at Sonja's Bayside Barber.** Open Wednesday thru Friday starting at 8:30 a.m. By appointment only, located in Port Ludlow Village, 360-301-0009. Thank you for your business.

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

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Orthopedic surgeon Edward Eissmann, MD, FACOS, FRCS, will focus on how joint replacement can be a safe and reliable option for restoring quality of life. Mitzi Hazard, DPT, Director of Rehabilitation Services and Wellness, will present on the continuum of care relating to joint replacement. Hosted in the Bay Club, 120 Spinnaker Pl., Port Ludlow.

WEDNESDAY  
JUNE 21  
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### **MENOPAUSE: PHYSICAL THERAPY CAN HELP**

Caitlin Daly, DPT, Jefferson Healthcare Rehabilitation, will talk about vulvar and vaginal care, the use of lubricants and other tools, and ways to improve flexibility and strength of the pelvic floor muscles to mitigate and prevent the symptoms associated with menopause. Hosted in the Cotton Building, 607 Water St., Port Townsend.



**Register to attend and discover more events at:**  
[jeffersonhealthcare.org/calendar](https://jeffersonhealthcare.org/calendar).