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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

### INSIDE THIS ISSUE

Arts and Entertainment	23
Bay Club / South Bay	38
Beach Club / North Bay	36
Classifieds	43
Community Meetings	20
Features	4
News	9
Sports & Games	41
Village Council	32
Village Activities	34

## Dan Huntingford



In memory of Dan Huntingford, owner of SOS Printing. He was the *Port Ludlow Voice* printer since the beginning in 1998.

Photo by Jay Syverson

## Port Ludlow Voice

P.O. Box 65077, Port Ludlow, WA 98365

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

### Editorial Staff

#### Managing Editors

Maggie Blackburn, [mblackburn@plvoice.org](mailto:mblackburn@plvoice.org)

Mary Ronen, [mronen@plvoice.org](mailto:mronen@plvoice.org)

#### South Bay Community Association and Bay Club Editor

Janet Force, [jforce@plvoice.org](mailto:jforce@plvoice.org)

#### Ludlow Maintenance Commission and Beach Club Editor

Eva Van Buren, [evanburen@plvoice.org](mailto:evanburen@plvoice.org)

#### Arts and Entertainment Editor

Beverly Rothenborg, [brothenborg@plvoice.org](mailto:brothenborg@plvoice.org)

#### Copy Editor

Maggie Blackburn, [mblackburn@plvoice.org](mailto:mblackburn@plvoice.org)

#### News Editor

Linda Karp, [newseditor@plvoice.org](mailto:newseditor@plvoice.org)

#### Regularly Scheduled Activities Editor

Kathie Bomke, [kbomke@plvoice.org](mailto:kbomke@plvoice.org)

#### Sports Editor

Tim Propeck, [tpropeck@plvoice.org](mailto:tpropeck@plvoice.org)

### Business Staff

#### Finance Manager

Cathy Thomas, [finance@plvoice.org](mailto:finance@plvoice.org)

#### Classified Advertising Manager

Bill Blackburn, [voiceclassified@plvoice.org](mailto:voiceclassified@plvoice.org)

#### Display Advertising Manager

Jo Buck, [jbuck@plvoice.org](mailto:jbuck@plvoice.org)

#### Distribution Manager

Denny Schuch, [dschuch@plvoice.org](mailto:dschuch@plvoice.org)

#### Production Manager

Mary Ronen, [mronen@plvoice.org](mailto:mronen@plvoice.org)

#### Photo Editor

Jay Syverson, [jsyverson@plvoice.org](mailto:jsyverson@plvoice.org)

#### Web Manager and Subscription Manager

Sarah Clawson-Schuch,

[plweb@plvoice.org](mailto:plweb@plvoice.org)

[subscription@plvoice.org](mailto:subscription@plvoice.org)

### ON THE FRONT COVER:

Mergansers on the pond.

Photo by Jay Syverson

# Feature Articles

## Valentine's Day Giving

by Jen Portz, Contributing Writer

What a joy it is to receive cards on February 14. We open them with anticipation and a smile breaks across our faces because those cards are a tangible representation that someone cares. However, if smiles are what you're after, you need to *give* a Valentine! A recent PBS NewsHour program entitled "Want to be happy? Giving is More Gratifying than Receiving" explores a new study that finds we smile a lot more when we give than when we get.

Consider then the opportunity Valentine's Day offers. All around are people for whom the Fates have woven a rough cloth. They may be angry, or mean or rude, and as it happens, that engenders a less-than-civil response. Truly, we would really rather throttle them. But an act of kindness toward such a "there but for the grace of God go you and I" person could end up helping the giver as much as the receiver.

To give joy to those we love is easy; to give joy - even in a small amount - to someone who doesn't expect it has the possibility of providing a windfall of smiles. So whether you're shopping for cards or making them, consider one more to send to someone who may not deserve it, but who needs it all the more.

*Staff shares Valentine memories throughout the magazine.*

## History of Port Ludlow's Trails

by Marge Carter, Guest Writer

### Part 2: A Committee Takes Shape

When the Port Ludlow Village Council (PLVC) agreed to give financial support for the Trails Committee to get started, we were determined to give it a try. Our motto was "start small but **START**." So, we started. We invited anyone interested in developing walking trails in Port Ludlow to meet with us at the Bay Club on October 18, 2000, and we held a brainstorming party. In addition to myself, my husband Tom, and Jon Rose representing Olympic Resource Management (ORM), there were nine others: Dick Ullmann, Hank and Val West, Chris Whitehurst, Tony and Alayne Goods, Bert Goldstein, Michael and Hilda Cahn, and Roz Florde. We agreed that we would be called the PLVC Trails Sub-Committee — boring, maybe, but descriptive.

We knew that a trail system of sorts had evolved over the past 30 years in Port Ludlow. It was informal, without a

plan or a centralized system of ownership, management, or maintenance. Parts of it could be found beside the main roads of Port Ludlow, on Bay Club property, and on lands owned by the North Bay Condominiums or by various independent villages. Maintenance was sketchy at best, accomplished through a patchwork of entities including ORM, Ludlow Maintenance Commission, South Bay Community Association, some homeowners' associations, individual volunteers, and the Port Ludlow Hiking Club. As we brainstormed at that first October meeting, we asked ourselves if we could build on what was already in place and improve it enough to allow people to walk from their homes to the Village Center, to the clubs, between villages, even between North and South Bays. The 5-Mile Trail was the first center of our attention, but we also talked about other opportunities we could take advantage of.

It looked like quite a challenge, but we took a deep breath and began to get organized. We named leaders for the purpose of becoming an "official" committee. Tom and I would be Co-Chairpersons, Don Derrington agreed to be treasurer, and Dick Ullmann took the secretary spot (later "Scribe"). Jon Rose would be our developer contact. We agreed that we would scout out places to build trails wherever we could, North Bay and South Bay alike. We would meet regularly starting in January 2001, and we would keep our meetings simple, more like discussion groups than formal meetings, but we would keep a written record of them.

Our first "official" meeting on January 9, 2001, included the original group plus some newcomers: Bill and Teddy Clark, Judy McCay and Dick Schneider. Kate Madsen, reporter from the *Voice*, also attended, and her resulting article in the February 2001 *Voice* boosted interest in the committee. Slowly, our membership began to grow. Many people expressed interest in participating in work parties, giving us a core team we could call upon to "get out and get dirty."

They were needed for our first big project: cleaning and sprucing up the 5-mile Trail, which had now officially become known as The Timberton Loop. Using our grant from PLVC, we rented equipment for crews of volunteers to use to mow, weed-whack, and cut brush and small trees to widen the entire five miles. There were also some boggy places that needed filling and re-shaping. All of this was done by our volunteer crews over the spring and summer of 2001—and continues to be done as needed to this day.

*Note: A History of Port Ludlow's Trail System is a multi-part series. Part three will appear in the March issue of the Voice.*

## It's Here! - the Northwest Flower & Garden Festival

by Eline Lybarger, Contributing Writer

This year's festival, Gardens of the World, is being held on **February 20 through 24** at the Seattle Convention Center. Hours are from 9:00 a.m. to 8:00 p.m., Wednesday through Saturday; and 9:00 a.m. to 6:00 p.m. on Sunday. Early bird tickets, purchased before February 20 are \$19; at "the door" you will pay \$24. This show is second only to San Francisco's festival; it's held inside the warm, dry Convention Center, where you will find food and even a place to rest.

Of course, you will want to begin with the 20 display gardens all reflecting this year's theme. There are usually plant lists and someone available to answer questions. Be sure to take advantage of some of the 100 free seminars, all presented by top horticulturalists on every possible topic. Shopping couldn't be better, with 350 vendors offering gardening products, artwork, and services.

The "Container Wars" returns this year. Each day at 11:30 a.m. in the North Hall, Marianne Binetti will emcee the competition between two garden artists, like Ciscoe Morris and Richie Steffen, who each will create a container that is judged, bragging rights awarded, while you collect ideas for your own container.

Make it easy: go with the Port Ludlow Garden Club (PLGC). They arrange a bus and entry to the event. You will be dropped off and picked up at the door—no parking hassle, and there is all that cargo space under the bus in case you find a treasure to take home. The PLGC will be going on **Wednesday, February 20**. To register, email Fran Bodman at [franbodman11@gmail.com](mailto:franbodman11@gmail.com). Barb Skinner may also have additional information, [djskinner48@gmail.com](mailto:djskinner48@gmail.com).

## New FEMA Flood Maps Coming This Summer

by Darryl Hatheway, Contributing Writer

It has been 25 to 30 years since the last Jefferson County coastal flood study was conducted by the Federal Emergency Management Agency (FEMA) and it is known that flood hazards change over time. So, to better reflect the current flood risk conditions, FEMA completed a new coastal study in 2013 which used the latest coastal modeling technology to update and issue new flood maps throughout the Pacific Ocean and Puget Sound floodplains of Jefferson County. The new maps are intended to aid communities, property owners, and other stakeholders in taking steps to address flood risks. Here's what property owners need to know.

### What is a flood map and why does it change?

FEMA works with community leaders to identify flood hazards and promote ways to reduce the impact of those and other hazards. In coastal areas of Port Ludlow and Jefferson County, FEMA flood maps are used for floodplain management, flood insurance rating, and flood insurance requirements. The new flood maps will be in a digital format for the entire county and show the current risk of flooding based on new coastal engineering studies and existing riverine modeling.

### Did the new study impact me?

The new flood maps have identified new coastal hazard zones and increased base flood elevations for portions of Port Ludlow with high-, medium- and low-risk zones. These zones are known as Special Flood Hazard Areas and show where floodwaters will occur in a flood that has a one percent annual chance of happening in any given year (aka, 100-year flood).

### Who uses the Flood Maps?

The efforts in floodplain management are essentially focused on how to make a safer community in which to live and work. The flood maps have various users for different purposes: community officials, mortgage lenders, insurance professionals, developers and builders, and residents and business owners.

### How is the risk shown on the flood maps reflected in insurance premiums?

The exact amount of the insurance premium you pay is based on several things, including the flood zone and elevation of the building. In a high-risk area, your insurance premium may also depend on when your building was built compared to the date of the community's first flood map. Some buildings built before the community's first flood map, called pre-flood map, are eligible for discounted rates

### How can I reduce my rates?

If you find you will have to pay a higher premium for flood insurance, you can research these links to learn more on steps to help reduce the flood insurance costs:

- Mitigate at [fema.gov/homeowners-guide-retrofitting](http://fema.gov/homeowners-guide-retrofitting).
- Encourage community action at [fema.gov/national-flood-insurance-program-community-rating-system](http://fema.gov/national-flood-insurance-program-community-rating-system).
- Apply for a Letter of Map Change (LOMC) at [fema.gov/letter-map-changes](http://fema.gov/letter-map-changes).
- Consider a higher deductible. For more information, call your insurance agent.

### Where can I learn more?

When a mapping project is occurring in your community (like in Jefferson County and Port Ludlow), stay in contact

*Flood Map continued from previous page*

with your local floodplain administrator to learn when and where changes are occurring.

- Before the FEMA flood maps are adopted and effective, a preliminary flood map is released, and that map and the current flood map are available for review online at [msc.fema.gov/portal](http://msc.fema.gov/portal).
- To hear about ways to reduce your insurance premium ask your insurance agent or community officials to determine what may be the most effective actions in your situation. To learn more about flood insurance, talk to your insurance agent or visit [FloodSmart.gov](http://FloodSmart.gov).
- To speak with a flood map specialist, contact the FEMA Map Information eXchange at 877-FEMA-MAP (877-336-2627).
- For more information about the National Flood Insurance Program, call 800-427-4661.

(Source: FEMA December 2018, Map Changes and Flood Insurance, [fema.gov/media-library/assets/documents/143390](http://fema.gov/media-library/assets/documents/143390).)

## Helping Hands



The PLVC Trails Committee needs volunteers to assist with trail maintenance. We are a small group of Port Ludlow residents who are continuing to care for our local trails because we have pride, pleasure, and purpose in this. We have over 24 miles of trails to maintain—it’s challenging but fun. If you are interested in volunteering, please contact Merrily Mount at [merrilymount@yahoo.com](mailto:merrilymount@yahoo.com) or Tim Rensema at [trrens1974@gmail.com](mailto:trrens1974@gmail.com) who will get back to you. Please join us for “Fun Days” that will be scheduled whenever possible to meet your needs.

## RECIPE CORNER

*by Jo Buck, Contributing Writer*

We are lucky enough to have a very prolific apple tree in our backyard, whatever fruit I can keep out of the reach of the deer; and in the summer, the blackberries grow wild all around us here in Port Ludlow. I pick and freeze as many as I can for future use. Here is a super easy and delicious pie recipe anybody can make. It uses only a few ingredients and tastes delicious.



### Apple Blackberry Pie

Ingredients:

Your favorite pie crust recipe, or I use Pillsbury ready-made double pie crust.

- 5-6 medium size tart apples (like Granny Smith), peeled and sliced
- 2 cups fresh or frozen blackberries, washed
- 1/2 cup packed brown sugar
- 4-1/2 teaspoons cornstarch
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg

Directions:

Preheat oven to 450 degrees. I put a cookie sheet in the oven in case the pie filling bubbles over.

In a large bowl, combine apples and blackberries. You should have approximately 6 cups of filling. Add brown sugar, cornstarch, cinnamon and nutmeg to fruit and toss to coat.

Place bottom crust in 9 inch pie plate and trim even with edge. Pour fruit mixture into crust. Place top crust over filling. Fold edges over bottom crust, flute edges to seal. Cut slits in top to vent or make decorative cutouts or lattice top, if desired.

Bake at 450 for 15 minutes. Reduce heat to 350 degrees and cover edges of crust with tin foil. Bake for another 40-50 minutes or until crust is lightly browned and filling is bubbly. Cool on rack.

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## Port Ludlow - A Town of Dangerous Occupations

by Tim Rensema, Contributing Writer



Puget Mill, Port Ludlow, WA.

Photo Courtesy of Jefferson County Historical Society

If you have time to walk through the cemetery of Port Ludlow (there is an interpretive sign on the east side of Oak Bay Road at the Heron exit), you will see that the cemetery is terraced. The graves were dug on the level ground of the terrace. You won't find any markers (they have long since rotted away) but if you look very closely you will see the outline of depressions of the graves in the ground. How many people were buried in the cemetery is not known. However, based on mortality data for that period most of the deaths were either young men or children. Although death rates were not recorded in Washington before 1891, 1880 records show that in Massachusetts infant mortality made up 20 percent of all deaths, but only 2.5 percent of the population. The high death rate for young men was from a far different cause.

The Puget Saw Mill was constructed by W. Sayward and provided one of the key employment opportunities for men on the Olympic Peninsula. From 1854 until the mill closed in 1935, work in the mill and woods posed a threat to the lives of the workers not only from the danger of the circular saws (especially the two shingled edge saws), but also from the logging operations in the woods. Working the log rafts proved to be deadly for some men when they fell from the logs and either drowned or were hit by moving logs. Also, to cut Douglas fir trees was treacherous in both the felling and the transport down the steep slopes of Port Ludlow. Graves may have been unmarked because many of the dead were of young and unattached transients with plans to mine gold once they had enough money saved from working in the mill or woods. In the 1860 census documents of Port Ludlow there were 34 loggers and 11 sawyers under the age of 30 (over 70% of all men.) Most of those young men were single.

Even today, woods and mill work is considered one of the most dangerous occupations.

According to Karl Fabricius (*Lumberjacks of the 19th Century: The Toughest Men in History*, August 11, 2010) logging is one of the most hazardous industries in the USA and in the world since its very beginning. In 2008 the American logging industry had a fatality rate of 108. One death per 100,000 workers; thirty times higher than any other industry overall. Increased safety and technology have reduced the incidence of fatalities in the woods and mill with more mechanized processes. However, that does not remove all risk from these occupations.

Two local accidents that were recorded are good examples of what type of threat sawmill operations and logging were to the unwary or unlucky in the early days of the mill and woods operations. William Burdette Watson, husband of Ellen Cooper Watson (daughter of one of the founders of Port Ludlow, John Cooper,) died from injuries suffered in a sawmill accident in March 1892 when he was 42 years old. He left a wife and three children (From "Cooper Ranch" by Dick Osburn, a family history.) In another accident (March 1913,) Alonzo Mercer died in Quilcene as a result of a logging accident which occurred at Beck Brothers Logging Camp. A cable had been attached to the end of a log for the purpose of hauling it out of the brush. When the donkey engine (a motorized winch) started, the log caught against a small tree which caused the cable to slip. The cable struck Mercer in the back of the head, killing him instantly. In many accidents if someone was killed in one of the logging camps, he was buried there, especially if he did not have family close by.

So, if you visit the Port Ludlow Cemetery, or for that matter any of the cemeteries in Jefferson County, notice the solitary graves of young men who don't quite fit into the family plots. They may have died "in the woods or mill," much as they still do today.



## Meet Georgiann Young

by Crystal Owen, Contributing Writer



Photo by Jay Syverson

With retirement in mind, Georgiann Young and her husband David Ustick moved to Port Ludlow in November 2015. They found it by accident and immediately it felt like home.

Semi-retired Georgiann is by choice a vortex of activity. She is away from her Port Ludlow home nine months out of the year. She is high-energy, a free bird who feels the need to go beyond.

And go beyond she does. She is the one who brings neighbors flowers in the hospital, shows up to play Scrabble when a neighbor is lonely, brings food and checks in on those who are ailing, gives lifts to the airport and accompanies churchgoers when asked, no matter the denomination. She can be counted on to volunteer for community projects. Many people may help neighbors out, but this altruist does it all the time. She goes beyond the norm especially for churches and children's causes, saying she was a hardworking single mom of four for 25 years so knows how these gifts are appreciated. For her it is a rewarding privilege to now be able to give back.

Georgiann sets no limit to what she will undertake for a friend. In 2017, a childhood friend in Alaska called her in dire need of a supervisor for a peony farm in Homer. Georgiann stepped in. She began one of her most challenging endeavors.

Peony farming in Alaska is a tough business. As field supervisor for Spit Sisters Farm, Georgiann put in 12-hour days. Tasks included specialized pruning, transplanting and harvesting. Georgiann believes if not for the migrant workers, the earth's crops would be in a world of hurt for labor and she gives farm workers tremendous credit for their willingness to work hard. Alaska peonies are in top demand because of the stellar blooms attributed to the cold climate and long hours of daylight. Alaska's late growing season provides the floral industry with peonies after all the other crops around the world have quit blooming.

Back in Homer for the 2018 season, Georgiann was anxious to see the roots she had helped nurture the previous year. Surprisingly, many of the plants weren't coming up. Peonies need cold and are hearty to minus 60 degrees. However, the farm's choice variety, Coral Sunset, is more sensitive to cold. The winter of 2017 experienced a hard freeze before the insulating snow came. The result was that one-third of Spit Sisters Farm crop of Coral Sunset was lost to root rot. It was heartbreaking to see all the work go up in smoke as they burned the ruined plant roots.

Upbringing and genetics may explain this force of humanity. She was born in Alaska in 1957 before it became a state, way before the pipeline boom, in the days before many modern conveniences were available in Anchorage, which was always years behind the lower 48. Her summers on Big Lake were spent without any modern conveniences. She lived through the 1964 Alaska earthquake, reportedly the largest earthquake ever in North America, the second largest earthquake ever in the world. Much of the time her parents' successful businesses took her farther away from home. Her grandparents helped and greatly influenced her core values, while her parents built and managed the businesses.

Regarding her future, the irrepressible Georgiann is looking at the glass half-full. Chances are she will keep going to Homer to help her friend until the backbreaking labor is no longer physically possible. She will continue to spend time with her four exceptional children. They have had their challenges, have met them and come a long way. She reflects for a moment. At 21, she was a hotel reservation and purchasing manager with a \$1 million budget. Then she left that career and had her own housekeeping company, so she could be flexible to take care of her children. She thinks about her life-long love of learning, how she put herself through college at age 45, obtained a Bachelor of Science in Organizational Behavior, and enjoyed her career as a government security specialist in California before moving to Port Ludlow. That gives her hope that her core tenets will endure. She will continue to be proud of how her children turned out — curious, involved, down-to-earth and kind to others. She will still have an unwavering respect for honest, hard-working people.

# News

Submit your articles to Linda Karp, 360-437-0175,  
or by email to editor@plvoice.org  
no later than the 10th of the preceding month.

## “The Edge of the Sea: Scales of Change on Olympic Coast Beaches”

by Darryl Hatheway, Contributing Writer



Lake Crescent.

Submitted photo

Remember the beaches, rivers, valleys, and mountains you discovered on the Olympic Coast? It very well may be that the first visit called to you to move here so you could live here on the coast of the Olympic Peninsula. If you chose to live on the coast, it may be obvious now that the coast is constantly changing. Come out on **Tuesday, February 12**, from 7:00 p.m. to 8:00 p.m. at the North Olympic Library System at 2210 S Peabody Street in Port Angeles to learn how that coastal beach landscape is changing due to ocean forces of erosion, pounding waves, and rising seas. This will be the fourth of seven speaker offerings in the Olympic National Park’s “Perspectives Winter Speaker Series” of free talks offered on the second Tuesday of each month through April 2019. For the February 12 program, “The Edge of the Sea: Scales of Change on Olympic Coast Beaches,” the speaker will be Ian Miller, Ph.D., Coastal Hazard Specialist, Washington Sea Grant Program. The talk by Dr. Miller will speak to regional scale and local changes to our coast, and share updates on recent studies along the Olympic Coast at Rialto and Kalaloch beaches. The influence of sea level changes on the Olympic Coast will be included in the talk as well.

## Future of Our Oceans

The next lecture of the *Future of Our Oceans* series, sponsored by the Port Townsend Marine Science Center, will be held at the Fort Worden Chapel on **Sunday, February 10**, at 3:00 p.m..

The lecture series, established in 2014, explores the frontiers of ocean research and emerging technologies while confronting the human capacity to understand and maintain healthy oceans.

At the February 10th lecture, Bob Boekelheide, the former director of the Dungeness River Audubon Center, will discuss seabirds and marine mammals of the Protection Island Aquatic Reserve. Designated in 2010, the reserve protects 23,778 acres of state-owned aquatic lands around Protection Island National Wildlife Refuge. Biologists consider the rich habitats of Protection Island, supported by the surrounding aquatic reserve, the single most important nesting area for seabirds in the Salish Sea.

Admission is \$5. Students and teachers are free.

## End of Life Seminar

It’s not too late to sign up for the End of Life and Advance Directive Seminar on **Saturday, February 9**, at the Beach Club from 1:00 - 4:00 p.m. Registration starts at 12:30 p.m.

Even if you have completed end of life documents in the last several years, it’s probably time to update them with a document that reflects the latest thinking on the medical realities we all face. The Advance Directive you will complete in this seminar combines a Durable Power of Attorney for Healthcare and a Living Will into one document. Perhaps you could bring your adult children with you and have them hear what your options are so that they will be supportive of what you decide at the end of your life.

This seminar is co-sponsored by The Port Ludlow Health and Wellness Committee and End of Life Washington. It will be presented by Karen Griffith and Judy McCay, volunteers for End of Life Washington. There is no cost for this seminar. All materials will be provided. Resource materials will be available from our fire department, Jefferson Healthcare, and End of Life Washington.

Space is limited so sign up today either at the Beach Club, the Bay Club, or by calling Pat Lohrey at 360-437-7760, or sending an email to: [pntlohrey@cablespeed.com](mailto:pntlohrey@cablespeed.com). Sign-ups are necessary so there will be enough paperwork for you to take home.

## Free Online Learning Tools at Jefferson County Library

by Andrea Hergert, Cataloging/Information Services Librarian

Did you know that Jefferson County Library offers a wide variety of online learning tools for free, and all you need is your library card to access these helpful resources? Whether you are looking to find the best deal on a TV or researching a new or used car, the library allows online access to *Consumer Reports* which enables you to make better purchasing decisions by providing ratings and reviews as well as recommendations and buying advice for thousands of products and services.

Another helpful library resource is Mango Languages which is accessible through the library website and the Mango mobile app. Mango has more than 70 languages that can be learned through self-guided courses. For those who are looking to learn a new skill or stay up-to-date on technology trends, the library offers access to *Lynda.com* which offers thousands of video tutorial courses led by technology experts.

These and many other resources — Kanopy for streaming movies, Chilton Library for auto repair, Ancestry Library (in library use only) and Heritage Quest for family history research, and Legal Information Reference Center for legal forms and information — are all available on the library's website at [jclibrary.info/](http://jclibrary.info/).

## Guiding Good Choices

The Empowered Teens Coalition is hosting a five-week parent enrichment workshop, *Guiding Good Choices*, for parents and caregivers of youth in grades 4 - 8. The free program will meet weekly on Wednesdays from 5:30 – 8:00 p.m., **February 6 – March 6**, at the Community United Methodist Church, 130 Church Lane, Port Hadlock.

This nationally recognized, evidence-based program was developed by researchers Dr. J. David Hawkins and Dr. Richard F. Catalano at the University of Washington. Participants learn and practice how to listen, be assertive, redirect behavior, use I-statements, give praise and build resilience for the drug-free years. All skills taught at each of the five sessions are designed to foster healthy communication that strengthens entire families. Each weekly gathering includes a delicious family meal followed by adult workshops. In the third week youth attend, and a family workshop is held. All sessions are led by trained facilitators Pinky Feria Mingo and Denise Banker.

Workshops are based on Social Development Strategy, a theory of human behavior that identifies the factors that promote social bonding and positive behavior. Catalano's

and Hawkins's research has shown that when children are bonded to parents, school and non-drug using peers, they are less likely to get involved in problem behaviors. Guiding Good Choices has been shown to be effective in strengthening parent-child bonds and preventing teenagers from starting to use alcohol and other drugs.

The Guiding Good Choices parenting workshop is generously funded by the Division of Behavioral Health and Recovery and is offered free to the public. Childcare is provided upon request. Youth and parents who participate in the program develop a range of skills to aid them in asserting themselves constructively with respect and positive self-regard.

The Empowered Teens Coalition, formerly The Chimacum Prevention Coalition, is a volunteer alcohol, tobacco, and other drug prevention advocacy organization that brings community members together to reduce youth substance misuse and abuse.

If you would like to register for the February/March workshop or have any questions about this program, please contact Denise Banker at 360-385-9438, or [dbanker@co.jefferson.wa.us](mailto:dbanker@co.jefferson.wa.us). Visit us on Facebook and Instagram.

## Jefferson Healthcare Announces New Pricing

Jefferson Healthcare conducted a complete pricing review in Fall 2018 to ensure alignment with other hospitals. From the review, several prices were identified for adjustment to be more competitive while continuing to be viable and able to reinvest in community care. Jefferson Healthcare reviewed every line item for consistency across service lines and modalities, to be no higher than the median for the Harrison, Seattle and Tacoma markets.

Jefferson Healthcare set the new prices to be comparable to other hospitals in the area while at the same time considering the resources needed to provide each service. Resources include staffing, time, equipment and materials used for service. Jefferson Healthcare reviewed every line of the Chargemaster (list of charges with corresponding procedure codes) to ensure prices were comparable, matched the complexity of the service, and corresponded to the resources needed to provide the service. Given their proximity, Jefferson Healthcare looked at Olympic Medical Center and Harrison Medical Center. Several hospitals in the Seattle area (including Harborview, Overlake, Providence Everett, Swedish First Hill, University of Washington, and Virginia Mason) and two hospitals in the Tacoma area (St. Josephs and Tacoma General Hospital) were also considered in the review.

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As a public hospital with very low tax support compared to other public hospital districts, it is important to set prices at a sustainable level to ensure very important services to our community are maintained. Jefferson Healthcare does not go above the median of the market to achieve this priority and, as a result, rates have been reduced in several areas to meet this objective. The biggest downward adjustments were seen in diagnostic imaging (x-ray, CT, MRI and ultrasound), laboratory tests and respiratory.

The revised pricing is available on the Jefferson Healthcare website, [jeffersonhealthcare.org](http://jeffersonhealthcare.org), for review. The list may be a useful tool to understand prices, though most services involve a combination of prices. It is important to understand that in many cases it is impossible to predict final charges because of variables that affect services. Patient responsibility varies by payor and can include copays, coinsurance, and other patient responsibility. Insurance companies determine the portion of the bill the member is responsible for, and the team of Jefferson Healthcare Financial Counselors are available to help understand these terms and to ensure all components are considered. The financial counseling team can be reached at 360-385-2200 x2267 for an estimate.

## Jefferson Healthcare Looking for Advisors to Make a Difference

Jefferson Healthcare's Patient and Family Advisory Council is seeking 1 - 2 new members for our council. We are accepting applications beginning **March 1**.

The Patient and Family Advisory Council is comprised of eight community members and five Jefferson Healthcare Medical Center staff. The council provides constructive feedback and recommendations on Jefferson Healthcare processes and projects that focus on improving patient and family centered care. Since their formation in 2014, the council has acted on improving the following processes:

- Rewriting the inpatient and family handbook
- Financial assistance application process
- Quiet at night project for inpatients
- Hospital signage and way-finding

Applications can be found online at [jeffersonhealthcare.org/wp-content/uploads/2019/01/PFAC-Application\\_Term-2019-2022\\_3119-1.pdf](http://jeffersonhealthcare.org/wp-content/uploads/2019/01/PFAC-Application_Term-2019-2022_3119-1.pdf), or you can request an application to be mailed to you by calling 385-2200 x 2061, or pick up an application at the main registration desk. Candidates will be expected to complete an orientation process and commit to a three year term of monthly meetings held at Jefferson Healthcare Medical Center on the third Wednesday of each month from 9:00 a.m. to 11:00 a.m. A panel of Jefferson

Healthcare staff will review all applications and then schedule selected individuals for an interview in March.

Interested individuals should have a passion for enhancing the healthcare experience for our community, respect for a broad range of perspectives and opinions, and be interested in working in a diverse and collaborative environment.

## Wellness Center Open

The new year brings resolutions from many of us to make a fresh start or to continue on our path to better health. Similarly, Jefferson Healthcare (JHC) is intensifying its commitment to community well-being by opening a dedicated Wellness Center at 1230 Sheridan Street (in the QFC Plaza) in Port Townsend. The center will support individuals on their personal journey to improved health.

Self-care is an important part of illness prevention. The Wellness Center is a freshly renovated space dedicated to illness prevention through education, empowerment, and movement. Staffed by physical therapists from Jefferson Healthcare's Rehabilitation Department, the Wellness Center allows instructors to show us how to harness our own healing power to improve our quality of life. Rehab staff understands proper body mechanics, personal limitations, and can design a program based on an individual's strengths.

Throughout the year the schedule will gradually fill with more offerings, including classes for low-impact aikido and Dance for Parkinson's Disease.

For the complete schedule, class fees, and additional information about current and upcoming classes, please contact the Rehab Department at Jefferson Healthcare, 360-385-2200 ext. 1210 or visit [JeffersonHealthcare.org/events](http://JeffersonHealthcare.org/events).

### Winter classes at the Wellness Center:

**Ready, Set, Fit!** is an 8-week exercise class taught by a physical therapist. This upbeat class features a blend of many types of exercise: cardio, Yoga, dance, Pilates, Tai Chi, and agility training. The instructor guides you every step of the way and inspires you to keep up the hard (but fun) work.

**Tai Ji Quan Moving for Better Balance (TJQMBB)** is an evidence-based fall prevention program designed for older adults at risk of falling and people with balance disorders. Although its origin can be traced to the contemporary simplified Tai Ji Quan routine, TJQMBB addresses common, but potentially debilitating, functional impairments and is very different from the historical use of Tai Ji Quan as a martial art or recreational activity. This unique training approach is the culmination of a systematic series of studies to improve efficacy, utility, and clinical relevance.

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*Wellness Center continued from previous page*

**Exercise to Beat Back Pain** is focused on using exercise to decrease, even eliminate, low back pain. The class will draw from the traditions of yoga and Pilates and will include core stabilization as well as posture and body mechanics.

**Mindfulness Meditation** teaches you a set of tools to increase your ability to have ease, focus, and well-being in life and at work. The practices are designed to cultivate attention without judgement and with compassion.

## Plan Your Care, Complete Your Directive

Jefferson Healthcare will host a seminar on **March 23** on end of life planning and Advanced Directives from 1:00 -3:00 p.m. in the Dirksen Conference Room, Jefferson Healthcare, 834 Sheridan Street, Port Townsend. Educating the community about the benefits of advanced care planning is part of the Jefferson Healthcare Strategic Plan. When family, doctors and hospitals know a patient's wishes beforehand, they can ensure the best possible care as well as relieve debilitating emotional and financial stresses for families. An Advanced Directive is a legal document which outlines decisions regarding personal medical care when an individual's capacity is diminished, and they are unable to decide for themselves.

Attendees to the planned free seminar will receive an Advanced Directive document and instructions on how to complete the legal document. Volunteers from End of Life, Washington, will conduct the two-hour seminars, be available to answer questions for attendees and notarize the final document. End of life issues may not be pleasant to think about, but preparing and taking the necessary steps will help ensure informed choices. Attendees are asked to call 360-385-2200 ext. 5333 to reserve a seat as well as complete a Values Worksheet which can be downloaded at [jeffersonhealthcare.org/valuesworksheet](http://jeffersonhealthcare.org/valuesworksheet) to prepare for the seminar.

Too many Americans spend the last days of their lives in a way they would never choose, and silence on end-of-life preferences is a contributing factor. For example, in a survey conducted by the California Health Foundation, 60 percent of people in that state said that making sure their family is not burdened by tough end-of-life decisions is "extremely important," yet more than half of those surveyed had not communicated their wishes to anyone.

"Any person who has lost someone close to them understands how difficult it can be to make end-of-life decisions when their wishes are not known. Having these conversations is one of the most important gifts that families can give," says Brandie Manuel, Chief Patient Safety and Quality Officer at Jefferson Healthcare.

## Memoir Writing Workshop

Every life holds many tales. Whether your life is wildly unconventional or relatively normal, the contemporary memoir – everyday people telling their stories – has become a popular phenomenon. The Jefferson County Library, 620 Cedar Avenue in Port Hadlock, will be hosting an eight-week workshop on **Tuesday, February 5, 12, 19, 26** and **March 5, 12, 19, 26** from 1:00 to 3:00 p.m. to explore the techniques and finesse it takes to feature yourself in writing.

Taught by author and editor Shannon Evans, this workshop will examine how to structure the narrative voice, explore writing exercises designed to inspire projects, and learn positive feedback techniques that will support fellow writers.

Whether you are seeking to write essay-length pieces or a book, this workshop will give you the tools you need to best tell the stories from your life.

For more information about this free event, please call 360-385-6544, or go to the library website event calendar at [jclibrary.info/events-calendar/category/adult-programs/](http://jclibrary.info/events-calendar/category/adult-programs/).

## Leadership Awards Tickets

Tickets go on sale in February for the Jefferson County Chamber of Commerce (JCCC) Community Leadership Awards.

This marquee event will be held **Sunday, April 7**, at the Fort Worden Commons in Port Townsend. Featuring a mimosa brunch, the event runs from 11:00 a.m. to 1:30 p.m. with inspirational guest speakers and several awards presented to outstanding Jefferson County business and community leaders.

Individual and group tickets may be purchased through the JCCC website at [jeffcountychamber.org](http://jeffcountychamber.org), as well as from members of the JCCC Board of Directors, a list of whom is available on the organization's website. Event sponsorships are also available, and sponsorship payments may be made through the JCCC website beginning in February.

This year's event will feature awards given in five categories – Business Leader of the Year, Citizen of the Year, Rising Entrepreneur, Young Professional of the Year, and the new Future Business Leader Award given to a local high school senior. A nominating committee selected three nominees per category from the nominations received, and award winners will be revealed at the April 7 event.

For more information about the JCCC Community Leadership Awards, visit [jeffcountychamber.org](http://jeffcountychamber.org), contact the Chamber at [admin@jeffcountychamber.org](mailto:admin@jeffcountychamber.org), or call 360-385-7869.

## Port Ludlow Fire & Rescue

### Alarm Statistics December 2018

#### Alarms

Fires	6
Rescue/Emergency Medical	55
Service Call	7
Good Intent	17
False Alarm	4
Hazardous Conditions	3
Total Alarms	92

#### Ambulance Transports

Jefferson Healthcare	16
Harrison Medical Center, Bremerton	11
Harrison Medical Center, Silverdale	2
Airlift Northwest	1
Total Transports	30

#### Aid

Aid Given	32
Aid Received	4

## Port Ludlow Fire and Rescue Reports

*by Brad Martin, Chief, Port Ludlow Fire & Rescue*

Your fire district is pleased to report that all five resident fire fighters: Micaiah Anderson, A. J. Avila, Curtis Beery, Ron Peterson, and Blake Mann successfully graduated from the Fire Academy in December of 2018. Congratulations to all!

Port Ludlow Fire District recently passed a state audit for the period of time from January 1, 2016 to December 31, 2017. According to the auditor, “District operations complied with applicable state laws, regulations, and its own policies, and provided adequate controls over the safeguarding of public resources.” The report shows one negative opinion, which the auditor is obligated to include, about reporting according to Generally Approved Accounting Principles (GAAP). Fire districts commonly don’t do reports under the GAAP principles. Therefore, it is recognized, and legal, if the opinion is documented. That report is available at [portal.sao.wa.gov/ReportSearch](http://portal.sao.wa.gov/ReportSearch).

We have had some windy weather so far this winter, which serves as a reminder to all residents to be prepared for power outages. Use battery-operated alternate lighting sources and keep extra batteries on hand. Do not use propane or kerosene lanterns, generators, or propane BBQs indoors. To receive information about weather advisories, sign up to get Nixle text messages from Jefferson County Department of Emergency Management. To learn more

about that service, log on to [jeffcoec.org](http://jeffcoec.org). To receive Hood Canal Bridge closure information, log on to [public.govdelivery.com/accounts/WADOT/subscriber/new](http://public.govdelivery.com/accounts/WADOT/subscriber/new).

Finally, if you still have a Christmas tree in your home, it’s past time to remove it. This time of the year, the trees are exceptionally flammable and dangerous to have in your home.

If you have questions about the services Port Ludlow Fire & Rescue provides, please contact me at 360-437-2236 or via email at [bmartin@plfr.org](mailto:bmartin@plfr.org).

## Photo Editing and More

*by Mike Bortel, Guest Writer*

Port Ludlow DigitalLife offers free monthly workshops on editing photos with computer applications and more things you can do with your photos (e.g., making slideshows.) The workshops also cover hardware that can be used to support projects. The primary goal is to meet your needs and introduce you to different kinds of photo software and hardware, and how to use them in your photo projects.

The workshops meet at the Port Ludlow Bay Club every second Monday from 9:30 a.m. to noon. Everyone at any skill level is welcome. Our format includes presentations, discussions, general questions and one-on-one help. We are a group that learns from each other and shares new discoveries and techniques while working through photo projects.

Besides editing, the workshops delve into how to: scan old prints and film; store and organize digital photos; make slide shows with text and music; send photos to the cloud, in emails and to external devices; and make photo books.

If you have slides that you would like to scan and archive, this is the group. If you have archival photos that need fixing and storing, this is the group. If you have digital photos that you want to crop, enhance and organize, this is the group. If you want to print photos to frame or share, this is the group.

Photoshop, Photoshop Elements, ProShow, ProShow Gold, Lightroom, Darktable and Gimp are some of applications we use. We work through their features and tools to show how to use them. The workshops may include different kinds of hardware that may be used to scan, store, and display photos with devices such as mobile phones, projectors, display frames, PCs, Macs and tablets.

We welcome you to join us on the second Monday of every month. If you have questions, please contact Mike Bortel: [mikecindy.bortel@gmail.com](mailto:mikecindy.bortel@gmail.com).

## Join the FAN Club to Boost Your Genealogy Research

“FAN,” an acronym for Friends, Associates, and Neighbors, was coined by Elizabeth Shown Mills to describe people who “clustered” around our direct ancestors, but who are often overlooked as good sources of information about them.

Presenter Diane Young will describe specific strategies for using the FAN Club in genealogy research. A Jefferson County Genealogical Society (JCGS) member, she has taught college-level business classes for more than 30 years and has worked on her own genealogy for more than 40 years.

The JCGS meeting will take place on **Saturday, February 16**, from 9:30 to 11:30 a.m. at the Tri-Area Community Center, 10 West Valley Road, Chimacum. It is free and open to the public.

## Working Together

*by Kalie Enlow, Principal, Chimacum Creek Primary*

A school is only as strong as the people within it. At Chimacum Creek Primary, we value and respect all the staff, students, families, and community members who come through our door. Whether they are here every day or once a year, our school is better because of the people who work to make it special.

Our students and staff make the day-to-day business at the primary school seem more like a fun adventure. If you were to look in a classroom, you would see students talking and working together, learning not just from their teachers but from each other as well. Gone are the days of sitting in rows, silently listening to the teacher. Now we have hands-on-science and STEM activities in each classroom, reading stations geared toward each student’s individual needs, and support around students where they need them most.

We have some of the most dedicated volunteers I have ever met in the American Association of University Women (AAUW) and the Read to Rover Program. Both programs are sustained by community members taking time out of their days and offering their services to our students. AAUW works with our kindergarten classes, helping Monday - Thursday in reading groups, while Read to Rover volunteers come in each Friday morning with their dogs and read with our second graders.

We have amazing parents who volunteer in the classrooms, offer support outside the classrooms, and attend our family nights. In December, we had a great math and craft night. We are currently planning our Dr. Seuss literacy night for March (date to be determined); it will include food, games, and activities.

We appreciate all the support from the Boeing Blue Bills who have sponsored multiple assembly and learning opportunities, including funding of computers in some of our classrooms.



*Miss Hallanger's first grade class.*

Submitted photo

We as a school cannot express our thanks enough to all of you for helping us lay a strong foundation for our students. We are stronger thanks to you!

## Jefferson County Historical Society February Programs

This year we will be selling a Season Pass for people who are interested in ensuring they have reserved seating. A Season Pass provides the pass holder with a VIP reception with the speaker before the event, as well as a seat. You may find speaker bios and more information about each talk on our website: [jchsmuseum.org](http://jchsmuseum.org).

**First Friday Lecture - February 1:** “S’Klallam and Chemakum historically significant places on Indian Island,” Josh Wisniewski (Port Gamble S’Klallam Archaeologist), the Cotton Building, 607 Water Street, Port Townsend.

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**February 8 – 10:** The annual “West End Weekend” held at the Kalaloch Lodge. Special lodging rates and informative programs await participants. We will conduct a group hike, a storytelling program, and have historical images of the West End on display.

**Sunday, February 24:** The Jefferson County Historical Society (JCHS) Research Center will host an “Oral History Workshop,” led by Executive Director Shelly Leavens. The workshop will be geared toward people who are just starting out with oral history and may be interested in interviewing family members, starting a community or school project, documenting a family business, or are interested in joining the JCHS interview team as we launch a county-wide story collecting program. This workshop will run from 1:00 – 5:00 p.m. and costs \$40 for JCHS members, \$50 for non-members, and is limited to 25 people. Scholarships are available. If you are interested in registering for the workshop or applying for a scholarship, please call 360-385-1003 or come to the Research Center or Museum of Art and History, 540 Water St, Port Townsend, to register in person.

**Thursday, February 28:** The “Member Preview,” a retrospective of painter Jim Alden will be held from 5 – 8:00 p.m. Alden painted the people and scenes of Port Townsend starting in the 1970s and found his place among other artists, poets, and entrepreneurs. His beloved, highly collected paintings and quirky personality made him “Port Townsend’s Artist.” The exhibition opens to the public on **Friday, March 1**, and the museum will be free and open until 8:00 p.m. for Port Townsend Art Walk on **Saturday, March 2**.

## Applications for Open Space Projects

Jefferson County welcomes applications to protect important open space lands through the county’s Conservation Futures Program. Open space lands provide important functions, including protecting wildlife habitat and corridors; conserving cultural resources; maintaining natural flood water control; protecting water quality, water supply, and soils; enhancing or protecting scenic views; providing opportunities for education and passive recreation; and perpetuating the benefits of balanced and productive natural systems.

Citizens, landowners, and citizen groups as well as local government agencies, special purpose districts, and non-profit corporations within Jefferson County may apply for funds in partnership, as applicable, with a local sponsoring organization based in Jefferson County.

In the 2019 funding cycle, approximately \$205,000 is available to new projects. Of this amount, up to \$30,600 is available to reimburse operations and maintenance expenses for any property acquired with the Conservation Futures Fund. A minimum matching amount of 50 percent of the total project cost is required of the project sponsor. Sources of the match must be non-county funds such as private contributions, state and/or federal grants, and/or the value of other open space lands linked to the project.

The deadline to submit applications is **Friday, March 22**. For an application and more information, contact Tami Pokorny at 360-379-4498 or at [tpokorny@co.jefferson.wa.us](mailto:tpokorny@co.jefferson.wa.us).

The annual project application process is overseen by the Conservation Futures Citizen Oversight Committee. Each spring, this committee evaluates project applications for their public benefit and makes recommendations to the Jefferson County Board of Commissioners who, after a public hearing, decide which projects merit funding. Meetings of the Committee are open to the public.

Presentations about the program and past projects are available throughout the year by request to the Environmental Health Department. Visit the Conservation Futures Program and Committee web pages at [jefferson.wa.us/commissioners/Conservation/conservation.asp](http://jefferson.wa.us/commissioners/Conservation/conservation.asp).

## Jefferson Healthcare Type 2 Diabetes Prevention Class

Jefferson Healthcare will host a free Type 2 Diabetes Prevention Class on **Monday, February 4**, from 3:30 to 5:30 p.m. in the Dirksen Conference Room. Risk factors such as family history, high blood pressure, high cholesterol, or heart disease can all contribute to Type 2 diabetes.

Learn from certified diabetes educator Jennifer Newell about how to lower your risk and prevent or delay Type 2 diabetes. The class will be followed by a cooking demonstration in the Cafe from Chef Arran Stark. He will share his tips for making cooking fun, simple, and healthy.

Recently, the Jefferson Healthcare Diabetes Services team received a Certificate of Recognition by the American Diabetes Association (ADA) for its Diabetes Self-Management Education Program. This recognition means the team continually maintains and follows ADA guidelines and standards, ensuring the quality of services provided to the community.

Jefferson Healthcare offers a range of services and education options to meet the needs of patients with pre-diabetes, Type 1 or Type 2, and gestational diabetes. “Jefferson’s ADA recognized program is based on individual needs to

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empower those with diabetes to live healthier lives,” says Newell. “Whether a person has been living with diabetes for some time or diabetes is a new diagnosis, we provide the resources needed to inform, guide, and support efforts to optimize your health.” The team monthly hosts group and individual education classes to address a variety of topics including healthy eating, active lifestyle, understanding medications, and continuous glucose monitoring.

Diabetes is a disease that is diagnosed when blood glucose, also called blood sugar, is too high. Type 2 diabetes can be prevented and is manageable with healthy lifestyle choices and knowing what to do to manage diabetes. About one in four people with diabetes don’t know they have the disease. An estimated 84.1 million Americans aged 18 years or older have pre-diabetes.

Jefferson Healthcare is consistently looking for ways to create a healthier community through education and prevention. There is a growing emphasis on creating health without increasing spending. By incorporating strategies to address the whole person, the health of the whole community can be improved. Diabetes Education is one way to make a difference in the health of the community.

## JHC Dance for Parkinson’s

Jefferson Healthcare will host a weekly ongoing Dance for Parkinson’s class beginning **Thursday, February 7**, from 1:15 - 2:45 p.m. in the Wellness Center at 1230 Sheridan Street (QFC Plaza), Port Townsend.

Dance for Parkinson’s classes are based on a set of principles, approaches, and concepts that have been found to be particularly beneficial for people with Parkinson’s. These classes will be dancing for the sake of dancing, and while it may also be good exercise, the focus is on enjoyment of the creative and artistic aspects of dance.

Classes are \$5 per visit. For more information, contact Rehabilitation Services at 360-385-2200 ext. 1223. For a complete list of classes offered, please visit [jeffersonhealthcare.org](http://jeffersonhealthcare.org).

## Community Read 2019 Focus of Luncheon

The Port Townsend Public Library’s “Community Read 2019” selection is the focus of the Jefferson County Chamber of Commerce luncheon on **Monday, February 4**, at the Elks Lodge in Port Townsend.

The luncheon, which features Port Townsend Public Library Director Melody Sky Eisler as guest speaker, is

sponsored by the Port Townsend Chocolate Company. Eisler also plans to discuss the science of why reading in groups is beneficial to one’s health and why reading fiction specifically helps promote empathy, reduces stress, and brings joy.

Doors open at 11:45 a.m. at the Elks Lodge, 555 Otto Street, and the program begins at 12:15 p.m. sharp. Attending luncheons is free for Chamber members. Non-members and guests are asked to make a \$5 donation. Lunch is available for purchase at the Elks.

No luncheon will be held on February 18 in observance of Presidents Day. The next scheduled luncheon, **Monday, March 4**, will feature guest speaker Jim Pivarnik, Interim Executive Director, Port of Port Townsend.

For more information about upcoming luncheons and other Chamber events, visit [jeffcountychamber.org](http://jeffcountychamber.org) or call 360-385-7869.

## Students Get More Support for Healthy Choices

Jefferson County Public Health has secured funding to reduce underage substance use and its many negative consequences in the Port Townsend School District. Students and the community will benefit from over \$200,000 in grant funding to be used to prevent and reduce the misuse and abuse of alcohol, tobacco, marijuana, opioids, and other drugs.

“Neurological research shows underage alcohol and other drug use has a negative impact on youth brain development,” said Karen Obermeyer, Health Educator, Jefferson County Public Health. “Our prevention efforts should be focused on keeping our children safe, healthy, and giving them the best possible start for their adult lives.”

Port Townsend qualified for Washington State’s Community Prevention and Wellness Initiative (CPWI) expansion grant to implement community and school-based drug prevention programs. The effort is a collaboration between the Port Townsend School District, Olympic Educational Service District 114, Jefferson County Public Health, and a newly developing community coalition, the Port Townsend Community Prevention Coalition. The Washington State Health Care Authority’s Division of Behavioral Health and Recovery (HCA/DBHR) funds this project and has funded CPWI in the Chimacum School District since 2013.

The Port Townsend Community Prevention Coalition will include broad community representation, assess the community’s unique strengths and needs, canvas existing

*Choices continued from previous page*

resources, and then develop a strategic prevention plan. The plan will focus on policy and program development as well as provide community and school-based educational information, programs, and training.

In addition to the coalition, efforts in the school are led by Student Assistance Professionals (SAPs). These professionals organize school-wide awareness activities related to substance abuse prevention and provide counseling support, coaching, and referral to students who are at risk of dropping out or are impacted by opioids, alcohol, tobacco, and drug use/abuse.

If you have questions or would like to join the efforts of the Port Townsend Community Prevention Coalition, please contact Jefferson County Public Health at 360-385-9438.

## Jefferson County Library Activities

**February 5 - March 26 - Memoir Writing Workshop: The Art of Making Yourself the Main Character.** The Jefferson County Library, 620 Cedar Avenue, Port Hadlock, will be hosting an eight-week workshop on **Tuesday, February 5, 12, 19, 26 and March 5, 12, 19, 26** from 1:00 to 3:00 p.m. to explore the techniques and finesse it takes to feature yourself in writing.



Clyde Ford

**February 6 - Inquiring Minds: Let's Talk about Race.** Racism thrives in silence. It is when we stop talking to one another about our beliefs that prejudices go unchallenged and the gap between us widens. The Jefferson County Library will be hosting a discussion on race in modern-day America on **Wednesday, February 6** at 6:30 p.m.

With warmth and openness, renowned author and professor

Clyde Ford will lead this discussion on one of the most difficult topics in American society. Participants are meant to come away with tools for engaging in conversations about race in an honest, transparent, and meaningful way.

Ford was a professor at Western Washington University where he taught "The Introduction to the African American Experience." His books include *We CAN All Get Along: 50 Steps You Can Take to Help End Racism* and *The Long*

*Mile.* Ford was a featured guest on the Oprah Winfrey Show, where he talked about practical steps people can take to help end racism. This is co-sponsored by Humanities Washington Speakers Bureau.

**February 27- Are Salmon Doomed? Hatching a Plan to Save a Northwest Icon.** An environmental necessity, a vital economic resource, and a cultural symbol – salmon play a fundamental role in the Pacific Northwest. With warming oceans, environmental degradations, and lowering genetic variability, wild salmon populations are dwindling. Explore the history, science, and story of this Northwest icon on Wednesday, **February 27** at 6:30 p.m.

Washington State Climatologist Nick Bond will share the past, present, and future conditions for salmon in our state and show how local communities have accomplished important work to support salmon runs. Bond will take a hard look at the realities of climate change and what actions are needed to recover and sustain the Puget Sound ecosystem. This is co-sponsored by Humanities Washington Speakers Bureau.



Nick Bond

Submitted photos

For more information about these free events, please call 360-385-6544, or go to the library website event calendar at [jclibrary.info/events-calendar/category/adult-programs/](http://jclibrary.info/events-calendar/category/adult-programs/). All the events are held at the Jefferson County Library in Port Hadlock.

## Friends of Fort Flagler Invite You

Save the date, **March 16**, from 4:00 – 7:00 p.m. Friends of Fort Flagler invite you to enjoy Celtic and Cajun Music, food, and fun at the Fort Flagler State Park Theater. There will be music by The Alternators along with delicious ethnic food, Veggie Irish Stew in a Bread Bowl or Cajun Shrimp Gumbo with Sausage and Rice, each at \$10.00 per plate. Wine, beer, and soft drinks will be available for purchase.

Learn about the Friends at our website [friendsoffortflagler.org](http://friendsoffortflagler.org).

## Exercise to Beat Back Pain

Jefferson Healthcare will host an eight-week class called Exercise to Beat Back Pain. The class will focus on using exercise to decrease, and even eliminate, low back pain from one's life.

The class will draw upon, but not be limited to, exercise from the schools of Yoga and Pilates. It will include simple core stabilization, progressing towards dynamic core stabilization as well as posture and body mechanics education. The Instructor, Shauna Keeley, is a licensed physical therapist who, over the course of her career, has focused on specializing in orthopedic physical therapy, most specifically in treatment of the spine.

Classes will occur twice a week on Mondays and Wednesdays beginning **February 25** through **April 17** from 4:15 to 5:15 p.m. They will be held at the Jefferson Healthcare Wellness Center located at 1230 Sheridan Street in the QFC Plaza in Port Townsend. Classes are \$5 per visit.

For more information, contact Rehabilitation Services at 360-385-2200 ext. 1223. Jefferson Healthcare is consistently looking for ways to create a healthier community through education and prevention. For a complete list of classes offered, please visit [jeffersonhealthcare.org](http://jeffersonhealthcare.org).

## TAX-AIDE Assistance -Tri-Area Community Center!

Need help with your taxes? IRS-certified AARP TAX-AIDE volunteers are available at the Tri-Area Community Center again this year to prepare and electronically file your tax returns. The service is free of charge. The TAX-AIDE volunteers will be available throughout the tax season, which extends through **April 17**.

The TAX-AIDE volunteers are authorized to prepare most basic tax returns, making sure the taxpayers receive all eligible deductions and credits. They do not prepare returns for taxpayers who have income from rental properties, or for taxpayers with complicated business returns.

Although the TAX-AIDE program is sponsored by the IRS and the AARP Foundation, you do not have to be a senior to benefit from this free service. TAX-AIDE is available for taxpayers of all ages.

Taxpayers should bring the following with them to their TAX-AIDE appointment:

- Photo ID (required!)

- Social Security cards for the taxpayer, spouse, and all dependents (required!)
- Copy of 2017 tax return
- W-2 from each employer
- All 1099 forms (1099-INT, 1099-DIV, 1099-B, 1099-R, 1099-MISC, SSA-1099, 1099-G, 1099-C, etc.)-these include interest, dividend, stock sale, retirement, self-employment, Social Security, unemployment compensation, and cancellation of debt.
- Documentation of health care coverage for everyone on the tax return. Bring Form 1095, if received.
- A check or bank document with your bank account numbers, if direct deposit desired.
- Any other documents necessary to complete your 2018 return. For example, cost of stock sold, tuition statements, and receipts to itemize deductions, if applicable.

An appointment is required. To make an appointment, contact the Tri-Area Community Center at 360-390-4014, Option 4. The TAX-AIDE volunteers are available on Mondays, 12:00 p.m. – 4:00 p.m. and Wednesdays, from 9:00 a.m. - 1:00 p.m. The center is located at 10 West Valley Road, Chimacum.

## Toys for Tots Delivers



Jim Posey, Toys for Tots coordinator for Port Ludlow, extends thanks to the community for its help. The program, overseen nationally by the United States Marines and locally by the Kiwanis club, works in unison with Kids for X-mas, Foster Kids, Wounded Warriors, Jumping Mouse, the School Districts, and Boy Scouts to reach as many children as possible.

During the 2018 holidays, Coldwell Banker Best Homes, the Bay Club, Edward Jones Investments, Port Ludlow Village Store, Port Ludlow Fire & Rescue, and Kitsap Bank collected 159 toys ( including two scooters and one bicycle), 44 books, 12 stocking stuffers, 40 articles of clothing, and \$341.26. Those contributions made it possible to provide a better Christmas for 804 children in Jefferson County. Again, thanks to all the residents and businesses of Port Ludlow for their generosity.

# Goat Yoga!

by Karen Wyeth, Guest Writer



A fun day with Inner Kid Goat Yoga at RainCoast Farms & Vineyard. Submitted photo

Just what the heck is goat yoga, you ask? Furry little critters in downward dog? Well, it's the latest fitness craze sweeping the nation – practicing yoga whilst kids leap onto people's backs, cruise the room doling out fuzzy kisses, or gaze into a chosen human's eyes. What could be more fun?

What began in 2016 as a one-time party in Oregon, has become a phenomenon with goat yoga sessions popping up across the country and around the world. Research shows that interaction with animals can temporarily affect the release of various neurotransmitters in the brain; levels of oxytocin (linked with bonding) and dopamine are increased, while cortisol levels and stress are decreased. Now you can experience the joy of goat yoga right here on the Olympic Peninsula, in the heated barn at RainCoast Farms & Vineyard outside Port Townsend.

Inner Kid Goat Yoga takes place once a month during the winter. Upcoming session dates are on Saturdays (**February 16, March 16, April 13**) from 9:30 to 11:30 a.m. The cost is \$35 and includes a 75-minute yoga session, extra playtime with the goats, tea and baked treats, and a digital photo. Reservations are essential. Call 360-344-8021 or 360-774-1455 to reserve your place.



# Chamber's February Mixer

The Bishop Victorian Hotel will host the Jefferson County Chamber of Commerce's "Business after Business Mixer" in **February**.

The mix-and-mingle event will be held on **Tuesday, February 12**, from 5:30 - 7:00 p.m. at the Bishop, 714 Washington Street in Port Townsend. Chamber members are encouraged to attend the after-hours mixer to network with fellow members and business leaders.

Located in the heart of downtown Port Townsend, the Bishop Victorian Hotel is a unique, three-story brick Victorian-era building built in 1891. Just a short stroll from the bustle of Port Townsend's Water Street, the hotel offers guests the perfect family retreat or romantic getaway and provides an experience of turn-of-the century coastal America.

The Jefferson County Chamber of Commerce holds "Business after Business" mixers on the second Tuesday of the month at different Chamber member locations across the county.

For more information about upcoming mixers and other Chamber events, visit [jeffcountychamber.org](http://jeffcountychamber.org) or call 360-385-7869.

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# Community Meetings

## First Wednesday Luncheon

The First Wednesday Luncheon will be held at 11:00 a.m. on **February 6** at the Bay Club. The speaker will be Dr. Patti Happe, wildlife biologist and branch chief for Olympic National Park. She will be speaking on the relocation project for the non-native mountain goats. They are being relocated to the North Cascades natural habitat.

Sign up at the Bay or Beach club before the end of the month. After that, contact Marilyn Durand at 360-437-7677 to cancel or to make a late reservation.

There is no admission fee. Guests are asked to donate non-perishable foods, personal toiletries, household products, pet foods, and diapers. Monetary donations to the Tri-Area Food Bank are also gratefully accepted.

Please remember to bring your complete table setting including placemats, dishes, glasses, utensils and napkins. This savings allows us to provide more monetary support to the Food Bank.

## Martha's Book Club

Join us at 6:30 p.m. on **Tuesday, February 12**, at the Bay Club to discuss *The Gospel of Trees: A Memoir* by Apricot Irving, a reflective memoir focused on her childhood in Haiti with her Baptist missionary parents.

From the age of 6 to 15, Irving mainly lived in a missionary compound in Limbe, northern Haiti, near the busy Good Samaritan Hospital. Her father was an idealistic agronomist whose ambitious plans to help reforest Haiti, improve the soil, and reduce erosion often ended in terrible frustration, despite his dedication.

Struggling with the challenges of missionary life and occasional Haitian political instability, Irving navigated a bumpy adolescence marked by episodes of family discord. Yet, the author was buoyed by adventure, beauty, resilience, and social connections found amid the missionary group and Haitian friends. Her work also sheds light on the underlying causes and consequences of Haiti's poverty and poor access to medical care.

Told from memory, diary entries, and historical fact, *The Gospel of Trees* confronts the pains of growing up, fitting in, and finding your own voice in a country and a family that both terrify and delight you.

The book selection for March is *A Gentleman in Moscow* by Amor Towles. Everyone is welcome.

## SMART Driver Course Scheduled for March

The SMART Driver course will again be offered at the Beach Club on **Tuesday, March 26th and Thursday, March 28**, from 12:00 p.m. to 4:00 p.m. on both days. The purpose of the course is to enable drivers to enhance and extend their safe driving experience. The course is strongly recommended for those drivers who have not taken it before and those new to Washington's driving regulations and the local driving environment.

This classroom course explores changes in one's physiology as a result of aging and discusses how drivers can compensate for these changes. Also, the course reviews recent changes in traffic laws, the changing driving environment, and the latest in safety equipment in personal vehicles. Motorists looking to keep their driving skills sharp and their insurance premiums low are encouraged to attend. There are no exams. Washington State encourages insurance companies to grant premium discounts to those who take the course every two years.

Classes are open to the public. A \$20 fee is charged to cover the cost of materials. AARP members receive a \$5 discount. The course is hosted by the Beach Club which requests a room fee of \$1 per person each day (please bring exact change).

The course is eight hours long; attendance is, therefore, required both days. To reserve a place in the class or to ask for further information, call Russ Henry at 360-437-2250.

## Senior Singles Luncheon

The luncheon for the Port Ludlow Senior Singles will be held at the Yacht Club Broiler, 9226 Bay Shore Dr. N.W. in Silverdale, on **Tuesday February 19**, at 12:30 p.m. This great little find is right on the water, and the food and accommodations are excellent. Parking is a little tight, so carpooling is recommended.

If you have not already signed up, please call Diane Roulier at 206-910-0639, and she will put you on the "I'll be there list." Also, if you have signed up, but find you can't make it, please call Diane to cancel your spot.

The Senior Singles is a loose-knit group of senior guys and gals from Port Ludlow and surrounding areas who attend monthly lunches at different restaurant venues. We would love to have you join us!

## Port Ludlow Bookworms

Port Ludlow Bookworms will meet in the Bridge Deck on **Monday, February 18**, at 7:00 p.m. to discuss award-winning novelist Per Petterson's *Out Stealing Horses*, cited as one of the 10 best books of the year by *The New York Times Book Review* (2007).

*Publishers Weekly* writes that "Petterson renders the meditations of Trond Sander, a man nearing 70, dwelling in self-imposed exile at the eastern edge of Norway in a primitive cabin. Trond's peaceful existence is interrupted by a meeting with his only neighbor, who seems familiar. The meeting pries loose a memory from a summer day in 1948 when Trond's friend Jon suggests they go out and steal horses. That distant summer is transformative for Trond as he reflects on the fragility of life while discovering secrets about his father's wartime activities." *Newsweek* adds, "From the first terse sentences of this mesmerizing Norwegian novel about youth, memory, and, yes, horse stealing; you know you're in the hands of a master storyteller."

Join us for a lively discussion, wine, and appetizers. Everyone is welcome!

Our March novel choice will be announced in NextDoor. For more information, text Leslie Carlson at 360-643-0291 or email her at [lcarlson554@gmail.com](mailto:lcarlson554@gmail.com).

## Port Ludlow Garden Club

Lacey Allred from Sweet Seed Flower Farm will educate us on the "slow flower" movement, juxtaposed with flowers purchased at supermarkets that are grown overseas, covered in pesticides, and shipped in containers before adorning our vases.

This brown bag meeting will be held at the Bay Club on **Wednesday, February 13**, at 11:00 a.m. Coffee and tea will be provided along with cookies from Garden Club members.

Lacey's farm is located in Port Townsend where she holds various workshops. Her flowers are available for sale weekly at the Port Townsend Farmer's Market. She also offers a season of flowers through her Community Supported Agriculture (CSA) program with pickup options in Port Townsend and Chimacum.

All members and guests are encouraged to attend. Members are free with a \$5 fee charged for non-members. Please RSVP to [franbodman11@gmail.com](mailto:franbodman11@gmail.com). Checks, payable to PLGC, should be mailed or dropped off in an envelope at the Port Ludlow Post Office. If mailing, address to Port Ludlow Garden Club, P.O. Box 65235, Port Ludlow, WA 98365.

If members haven't yet renewed their 2019 membership, mail or drop off your renewal fee of \$20 as above. If you would like to join, please e-mail [portludlowgardenclub@gmail.com](mailto:portludlowgardenclub@gmail.com) for an application.

## Men's Book Club

Please join us at the Bay Club on **Wednesday, February 20**, from 6:30 to 8:30 p.m. Time permitting, we'll be discussing *The Nautical Chart* by Arturo Pérez-Reverte, *The Army of the Republic* by Stuart Archer Cohen, and *Final Bearing* by George Wallace.

Everyone is welcome; just bring books you've enjoyed and let us know why you liked them. Bring a friend if you wish.

## Stamp and Paper Arts

Add some pizzazz to your cards or notes! Come join us at the Bay Club on **Thursday, February 21**, from 10:00 a.m. to noon, when Monica Martin shows us how to make those "special" or odd-sized envelopes. If you have a favorite wrapping paper or calendar photo that you think would look great made up as an envelope, please bring it along to the meeting. You'll have a one-of-a-kind envelope that'll fit your card or note to a "T".



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### Port Ludlow Digital Life Workshops

All gatherings are in the South Bay Club classroom and are open to the public. Invite your friends, too, to our problem-solving and helpful workshops.

- **Photo Editing Group - Monday, February 11, 9:30 a.m.** Fix your photos, create slideshows, printing, and scanning. Questions and on-the-spot help. Every second Monday.
- **DigitalLife Board Meeting - February 11** following the photo workshop, noon. Open to all. Please come to share with us. Your ideas are welcome. Every second Monday.
- **All Things Apple Group - Monday, February 18, 6:00 p.m.** Questions and help with all Apple devices. Presentations and application support. Individual help breakout. Held each third Monday in the evening.
- **Digital Camera Group – Monday, February 25, 9:30 a.m.** Got a new camera? This is the workshop for you. All skill levels and cameras are welcome. Held each fourth Monday.

Note: Our monthly calendar is on our website, [pldigitallife.org](http://pldigitallife.org). It has blue links for some clubs that contain helpful documents and pdfs.



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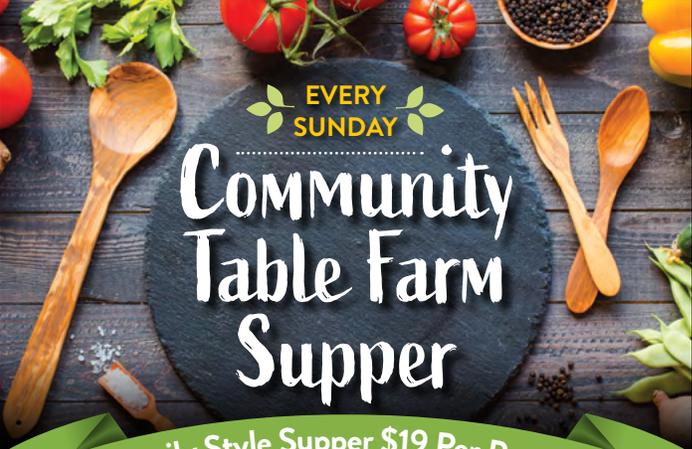


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# Arts and Entertainment

This section features news on Port Ludlow arts and entertainment events, as well as a performing arts calendar for Jefferson, Clallam and Kitsap Counties. Submit news and calendar items to [editor@plvoice.org](mailto:editor@plvoice.org) by the 10th of the preceding month.

## PLPA Presents Socks in the Frying Pan



*Socks in the Frying Pan.*

Submitted photo

On **Saturday, March 2**, come to the Bay Club and be prepared to dust off the winter blahs. Warm up with some good ole toe-stomping Irish Music. Port Ludlow Performing Arts (PLPA) is proud to present Socks in the Frying Pan - straight from County Clare, Ireland - considered the hub of Irish traditional music. Their dynamic vocal harmonies, virtuosic musical ability, and onstage wit have captured and captivated audiences the world around.

This youthful trio blends Irish traditional melodies with their own personal flair, which has gained them critical acclaim and accolades, including “New Band of the Year” by the Irish Music Association. The group has been embraced in the United States, having been booked by every major Irish festival and praised for their modern traditional style and energetic approach to music.

Guitar player Aodan Coyne started playing the guitar at age fifteen and went on to win a number of acoustic competitions. He has performed at prestigious venues around the world in various bands as well as in a solo capacity. He was a founding member and the president of the Dundalk

Music Society and has been teaching guitar and vocals for a number of years. His debut solo album, *If We Only Knew*, has been highly acclaimed.

Accordion player Shane Hayes started playing accordion at age eight. He has enjoyed great success since the release of his critically acclaimed debut album, *Small Towns in Built up Areas*, in 2010. Shane was awarded Best Accordion Player 2015 by the *Irish Music Association*. His quick wit and friendly charm add to his reputation as the front man of the group. In addition, he achieved a Masters of Irish Traditional Music from the University of Limerick.

Fiddle player Fiachra Hayes started playing the fiddle, and any other instruments that he could get his hands on, at the tender age of three. Throughout his music training he loved playing a variety of musical instruments including piano, mandolin, whistle, guitar, banjo, and button accordion. But fiddle playing was his first musical passion, and he has been recognized as an outstanding player in his field. He has participated in and won many music competitions.

Thank you, Beth Weaver, John Weaver, and Kitsap Bank whose generous donations make this concert possible! To preview the performers, go to [socksinthefrying.com](http://socksinthefrying.com). Tickets are \$25 apiece and are now on sale at the Bay Club and the PLPA website, [portludlowperformingarts.com](http://portludlowperformingarts.com). Bay Club doors open at 6:15 p.m. for subscribers to preselect seats. General admission ticket holders will be welcomed at 6:30 p.m. The concert will begin at 7:30 p.m. Before the concert, there will be the usual cash bar so you can enjoy a glass of wine or beer while viewing the selected art from the featured artist of the month.





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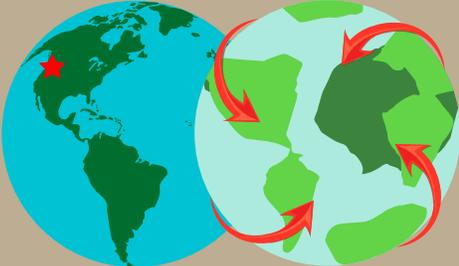
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## Ludlow Village Players Cast Announcement

by Director Val Durling

We at Ludlow Village Players (LVP) are in rehearsal now and want to introduce to you our fabulous cast for the spring play at the Bay Club—*No Crime Like the Present* by Bill Gleason.

It is a cast of an odd mix of 1940s characters of the Sam Spade era with a current day TV News Team, such as a female detective and her trumpeter sidekick, a couple of hard-nosed cops, a female mob boss, a less than honorable mayor, male and female TV co-anchors, a weatherman, a consumer reporter, a sportscaster and his gypsy girlfriend, the station manager along with a few reporters and camera-people, and hopefully, a drummer. We have not found the drummer yet. Anyone interested?

Newcomers to the Bay Club stage are Jennifer Haugland, Randy Edwards, Rilla Hughes, and Dave Cunningham who join veteran actors Gerry Thom, Becky Eastgard, Olivia Schmitt, Paul Moreau, Carl Miller, Vicki Valley, Wynne Stevens, Doug Hubbard, Ginny Ford, and Cheryl Wheeler (in random order) to bring these characters to life. And I do mean characters, and I do mean life. This play is the zaniest we have brought to you in our 12 years. If you enjoy comedy, don't miss it!

Tickets will go on sale at the Bay Club and at [brownpapertickets.com](http://brownpapertickets.com) the last week of February. For more information, check the March *Voice* issue, visit our website at [ludlowvillageplayers.org](http://ludlowvillageplayers.org), like us on Facebook, or contact Director Val at 360-437-2861 or [rkd@olypen.com](mailto:rkd@olypen.com).

## The Port Townsend Community Orchestra

The Port Townsend Community Orchestra under the direction of Maestro Tigran Arakelyan will present its **Sunday, February 24** concert entitled "French Inspired," at 2:00 p.m. at the Chimacum High School Auditorium. We invite each of you to attend this free concert.

The concert features award-winning classical guitarist Saro Babikian. Mr. Babikian received his degree with honors from the University of Southern California and has studied at the Solhi Al-Wadi Conservatory of Music in Damascus. He won first prize in an international competition in Serbia and was a guest artist at the International Guitar Festival in Yerevan, Armenia.



Saro Babikian

Submitted photo

Mr. Babikian will play *Fantasia para un Gentilhombre* by Joaquín Rodrigo. In 1954, guitarist Andrés Segovia asked Rodrigo to compose a concerto based on the songs of 17th century Spanish guitarist Gaspar Sanz. Segovia, the *gentilhombre* (gentleman) of the title, premiered the work with the San Francisco Symphony in 1958. Rodrigo was the pre-eminent composer for guitar of the 20th century. This piece includes dance movements *vollano*, *españoleta* and *tarantella* as well as a final movement in a folk dance style.

Also included in this performance are Gabriel Faure's *Pavane*, and *Pavane pour Infante Defunte* by Maurice Ravel, and Georges Bizet's *Carmen - Suite I*. French composer and arranger, Maurice Ravel was enthralled with a seventeenth century painting by Velasquez, *Las Meninas*. From this he wrote a piano solo he titled *Pavane pour un Infante Defunte* as something the little princess might have danced to. He later orchestrated it into the popular piece for a full orchestra. One of Ravel's teachers, Gabriel Faure, also composed a *Pavane*. Originally written for piano and chorus in 1887, he orchestrated it for a full orchestra, and it has become one of Faure's most performed works. The British Broadcasting Corporation used it for their coverage of the 1998 World Cup in France.

Rounding out the concert is *Suite number 1* from *Carmen* by Georges Bizet. It is hard to believe but the initial reaction to the opera *Carmen* was that it was a failure. It was not until after Bizet's sudden death a few months later, and the orchestration of a suite from it, that the work achieved popularity. Assembled by his friend, Ernest Guiraud, the work uses Bizet's orchestration of the *Prelude* to Act I, *Aragonaise*, *Intermezzo* from Act III, *Seguedille*, *Les Dragons d'Alcala*, and the ever popular *Les Toreadors*.

More information is available at [porttownsendorchestra.org](http://porttownsendorchestra.org).

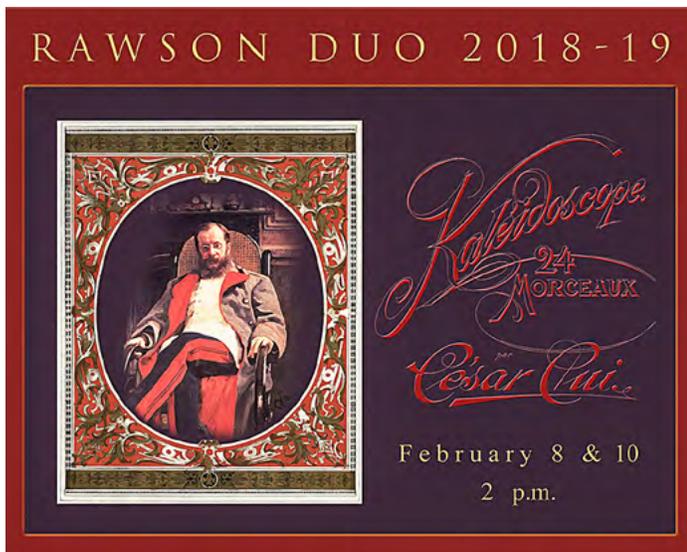
## Arts to Elders

This program is an outreach service of Northwind Arts Center in cooperation with Port Townsend’s five senior residential care centers. The programs are held at various locations each month, a center in Sequim is included for the first time this month. The public is welcomed at these free events. For further information call Northwind at 360-379-1086.

**Tuesday, February 12**, at 2:00 p.m. Singer, Songwriter Matt Sircely will perform at Avamere in Port Townsend, 1201 Hancock Street. Sircely’s musical interests span the worlds of folk and fiddle music, classic blues, country, swing, and bluegrass with innovative approaches to mandolin, guitar, and 4-string tenor guitar.

**Wednesday, February 13**, at 2:00 p.m. Judith-Kate Friedman is an award-winning songwriter and a folk/roots recording artist whose voice has been likened to Joan Baez. She will be performing at Suncrest Village, 251 South 5th Avenue, Sequim. Learn more at [judithkate.com](http://judithkate.com) and at [songwritingworks.org](http://songwritingworks.org).

## Music of Cesar Cui With Rawson Duo



Travel back to an age of Czars and Saint Petersburg prosperity. Forget the ravages of the twentieth century. Experience the musical imagination, intimacy, and expression of Cesar Cui’s *Kaleidoscope*, a rare and remarkable set of 24 violin and piano miniatures. Cui was a leading voice of the times whose life was as much about military tactics and fortifications as it was about fording a new path of Russian Nationalism in classical music.

The musical program, **February 8 and 10**, will be followed by a reception that will celebrate the classic cuisine of Saint Petersburg. Seating is limited and arranged through advanced paid reservations of \$25. Contact Alan or Sandy Rawson at 360-379-3449 (press 1 when anti-solicitation message begins). Mail checks to Dr. Alan Rawson at 10318 Rhody Drive, Chimacum 98325. The concert and reception are held at the Rawsons’ home.

## 2019 Spring Follies

**Sunday March 3rd**

**2:00 p.m.**

**Bay Club**

**Tickets \$14**

**At Beach or Bay Club**

- Chimacum H.S. Choir
- The Covers
- Port Ludlow Singers
- Hammered Dulcimer
- The Adorables
- Surprise Sing-A-Long

**Net Proceeds Benefit Chimacum H.S. Choir**

Steven Grant - 2019

The Follies will be presented on **Sunday, March 3**, at 2:00 p.m. at the Bay Club. Join your friends and neighbors while they perform music and songs for your enjoyment. Performing this year will be The Covers, another fun performance by the Adorables, the Port Ludlow Singers, and the Chimacum High School Choir. Also included will be a performance on a hammered dulcimer, a surprise sing-along, and the possibility of more entertainment by show time. In addition, there will be a bake sale before the show and at intermission as a fundraiser for the Choir’s trip to perform at Disneyland.

Tickets are available at the Bay Club, the Beach Club, and at the door. The cost is \$14 with all proceeds going to the Chimacum High School Choir. For more information, contact Cheryl Wheeler at 360-302-1096.

# Performing Arts Calendar

## Friday, February 1

Terry IIOUS and The Vagabonds have put together a stellar ensemble of well-known Flamenco and Latin musicians who have created fresh new acoustic interpretations of favorite classic and hard rock hits, all with an innovative Latin rhythm and sound, at Bremerton's Admiral Theatre, 7:00 p.m., 360-373-6743, [admiraltheatre.org](http://admiraltheatre.org).

## Fridays, Saturdays, Sundays – February 1 – 17

*Hello Muddah, Hello Faddah!*- a musical revue based on the lives of a couple from birth to early education, summer camp to marriage and parenthood. The show was nominated for an outstanding Off-Broadway musical, 7:30 p.m. with 2:00 p.m. Sunday matinees, 360-977-7135, [jewelboxpoulsbo.org](http://jewelboxpoulsbo.org).

## Saturday, February 2

Three beautiful women make up the classical crossover vocal trio *ViVA*, 7:30 p.m., Bay Club, Port Ludlow, 360-437-2208, [PortLudlowPerformingArts.com](http://PortLudlowPerformingArts.com). Further details in the January issue of the *Voice*.

## Saturday and Sunday, February 2 and 3

Port Townsends's Key City Public Theatre presents *Frozen Borders* which combines sculpture, visual art, imagery, and poetry around the subject of the United States southern border and those seeking asylum, 7:00 p.m., 360-385-5278, [keycitypublictheatre.org](http://keycitypublictheatre.org).

## Friday and Sunday, February 8 and 10

The Rawson Duo on violin and piano present *Kaleidoscope—music of Cesar Cui* followed by Sandy Rawson's reception celebrating the classic cuisine of Saint Petersburg, 2:00 p.m., advanced reservations of \$25 mailed to Dr. Alan Rawson, 10318 Rhody Drive, Chimacum 98325. Further details in Arts and Entertainment section of this issue.

## Tuesday, February 12

*Celtic Nights* captures the very essence of Irish history. Through music, song, and dance. Audiences will be taken on a journey with a people fighting for liberty, freedom, dignity and family, 7:00 p.m., Admiral Theatre, Bremerton, 360-373-6743, [admiraltheatre.org](http://admiraltheatre.org).

## Saturday and Sunday, February 16 and 17

Maestro Alejandro Torres leads the Bainbridge Symphony Orchestra in a concert entitled *Muses* with the acclaimed soprano Cyndia Sieden who will delight the audience with Strauss' *Four Songs, Op. 27*. The program will close with the extraordinary tales of Rimsky-Korsakov's *Scheherazade*, 7:30 p.m. (Saturday), 3:00 p.m. (Sunday) with a pre-concert chat a 2:15 p.m., 206-842-8569, [bainbridgeperformingarts.org](http://bainbridgeperformingarts.org).

## Saturday, February 23

With an impressive discography of nearly a dozen albums recorded since 2000, the *Smetana Trio* will present music by Rachmaninoff, Martinu and Dvorak, 2:00 p.m., Fort Worden's Wheeler Theater, Port Townsend Chamber Music Series, 360-385-3102, [centrum.org](http://centrum.org).

## Sunday, February 24

The Port Townsend Community Orchestra performs a "French Inspired" program with classical guitarist Saro Babikian and music by Bizet, Faure and Ravel, 2:00 p.m., Chimacum High School Auditorium, free, [porttownsendorchestra.org](http://porttownsendorchestra.org). Further details in Arts and Entertainment section of this issue.



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## Port Ludlow Art League

### Artist of the Month – Gary Griswold at the Port Ludlow Sound Community Bank



China Clipper, by Gary Griswold.

Gary Griswold shares the wonder of the Pacific Northwest through his paintings, capturing the elements of nature for his audience. Griswold prefers painting outdoors in natural settings. He's inspired by wind, temperature, and the scents of nature. In addition to painting, Gary builds scale models of classic boats. His models have been on display in Port Townsend galleries, the Port Ludlow Inn, and the Port Ludlow Art Gallery.

It was a natural progression for Gary to use his artistic skills to publish five books featuring his watercolors. They are available at the Port Ludlow Art League Gallery next to Sound Community Bank.

Gary's artwork will be on display at the Sound Community Bank during the month of February. His show features a variety of new seascapes, his grandchild at the ocean, mountain vistas, and the flying boat from the Aero Museum auction. The bank is located at the corner of Oak Bay Road and Osprey Ridge Drive in Port Ludlow.

You can meet Gary at the Port Ludlow Art League's Second Wednesday Reception on **February 13** in the lobby of the Port Ludlow Sound Community Bank from 4:00 - 5:00 p.m. and next door at the Gallery from 4:00 p.m. - 6:00 p.m. For more information, contact Art League President Carol Galvan at [carol.galvan@sbcglobal.net](mailto:carol.galvan@sbcglobal.net).

### Jeweler of the Month – Georganne Muse at the Port Ludlow Art League's Gallery

Georganne collected semi-precious stones for many years and one day decided it was time to do something with them. As a result, she purchased a book on creating artisan wire jewelry. She found the activity of turning colorful

stones into striking jewelry pieces came naturally. Aside from creating beautiful artwork, Georganne found that the repetitive movements of wire-wrapping put her in a pleasing Zen-like state, which is reflected in her jewelry.

Georganne's jewelry has been on display at the Port Ludlow Inn and the Port Ludlow Art League Gallery. Her current jewelry designs will be on display at the gallery in February.



Jewelry by Georganne Muse.  
Submitted photos

### Port Ludlow Bay Club Exhibition – Olympic Abstract Artists' Group

Throughout the month of February, enjoy the dynamic and exciting work of the Olympic Abstract Artists Group at the Port Ludlow Bay Club located at 120 Spinnaker Place.

Abstract art uses color, shapes, textures, lines, and patterns to design a composition that may creatively depict an actual image, idea, or pure imagination. The artwork on display covers a wide range of styles and techniques and represents the artists' life-long pursuits of artistry and visual expression.

Exhibiting artists include Eleanor and Jim Watson Gove from Port Townsend, Joanie Klorer from Bainbridge Island, and Ann Gagnier, Georganne Muse, Pamela Raine, Jackie VanNoy, and Patricia Webber of Port Ludlow.

### Linocut Printmaking with Leigh Knowles

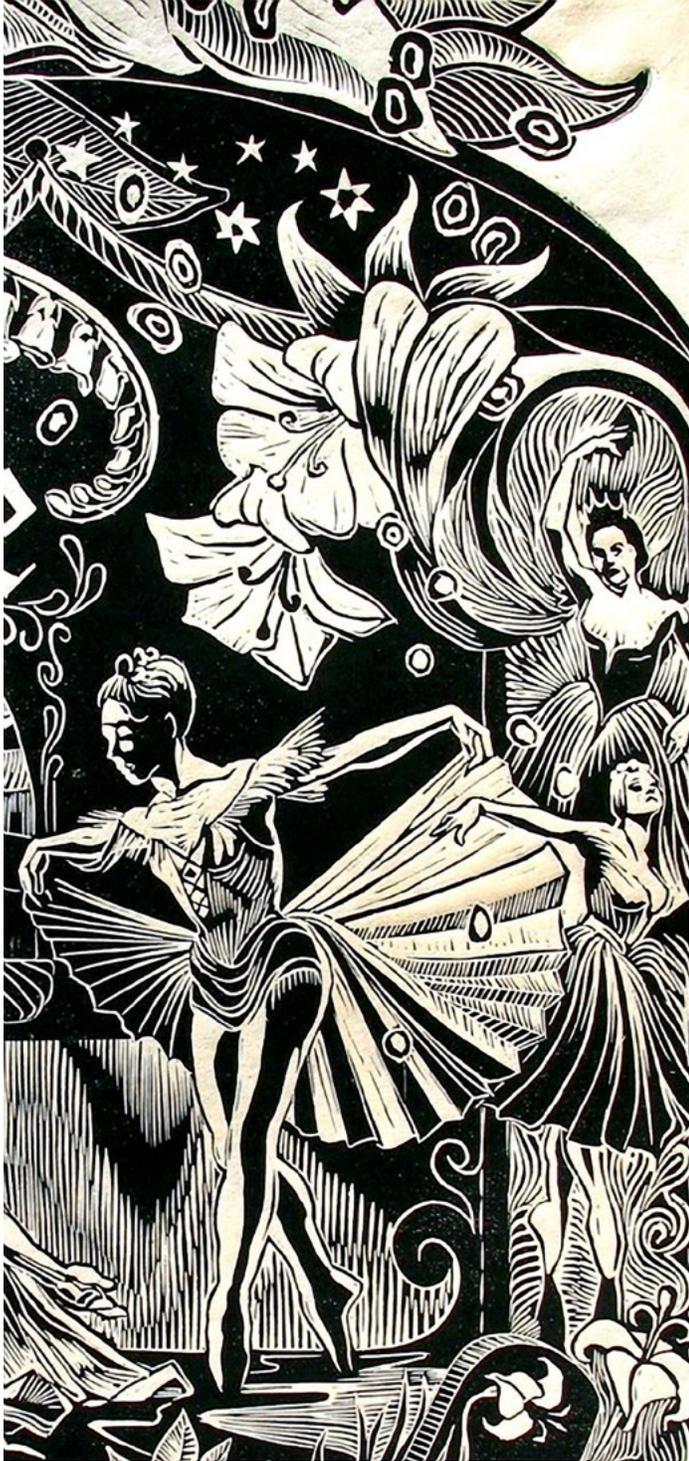
The Port Ludlow Art League is excited to welcome Leigh Knowles to its program meeting on **Wednesday, February 20**, 1:00 p.m., at the Port Ludlow Bay Club.

Leigh Knowles received her Bachelor of Fine Arts with an emphasis in Printmaking in 1981 from the University of Southern California. Four months later, she moved to Bainbridge Island to start a new life as an artist and teacher in the beauty of the Northwest.

She pursued a Master of Fine Arts in Printmaking and Drawing, graduating from Arizona State University in 1991. Leigh accepted a position at Bradley University in Peoria, Illinois, as the Director of Cradle Oak Press, a collaborative print research facility. She taught printmaking and drawing to undergraduates and at the graduate level until 1998 when she returned to the Pacific Northwest, settling in Poulsbo, Washington.

*PLAL Meeting* continued from previous page

Since 1981, Leigh has participated in 95 solo and juried group exhibitions. Her work can be found in numerous private and public collections and galleries including the Northwind Gallery in Port Townsend and Bainbridge Arts & Crafts.



Giselle by Leigh Knowles.

Submitted photo

The Bay Club is located at 120 Spinnaker Place. Guests are welcome to attend for a small fee of \$5. For information, contact Marti Mathias at 360-437-2704 or email her at [martimathias@wavecable.com](mailto:martimathias@wavecable.com).

## Northwind Arts Center

Northwind Arts Center presents “*Folded Space/Furled Geometries.*” Color and geometry fold and furl into a dance of painting and sculpture, with modern expressionist artwork from a studied abstract expressionist and a self-taught designer and maker. The retrospective work by abstract expressionist painter, Mary Lou Kostal, covers the 1950s through 2010. Paired with the new steel sculptural works of Kim Simonelli, the exhibit will be presented through **Sunday, February 24.**

Mary Lou Kostal began painting in the 1950s in New York City where she studied amidst the Abstract Expressionists. Her color palettes are reminiscent of Willem de Kooning and others who were painting and teaching at the time. She moved to the west coast in the 1960s settling on Bainbridge Island.

Kostal says, “Confronting a blank canvas or sheet of paper and thinking how I will bring an idea to life from the world within is very exciting to me. Manipulating, developing forms and colors and elaborating upon an emotion; this communication is directed from the same inner voice that produces a literary work or musical composition; a great philosophical thought or an invention.”

“Much of my work for a number of years has been inspired by the interplay of shadows and the skeletal forms of structures at construction sites. Other strong visual and emotional impacts on me are rock formations from monoliths to pebbles, great expanses of water and reflections in mud puddles, sunrises and sunsets, a single leaf, my garden and everyone else’s garden, and weeds.”

Kim Simonelli is fascinated by simple geometric shapes and the possibilities of combining basic curves, circles, and rectangles into an endless variety of complex three dimensional sculptures. “I create works that have a sense of energy and motion, while maintaining a sense of balance in the finished piece. There is a constant challenge to keep the finished artwork as simple as possible to preserve the geometric relationships and create a compelling sculpture.”

“My work process often begins with a drawing created on the computer. Details often evolve as I proceed with fabrication of the piece. A project may also start with nothing more than a quick sketch consisting of a few key lines and shapes. For a freestanding sculpture I may

*continued on next page*

*Northwind continued from previous page*

create a model to explore spatial relationships, just begin fabricating the piece from a drawing, or sometimes start with no preconceived idea.”

The opening reception and Art Walk will be on **Saturday, February 2**, from 5:30 - 8:00 p.m. An art talk by Kim Simonelli will be on **Sunday, February 3**, at 1:00 p.m. Exhibit hours are Wednesday through Monday, 11:30 – 5:00 p.m., closed Tuesdays. Northwind Arts Center is located at 701 Water Street, Port Townsend, 360-379-1086, [info@northwindartscenter.org](mailto:info@northwindartscenter.org).

## Inauguration of Jeanette Best Gallery at Northwind Arts Center

*Community Figures* is an exhibit presented by Northwind Arts Center and Quimper Arts member artists, past and present, with exhibits of drawings, paintings, and sculpture. The exhibit commemorates community figures who founded and were instrumental in growing arts organizations in Port Townsend. It especially honors Jeanette Best, Miriam Lansdon, and Sylvia White as founders of Northwind Arts Center, and other active figures in the Port Townsend arts scene for more than 25 years. The exhibit will inaugurate the new Jeanette Best Gallery and the annual Founders Day celebration.

Northwind Arts Center is located at 701 Water Street, Port Townsend, 360-379-1086, [info@northwindarts.org](mailto:info@northwindarts.org). The exhibition runs through **February 24**. The opening reception and Art Walk will be held on **Saturday, February 2**, from 5:30 – 8:00 p.m. Exhibit hours are Wednesday through Monday, 11:30 a.m. – 5:30 p.m. Closed on Tuesdays.

## Art Walks

Art walks are held in nearby communities on the following dates:

**Friday, February 1** – Bainbridge Performing Arts Gallery hosts an artist reception, from 5:00 to 7:00 p.m., for Marti Tumick Gwaltney, who has always had a passion for landscape paintings and drawings beginning with the 17th Century Dutch. Other galleries are open also.

**Friday, February 1** – It’s Sequim’s monthly Art Walk when the color to be wearing is red, 5:00 – 7:30 p.m., [SequimArtWalk.com](http://SequimArtWalk.com).

**Saturday, February 2** – Port Townsend Art Walk is from 5:30 to 8:00 p.m. Mingle with artists and see new shows in all the galleries. Northwind Arts Center’s show is called *Folded Space/Furled Geometries* with an Art Talk by Kim Simonelli on **Sunday, February 3** at 1:00 p.m.

**Saturday, February 9** – Galleries and shops along Front Street are open in downtown Poulsbo, where you can enjoy the shows, meet the artists, and enjoy festivities and refreshments, 5:00 – 8:00 p.m.





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# Village Council

## Board Meeting Summary

Our new County Commissioner, Greg Brotherton, was introduced to the Port Ludlow Village Council (PLVC) Board. He thanked Port Ludlow for supporting him in the election and promised to keep the community up-to-date on county decisions that will impact the Master Planned Resort including the new gun range ruling, Timber/DNR decisions from Olympia, as well as utility issues.

Diana Smeland reported that Port Ludlow Associates (PLA) is developing a remodeling component to its construction business as the demand has grown for this type of service in Port Ludlow.

The Trails Committee is searching for a place to store the riding mower and other trail maintenance equipment. Currently, PLA has graciously offered a space in their maintenance shop on the commons, but this location is temporary.

Ludlow Maintenance Commission (LMC) President Randy Deering reported that the Trails Agreement will be finalized by the LMC Board at their next meeting and thanked everyone involved for their hard work in completing the agreement details concerning rights-of-way, insurance, safety, and signage.

South Bay Community Association (SBCA) President Gil Skinner reported that the upcoming South Bay pancake breakfast would donate half the proceeds to Backpacks for Kids. He noted that there were several groups who had signed up various charities to benefit from these monthly events.

Treasurer Paul Hinton reported that the previous month's balance was \$28,247.18, with \$500 income. Expenses totaled \$659.16, leaving a December 31, 2018 balance of \$27,988.02.

## When the Lights Go Out

*by Danille Turissini, Director, PLVC Emergency Management*

There sure have been a lot of flickering lights and power outages this winter, to the point of becoming somewhat routine. As if on cue, when the lights go out, Port Ludlow Nextdoor predictably lights up with a stream of neighborly check-ins, similar to the last four months:

January 7 – **Power Outage Again??** *Just lost power in OT-1. Anyone else?? ...*

### Village Council Meetings

**General Meeting**  
**Thursday, February 7**  
3:00 p.m., Bay Club

**Workshop Meeting**  
**Tuesday, February 19**  
3:00 p.m., Bay Club  
*plvc.org*

December 20 – **Power Outage:** *We just lost power in Ludlow Bay Road . You? ...*

December 11 – **Power Out Again:** *Power is out on Resolute ...*

November 21 – **Power Outage:** *Anyone else lose their power a few minutes ago? I'm on Goldfinch Lane ...*

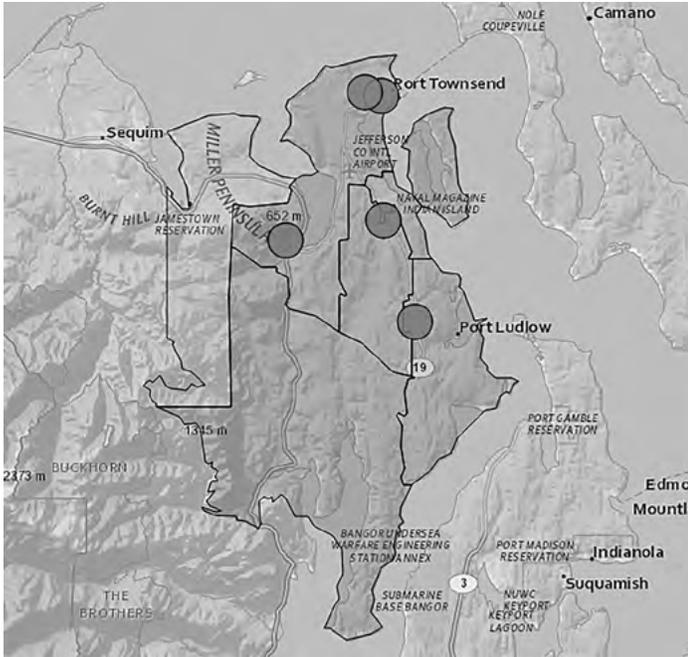
November 2 – **Power Out:** *We just lost power on Mockingbird Lane. Anyone else?... Yeah, it's out on Fairwind as well ... Montgomery Lane is out ... Ludlow Cove Cottages too! ... Timber Heights also ...*

Just as predictable and, I must add, dependable are the official NIXLE notifications from our Jefferson County Emergency Operations Center (JEFFCOEOC); the scanner reports from the citizen Facebook group, Jefferson County WA Emergency, Traffic Incidents Announcements and Discussion; 91.9 KPTZ FM emergency broadcasts; and citizen updates on the Jefferson PUD outage maps, among others.

We're very fortunate to have so many sources of information. Thankfully, our PUD crews were able to fix this season's outages in relatively short order. For most residents, the outages presented a mere inconvenience that was soon forgotten when the power returned. Sometimes it seems so mundane that it makes me wonder if we're missing something. It begs the question: how might these pesky short-term outages be preparing us for something more significant?

What if our next outage isn't due to a windstorm or other short-term cause but is the result of a catastrophic disaster that knocks out power, indefinitely, for months?!

*Lights continued from previous page*



*East Jefferson County PUD Online Outage Map, Friday, November 2, 2018.*

Submitted photo

I know; it’s hard to imagine such a scenario when you live in a “resort,” but the threat of a long-term power outage in Port Ludlow and Jefferson County is very real. Many of our communities are all electric or a combination of propane, gas, and electric. What do we do if power is interrupted for months? What can individuals or neighborhoods do to prepare for communication, heating, and cooking without normal utility power?

All these questions and more will be answered at “When the Lights Go Out” seminar, presented by Mark Bauserman, and associates, on **Saturday, February 2**, from 2:00 -5:00 p.m., at the Beach Club. Mark is a volunteer with the Jefferson County Department of Emergency Management and a member of the Local 2020 Jefferson County Neighborhood Prep (NPREP) Committee.

The seminar, hosted by the PLVC Emergency Management (PLVC-EM) and sponsored by the Ludlow Maintenance Commission (LMC), will be offered free of charge. Seating is limited. Registration is not required, but those who do register will be guaranteed a seat. Register today at [bit.ly/WhenTheLightsGoOutReg](http://bit.ly/WhenTheLightsGoOutReg).

If you’re planning to attend, please come prepared with knowledge of the size of your electrical service (found on the main breaker of the household electrical panel) and the size of any liquid propane tanks you might have serving appliances, such as hot water heaters, dryers, stoves, heating furnaces, or fireplaces. Please email [nbneighborspl@gmail.com](mailto:nbneighborspl@gmail.com) if you have questions or need more information about the seminar.

Visit [plvc.org/plvc-committees/emergency-management](http://plvc.org/plvc-committees/emergency-management) to learn more about the work of the PLVC-EM and to download or request a free print copy of the Think-Plan-Do! Repeat Guide to Individual and Neighborhood Preparedness.

## Meet Your Village Council Board

*Each month you will be introduced to a different Port Ludlow Village Council Board member.*

### Tamra McDearmid, (2012-present)

Tamra’s roles on the Village Council have included the duties of Vice President, Secretary, and chairperson of the Administration, Communications, Elections, and Movie Night committees.



*Tamra McDearmid.*

Submitted photo

She learned about civic and community responsibilities early in life holding leadership roles in elementary through graduate school. She earned her master’s degree in Public Administration with an emphasis in Organizational Development in 1976.

Tamra made a career of public service in two states working for the California Education Department and Oregon’s Land Conservation and Development Commission. She retired after serving 10 years as the Registrar for The Lindsey Wildlife Museum in the San Francisco bay area.

She enjoys reading, gardening, creating birdhouses, and jewelry. She and her husband, Dave, enjoy living in Port Ludlow surrounded by water and forest. They have three sons and two grandchildren.

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# Village Activities Calendar

*Events are open to everyone in the community unless they are specified for members only, or are for a special interest group.*

## February 2019

### Fri., February 1

8:30 – 10:30 a.m., SBCA Pancake Breakfast, Bay Club  
10:30 – noon, Adorables rehearsal, Beach Club

### Sat., February 2

2:00 – 5:00 p.m., Power Outage Seminar, Beach Club  
6:15 p.m., PLPA Season Ticket Holders/Underwriters check in for “ViVA”  
6:30 p.m., General Admission, “ViVA”  
7:30 p.m., PLPA presents “ViVA” in concert, Bay Club

### Mon., February 4

9:00 a.m., NBLOA Board meeting (members), Beach Club  
10:30 – noon, Adorables rehearsal, Beach Club  
4:30 – 8:00 p.m., Ludlow Village Players rehearsal, Bay Club  
5:30 – 8:00 p.m., Dine & Discover, Bay Club

### Tues., February 5

9:00 – 11:00 a.m., PLVC Trails Committee, Beach Club

### Wed. February 6

11:00 – 1:00 p.m., First Wednesday Luncheon, Bay Club  
4:30 – 8:00 p.m., Ludlow Village Players rehearsal, Bay Club

### Thurs., February 7

10:00 – 11:30 a.m., Line Dancing, Bay Club  
1:00 – 3:00 p.m., KnitWits, Beach Club  
3:00 – 5:00 p.m., Blue Bills, Bridge Deck  
3:00 – 5:00 p.m., PLVC Board meeting, Bay Club  
4:30 – 8:00 p.m., Ludlow Village Players rehearsal, Bay Club

### Fri., February 8

8:30 a.m., Hiking Group departs for Gold Creek/Green Mountain, Bridge Deck  
9:30 – 11:30 a.m., SBCA Board meeting (members), Bay Club  
10:30 – noon, Adorables rehearsal, Beach Club  
5:30 -7:30 p.m., SBCA Members Monthly Social, Bay Club  
6:30 – 8:30 p.m., LVP Anything Goes, Beach Club

### Sat., February 9

12:30 p.m., Sign-in for PLVC Seminar  
1:00 – 4:00 p.m., PLVC End of Life Advance Planning Seminar, Beach Club

### Mon., February 11

9:30 – noon, DigitalLife Photo Editing, Bay Club  
10:30 – noon, Adorables rehearsal, Beach Club  
Noon – 1:30 p.m., DigitalLife Board meeting, Bay Club  
4:30 – 8:00 p.m., Ludlow Village Players rehearsal, Bay Club

### Tues., February 12

9:30 – 10:30 a.m., Facilities Committee meeting, Bay Club  
1:00 – 3:00 p.m., SBCA Finance Committee meeting, Bay Club  
6:30 – 8:00 p.m., Martha’s Book Club, Bay Club

### Wed., February 13

10:00 – noon, Tizzano Seminar, Bay Club  
11:00 a.m., Garden Club Luncheon, Bay Club  
4:00 – 6:00 p.m., Artist of the Month Reception at Sound Bank and the Art Gallery  
4:30 – 8:00 p.m., Ludlow Village Players rehearsal, Bay Club  
6:30 – 8:30 p.m., LVP Anything Goes, Beach Club

### Thurs., February 14

10:00 a.m., PLDD general meeting, Fire Station  
10:00 – 11:30 a.m., Line Dancing, Bay Club  
Noon – 8:00 p.m., Hands on Clay, Bay Club

### Fri., February 15

9:00 a.m. – 3:00 p.m., Hands on Clay, Bay Club  
9:30 – 11:30 a.m., SBCA ARC meeting, Bay Club  
10:30 – noon, Adorables rehearsal, Beach Club  
4:30 – 8:00 p.m., Ludlow Village Players rehearsal, Bay Club

### Mon., February 18

10:30 – noon, Adorables rehearsal, Beach Club  
4:30 – 8:00 p.m., Ludlow Village Players rehearsal, Bay Club  
6:00 - 7:30 p.m., DigitalLife All Things Apple workshop, Bay Club  
7:00 p.m., Port Ludlow Bookworms, Bridge Deck

### Tues., February 19

11:00 a.m. – 1:00 p.m., Fly Fishers General Meeting, Bay Club  
12:30 p.m., Senior Singles lunch at Yacht Club Broiler, Silverdale  
1:00 – 3:00 p.m., KnitWits, Beach Club  
3:00 – 5:00 p.m., PLVC Workshop, Bay Club  
5:00 – 8:00 p.m., SBCA Free Movie Night, Bay Club  
6:00 – 8:45 p.m., LVP Reader’s Theatre, Beach Club

### Wed., February 20

10:30 – noon, Adorables rehearsal, Beach Club  
1:00 – 3:00 p.m., Art League meeting, Bay Club  
3:00 – 5:00 p.m., PLPA Board meeting, Bay Club  
4:30 – 8:00 p.m., Ludlow Village Players rehearsal, Bay Club  
5:00 – 7:00 p.m., LMC Wine and Cheese Social (members), Beach Club  
6:30 p.m., Men’s Book Club, Bay Club

### Thurs. February 21

10:00 – 11:30 a.m., Line Dancing, Bay Club  
10:00 – noon, Stamping and Paper Arts, Bay Club  
1:00 p.m., LMC Board meeting (members), Beach Club

### Fri., February 22

8:30 a.m., Hiking Group departs for Maple Valley/Steam Donkey Loop, Bridge Deck  
10:30 – noon, Adorables rehearsal, Beach Club

### Sat., February 23

Noon – 5:00 p.m., Ludlow Village Players rehearsal, Bay Club  
6:00 p.m., North Bay Potluck/Talent Show (members), Beach Club

### Mon., February 25

9:30 – noon, DigitalLife Digital Camera Group, Bay Club  
10:30 – noon, Adorables rehearsal, Beach Club  
4:30 – 8:00 p.m., Ludlow Village Players rehearsal

### Tues., February 26

9:30 – 11:00 a.m., SBCA Communications, Bay Club  
2:00 – 3:00 p.m., Spring Follies rehearsal, Bay Club

### Wed., February 27

10:30 – noon, Adorables rehearsal, Beach Club  
4:30 – 8:00 p.m., Ludlow Village Players rehearsal, Bay Club  
6:30 – 8:30 p.m., LVP Anything Goes, Beach Club

*continued on next page*

*Calendar continued from previous page*

**Thurs., February 28**

- 10:00 – 11:30 a.m., Line Dancing, Bay Club
- Noon – 8:00 p.m., Hands on Clay, Bay Club
- 6:30 p.m., DOT Forum, Beach Club
- 4:30 – 8:00 p.m., Ludlow Village Players rehearsal, Bay Club

**Future Events:**

- Sunday, March 3, Spring Follies, Bay Club
- March 18 to 20 – Red Cross Wilderness First Aid Course



## The Year in Review

### In 2018

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Average Sales Price was \$402,048

4.5% increase over 2017

Average Sales Price was 98.7% of the List Price

Average Time on the Market was 89 Days

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no later than the 10th of the preceding month.

✳ Denotes Beach Club members-only activity

## Update from the Manager

by Brian Belmont, General Manager

As we transition into the new year, I need to first touch on two 2018 events. On December 20, Ludlow Maintenance Commission (LMC) members were given the opportunity to ratify or vote down the 2019 Budget that the board of trustees had approved in November. The final vote count was 222 in favor of the budget and 12 opposed. The 2019 Budget was approved.

The second 2018 item was LMC's fourth annual Polar Plunge that was held on Saturday, December 29. In previous years, we have had colder temperatures but no wind. This year the air temperature was in the mid-forties but it was windy, which made it feel pretty chilly as we were standing on the outdoor pool deck waiting to make the big plunge. The water temperature this year was in the low-forties. This made for a quite invigorating event. Our group of plungers was smaller than past years with only 10 participants, but we were a hardy bunch. Our youngest plunger was 7 years old and our most senior was 76. As usual, we had more spectators than participants, but I believe a good time was had by all.

Moving on to 2019, LMC is hosting a Wine and Cheese social event at the Beach Club for our North Bay members. This event will be held on **Wednesday, February 20**, from 5:00 to 7:00 p.m. There isn't a pre-event signup, so just come on down.

On **Saturday, April 20**, LMC will be holding its Annual Membership Meeting at the Beach Club. Three of nine board of trustee positions will be open for election. Two elected trustees will represent lot owners and one will represent condominium owners. All three positions are for three (3) year terms. Completing their terms of office in April are Allan Kiesler and Ginny Munger; the third position has been open since last fall when Carol Ann Armagost resigned from the board after selling her North Bay home.

We encourage knowledgeable candidates who have an appreciation for our democratically-run association to run

## Important Dates

### LOA Meeting

**Monday, February 4, 9:00 a.m.**

Email: [portludlowloa@yahoo.com](mailto:portludlowloa@yahoo.com)

Sign up for the *LOA Bulletin* by emailing the above address

### LMC Board Meeting

**Thursday, February 21, 1:00 p.m.**

Phone: 360-437-9201

E-mail: [beachclub@olympus.net](mailto:beachclub@olympus.net)

Sign up for the *Navigator* online at the above address

Visit [lmcbeachclub.com](http://lmcbeachclub.com) for complete information

All LMC members are welcome. ✳

for the open positions. Candidates who have had prior experience by serving on an LMC committee or who are familiar with LMC governing documents and policies are particularly encouraged to become involved. Further information about the association and trustee duties may be found in the current version of the LMC Bylaws available on the website, [lmcbeachclub.org/](http://lmcbeachclub.org/), or at the Beach Club office. Volunteers serving on the board of trustees find that the obligation requires an average of 10 to 20 hours per month, including attending monthly board and workshop meetings and acting as a representative on one or two committees.

If you are an LMC member interested in running for the board, please submit a biographical summary for inclusion in the mailing packet that will be sent to all LMC members with the annual meeting ballot. We ask that candidates limit their summary to 300 words and that it be single-spaced. Please submit your biographical information by **March 15, 2019**. Send it by email to [beachclub@olympus.net](mailto:beachclub@olympus.net), deliver it to the Beach Club, or mail it to PO Box 65060, Port Ludlow WA 98365. Include background information about yourself such as education, training, occupational experience, prior experience in a homeowner association, involvement in LMC committees or participation in other Port Ludlow groups. Consider sharing your perspective concerning the issues facing the LMC and how you might contribute to its future.

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).

## North Bay Lot Owners Association

The North Bay Lot Owners Association (NBLOA) is a volunteer community group committed to serving the home/lot owners of the Ludlow Maintenance Commission (LMC). The LMC is the North Bay's homeowners' association while the NBLOA is strictly a volunteer organization that is not financially supported by your annual LMC dues but receives funds through special events and services. As an entity, we continually strive to enhance the enjoyment of our community through service commitments such as the annual community Garage Sale, summer Concerts on the Lawn, Yard Waste Pickups, Breakfast with Santa, and Welcoming Committee.

This past Christmas, NBLOA volunteers initiated the holiday spirit at the Beach Club by creating and leading the installation of new holiday decorations for our whole community to enjoy. For many years, NBLOA has organized the popular Breakfast with Santa event. This December, Breakfast with Santa provided the pancake breakfast plus crafts and carols and entertained over 80 children and parents, preparing them for the happy arrival of Santa bearing gifts for each child.

Next on the calendar is the Easter Egg Hunt on **Saturday, April 20**. That will be followed by the spring Yard Waste Pick Up, and then in May, the very popular Garage Sale held at the Beach Club. Summer brings Concerts on the Lawn with hot dogs and music.

The NBLOA "North Bay Blast" is an email that provides announcements and publicity for community events. Anyone not currently receiving blasts can sign up by emailing [PortLudlowLOA@yahoo.com](mailto:PortLudlowLOA@yahoo.com).

Volunteers are always welcome. Please contact Jamie Bima at [jamiebima673@gmail.com](mailto:jamiebima673@gmail.com) or 360-437-9335. ☼

## Welcome New Neighbors

The Ludlow Maintenance Commission no longer publishes the names of our new neighbors for privacy reasons. However, we do want to say welcome; we are very glad that you are here. Welcome to our North Bay neighborhood!

## North Bay Potlucks Talent Night

Join your friends and neighbors at 6:00 p.m. on **Saturday, February 23**, for our monthly potluck. Returning for their seventh performance will be the Adorables, a group of 25 talented and cute local women, presenting their new musical production *Happy Hours*, written and arranged by our own Nancy Bonderson.

Sign up at the Beach Club to bring an appetizer, a salad, or a main dish. Dessert will be provided. Bring tableware and BYOB if you wish. Participate in all this fun and entertainment for only \$3 per person.

To be part of the Adorables, contact Nancy Bonderson at 360-554-0470, or [ottoellen@gmail.com](mailto:ottoellen@gmail.com). To sign up to volunteer to help at the event or for more information, contact Fran Bodman at 360-437-5110, or [franbodman11@gmail.com](mailto:franbodman11@gmail.com). ☼

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# Bay Club/South Bay News

Submit your articles to Janet Force, 360-437-0419,  
or by email to editor@plvoice.org  
no later than the 10th of the preceding month.



Denotes Bay Club members-only activity.

## Staying In Touch

by Heather Ullman, SBCA Staff Member

Do you sometimes feel “out of the loop” as to what is going on at the Bay Club? You may be a brand-new resident in Port Ludlow or perhaps have lived here for quite some time. The South Bay Community Association (SBCA) Board and Staff at the Bay Club are committed to helping the residents of the sixteen villages located within the jurisdiction of the Bay Club to feel welcomed and informed. Everyone should be aware what SBCA membership entitles them to and the many opportunities for involvement in our wonderful community.

When a home is sold, the escrow company handling the sale notifies us and provides us with the name of the new owner. We then send a letter to the new owner welcoming them and asking them to stop by the Bay Club to pick up a New Member Packet. This packet contains a variety of interesting and important information. It also contains some forms that need to be filled-out and returned to the Bay Club, so that we can be sure we have the correct contact information for you, so that SBCA will be in compliance with the laws that require notification to be sent by mail for our annual meeting. It is also important to provide us with emergency contact information.

The other form included in the New Member Packet is a release form for each resident of your home. It is very important that we have a release on file for each person in order for them to use the Bay Club facilities.

Occasionally, the escrow company does not advise us of a sale, and we are surprised when a new member walks in and announces their arrival. Unfortunately, sometimes they never come in and we are “in the dark” until the former owner complains when they receive the invoice to pay their quarterly dues.

The best way to keep up to date on what is happening at the club is to sign up for “Constant Contact” and receive email blasts that our manager, Mark Torres, sends out. One of the forms in the New Member Packet has a place where you can sign up for this service. Of course, you can

## SBCA Important Dates

**Monthly Board Meeting**  
**Friday, February 8, 9:30 a.m.**

To keep informed of SBCA Activities & Events, please visit  
[plsbc.org](http://plsbc.org), [bayclub.weekly.com](http://bayclub.weekly.com) or  
follow us on Facebook - Port Ludlow Bay Club

All SBCA members are welcome. 

simply call or stop by the club and make the request for this service. These eblasts may save you a trip, if you come to swim when the pool is closed for repair or service. It’s even more disappointing to bring grandchildren to swim if the pool is closed, or it is Adult Only Swim; avoid having all those tears from the little ones. Also, by receiving what might be a last-minute eblast notice you won’t ever miss out on some really special event you might be interested in attending or being frustrated by making a trip to the club when an event has been cancelled.

The other issue that I would encourage you to remember is whenever you have a change in any of your contact information or a change in members of your household, please so advise us.

With your help in staying in touch with us, we can stay in touch with you; and you won’t ever feel “out of the loop” again!

## SBCA and Backpacks for Kids find Success!

by Gil Skinner, SBCA President

The first Friday of every month the South Bay Community Association (SBCA) Board sponsors a community pancake breakfast. Groups that choose to help put on the breakfast are entitled to designate a local charity to receive a portion of the net proceeds from the event, plus having another portion of the net proceeds go to offset their organizations fees if they are a Bay Club user group.

The January 4th pancake breakfast was designated for Chimacum Backpacks for Kids (CBFK). This organization furnished a number of volunteers who worked checking people in, clearing tables, helping with food, and clean up. There were 78 people at the breakfast from all areas of the Port Ludlow community. Backpacks for Kids also had staff at a table with promotional literature on their organization. The overall benefits are as follows: SBCA wrote a check

*continued on next page*

*Backpacks continued from previous page*

for approximately \$245; CBFK received an offset on fees of approximately \$245; plus, CBFK received approximately \$350 in other donations.

Total benefit to Chimacum Backpacks for Kids was in excess of \$800. Below are comments from some of the CBFK volunteers:

“We got several “thank yous” from attendees about our work to help kids. Got lots of good comments as well on how excellent the pancakes and bacon were. Several people said they plan to come every month to help charitable organizations and get pancakes as an added benefit.” (Jan Eddy, Chimacum Backpacks for Kids)

“We were thrilled with the generous donations we received throughout the morning and were happy to be the “test” charity for the community pancake breakfast event. Kudos to all that made it a successful morning. A community outreach/education opportunity the CBFK volunteers enjoyed while surrounded by the delightful aromas of pancakes and bacon!” (Marilyn Chadwell, Backpacks for Kids)

The SBCA Board joins in thanking the community for a successful event, and we are looking forward to the future.

**Friday, February 1** is the date for the next breakfast. The Community Wellness Project, [jccwp.org](http://jccwp.org), is the designated charity and Port Ludlow Garden Club will assist SBCA members with the work of the breakfast. We hope you will join us from 8:30 to 10:30 a.m. For just \$10 you can enjoy pancakes, bacon, fresh fruit and juices, and help raise money for a good cause. Tickets are available to purchase at the Bay Club and on Brown Paper Tickets.

Contact Mark Torres [bayclub@cablespeed.com](mailto:bayclub@cablespeed.com) for information on how your community group can participate in the Pancake Breakfast at the Bay Club.

## Resistance Tubes - Why Should You Use Them?

*by Dean Rosenthal, Guest Writer*

As our Bay Club Fitness Center has evolved, a new area has been created for floor exercises, stretching, and another form of resistance training—the utilization of resistance tubes. Many adults over the age of 70 do not exercise at all. Even those who work out daily often omit strength training and go straight to walking or another form of cardio. But the best form of exercise is a combination of cardio exercise plus balance, flexibility, and strength training. According to The American College of Sports Medicine and the American Heart Association, seniors (65 and above) should aim to exercise at least 150 minutes

or 2 1/2 hours per week and should incorporate resistance training at least twice a week. No matter what some people might insist, weights are not the only way to build muscle. Weights are effective because they add resistance. Resistance tubes also provide resistance, meaning they also can help you build muscle.

The concept of resistance tubes is pretty simple, but it is extremely effective at improving strength and endurance. Along with increasing stamina, flexibility, and balance, their use will also help reduce the chance of falling. A combination of the tubes and free weights, for example, shows significantly greater results compared to using free weights alone. Ultimately, to improve your overall body composition, don't just rely on one or the other. Use a mixture of resistance tubes, free weights, and machines to give yourself a great workout.

Unlike weights, resistance tubes don't rely on gravity to provide the resistance. This means that the body can move and expand the range of motion in certain exercises. Don't be fooled; though they make a great tool for novices and those recovering from injury, resistance tubes provide an intense workout for people at any fitness level. Young or old, beginners or experts, resistance tubes will work for everyone. With a variety of resistances—light, medium and heavy, it is easy to adjust the intensity level. Exercising with resistance bands or tubes is an excellent way for you to begin strengthening if you have never done any strength training.

Resistance tubes are used extensively in physical therapy and rehabilitation; they can be a very safe and effective part of every fitness program. They are made of strong elastics that can be utilized to exercise all parts of the body. They are easy to learn to use, and they allow you to create a remarkable range of exercises. Resistance tubes are one of the most versatile strength-training tools out there.

A notebook of possible exercises is conveniently located on the wall in the Bay Club's floor exercise area and, of course, the web offers many exercises with videos. Consulting your doctor or physical therapist prior to starting your program may be prudent.

Next month I'll tell you about many other benefits you get from using resistance tubes.

## New South Bay Members

New members will not be listed in the *Voice* at present. However, you are heartily welcome! Going forward, when new members receive their welcome packets, they will have the opportunity to be listed if they wish.

# Here it Comes, and You're Invited!



Come to the South Bay Community Association (SBCA) Members Monthly Social on **Friday, February 8**, from 5:30 to 7:30 p.m.

By popular demand, the SBCA will sponsor a Chili Cook-off. We hope to get 10 - 12 chili makers to participate. Volunteers will prepare their best chili for tasting. All chili-chefs will receive a gift; special prizes will be awarded for first, second, and third places. The judges are everyone who takes a sample of the chili. Each chili will have an assigned number and people will write the number of their favorite chili on a ballot and place it in the "chili-pot" to be counted.

To participate and receive details about the procedures, email Barb at [bjskinner48@gmail.com](mailto:bjskinner48@gmail.com) before **Tuesday, February 5**. The number of chili-chefs may need to be limited to the first 12 people who say, "I'm in!" Register early so you will be able to participate because 10 - 12 samples of chili may be a challenge for our taste buds.

For the non-chili cooks, there is still fun in store for you. Bring your favorite appetizer and join in the fun. In keeping with the chili theme, you might want to bring some condiments that support chili, such as small corn muffins, crackers, shredded cheese, diced onions, sour cream, or corn chips. Beverages will be available for purchase. ♣



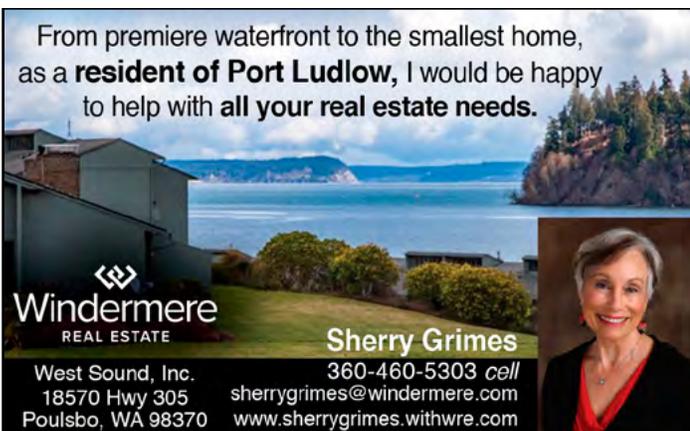
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# Sports & Games

## Journey of a Lifetime

by Mike Raymond, Guest Writer



*The Dogleggers, Elaine and Mike Raymond, begin their journey.*  
Submitted photo

They say a journey begins with one step. This was true of what would be, and will be, the hiking journey of our lifetime. In fact, the 1,817 miles we traversed on the Pacific Crest Trail (PCT) would be about 4-million steps...so far.

Who could be so crazy to try this? Elaine and I, aka “The Dogleggers,” have climbed Denali almost twice, summited Mount Rainier on our first anniversary, hiked the 90 plus miles around Mount Rainier in a week, and scrambled to the top of 28 of the USA’s state highpoints. Not so crazy, my friends? Well, as Elaine says, “Our best adventures may be your worst nightmares!”

Except for the daily discomfort of a sciatic nerve in my leg, we completely enjoyed the 108 days of wilderness camping in our snug little two-person tent. We carried our lives on our backs the whole distance, an average of 18 to 20 miles a day. Resupplies were purchased every five to seven days in mostly remote camps and towns, the five nights of soft beds in “trail towns” were welcomed, too.

Our journey began with years of planning and four months of packing. The trek begins on this side of the Mexican border fence near Campo, California. The trail traverses

700 miles of beautiful desert before climbing into the Sierra Nevada mountains. Our trip would then wind more than 800 miles through the High Sierra to Interstate 5 and Dunsmuir, where we would jump ahead to Crater Lake due to extreme temperatures, fire closures, and areas of smoke. Gentle Oregon, along with its many beautiful lakes and ponds (populated with oodles of mosquitoes) finally brought us to Mount Hood and down to the Columbia River at Cascade Locks, where my hindsaid said, “No more! No more!”

We will return to California in spring 2019 to complete the 350-mile section we skipped, and also the 500 miles from Stevenson, Washington to Manning Park in British Columbia. That will be completed by summer’s end 2019. Then we will proudly claim, “We finished the PCT!”

For more information on the hike check out:  
[Mike-and-elaine-raymond.org](http://Mike-and-elaine-raymond.org).

## Port Ludlow Hiking

Unless otherwise noted, hikers meet at the Bridge Deck at 8:15 a.m. to arrange carpools, get directions to the trailheads, and depart at 8:30 a.m.

### Friday, February 8 – Gold Creek/Green Mountain

This is an easy/moderate hike of approximately 5 miles to climb the second-highest peak on the Kitsap Peninsula. A 1,000 ft. elevation gain is rewarded with good views of the Salish Sea and Seattle skyline. Information: Gary Hicks 510-566-2401.

### Friday, February 22 – Maple Valley/Steam Donkey Loop

Hike the loop trails at the Dosewallips State Park near Brinnon. The group will walk about five miles at an easy to moderate pace. On a sunny day, enjoy the sun-drenched moss on the maple trees. Consider stopping at the Halfway House for pie on the way home. Information: Merrily Mount 360-437-9308.

### Every Wednesday: Timberton Loop

Walk the 4.5 mile Timberton Loop. Enjoy the views of the Olympic Mountains. Meet at the parking lot trailhead on Timberton Road at 9:00 a.m.

For more hiking information and pictures of previous hikes to these and other destinations, check out [portludlowhikingclub.com](http://portludlowhikingclub.com).



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

**Dave Peterson Tile & Stone.** 35 years' quality service. Kitchen & bath specialist. Master stone setter. General contractor. Modeled cement showers. In-floor heated ADA showers. Neat & clean. Local references. Lic#CCDAVEPPT943DW. 360-681-2133.

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**Professional Tile & Grout Cleaning/Sealing.** Clean Grout Northwest, regrouting, re-caulking. Cleaning & sealing, ceramic, porcelain, natural stone. Licensed, bonded, insured. Lic#GROUTGN905DJ, 360-621-1730. [cleangROUTNW.com](http://cleangROUTNW.com).

**40% Off Blinds by Graber** Call for Free in-home consultation 360-437-2060. Dana Pointe Interiors, Port Ludlow Village Center [info@danapointeinteriors.com](mailto:info@danapointeinteriors.com).

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**Professional House Cleaning.** Please call Maria Carmen, 360-301-5975 or 360-302-0909. Email: [arceo.maria@yahoo.com](mailto:arceo.maria@yahoo.com).

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**Handyman.** Pressure Washing, I use an environmentally Green safe soap. Garbage disposal, Faucet, Light fixture, Ceiling fan and Bath fan replacement. Faulty outlet or Switch replacement or maybe something else? Give James a call @ R&M Services 360-301-2683. Residential Repair and Maintenance Lic# RMSERS\*835B3. Bonded and Insured. [randmservicesrm@gmail.com](mailto:randmservicesrm@gmail.com), Port Ludlow Resident.

**Window washing**, gutter, cleaning, pressure washing, deck refinishing, painting, weedeating, yard work, and more! Hawkes Beautification Services, Enrich Your World. Port Ludlow Resident. Call Zach Hawkes, 916-225-6569.

**Downsize for Inner Peace.** Personalized solutions for relocation planning, space editing, organizing, private sales of select items, or entire estates. I work with you to honor privacy, reduce stress, and find joy. Licensed, bonded, insured. 508-284-0078. [lisa@lisabmartin.com](mailto:lisa@lisabmartin.com).

**General power washing** - Deck, driveway, walkway, etc. Also, general yard work, trimming, flowerbed, bark, and hauling away. Residential and commercial. I'm licensed. Please call Ramiro at 360-710-7921.

**Sunrise Home Pros, Inc.** Let us keep your home looking beautiful. Exterior painting, roof and gutter cleaning, window cleaning, mildew protection, moss removal, landscaping. Annual maintenance protection programs. Responsive, on-time, A+ BBB rating. Licensed, bonded, insured. 1-844-464 (PROS) -7767, [sunrisehomepros.com](http://sunrisehomepros.com).

**Clearview Blinds Sales, Installations Repairs** 360-774-2658. Call today for Free Estimates. Blinds can be dropped off at Dana Point Interiors for repairs. Port Ludlow Village Center.

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

**Medical Navigator and End of Life Support Specialist.** 40 years of experience. You or your loved one deserves the best. Contact me for a free confidential session and hard copy information. Laurene, 360-393-2259.

**Severn Carpet Cleaning.** Quality at a reasonable rate. Professional equipment. Call Jerry, 360-301-3864. Pleasing you pleases me!

## LANDSCAPE & YARD SERVICES

**Full Service Yard Care.** Based in Port Ludlow. Mowing, weeding, & more. Excellent references. Call Mike at Soundscape, 360-774-1421.

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**Artistic Landscape Creations** - Specializing in all facets of landscape construction including landscape design and installation. Please visit our website at [artisticlandscapecreations.net](http://artisticlandscapecreations.net). Licensed, Bonded, and Insured for your protection. Lic. # ARTISLC842DQ. Ken Taylor 360-316-6107.

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**William's Tree Work** - Felling, removal, storm clean up, view enhancement, habitat creation. Licensed, Bonded, Insured. Lic# WILLITW834DU, 406-599-6868 Will Brinker Owner Operator locally based in Quilcene, [williamstreework.com](http://williamstreework.com).

**Severn's Services.** Pressure washing, hedge trimming, power blowing, gutters. Big or small, give Jerry a call! Licensed/references. 60-301-3864.

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**Marina Market, Poulsbo.** Imported groceries, candy, cheese, beer, pickled herring, tinned fish, mackerel, bacon, sausages, chocolate, black licorice, breads, & cookies from Scandinavia, Holland, Germany, Russia, Bulgaria, Latvia, UK, & Indonesia. [marinamarket.com](http://marinamarket.com). 888-728-0837.

**Rhododendrons & azaleas.** Blooming, large, ready to plant, assortment of other shrubs and plants. 100s to choose from, \$35 each. 151 D Street, Pt. Hadlock, 360-302-0239.

**Goodyear opens a tasting room in Port Ludlow.** Taste great wines from Washington State and take them home with you. Open Thur, Fri, Sat from 3pm - 7 pm. In Dana Point Interiors at the Village 206-931-3262.

**Bunk Beds And More LLC** - We create beautiful, fully handcrafted and customized furniture to fit your loved ones' needs. Visit our website at [bunkbedsandmore.weebly.com](http://bunkbedsandmore.weebly.com). Contact Aaron Rogers, artisan craftsman and active grandpa, at 240-566-2621 or email at [bunkbedsandmore1@gmail.com](mailto:bunkbedsandmore1@gmail.com).

**Copper Penny Consignment** Unique furniture and fabulous finds all available inside Dana Point Interiors. 62 Village Way, Port Ludlow Village 360 437-2060.

**Firewood Seasoned.** One cord of mixed wood selling for \$250. Respond to [bob98365@gmail.com](mailto:bob98365@gmail.com).

## MISCELLANEOUS

**Alcoholics Anonymous (AA) men's meeting** every Tuesday 7:00 p.m. in Port Gamble at the General Store, downstairs conference room, north side of building. Phone Brian at 360-731-8077.

**Clock Repair.** Mantel, wall, cuckoo, or Grandfather’s clocks repaired quickly at reasonable prices. Pickup & delivery or house call. Call Father Time at 360-437-5060.

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

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**Professional Tailor, Seamstress, Designer, Instructor.** I refit, repair, and custom design clothing, wedding dresses, gifts, and household textiles. I am also available to teach lessons in sewing, embroidery, spinning, and other textile arts. My studio is in downtown Port Townsend. Website: [inkalinn.com](http://inkalinn.com) Instagram: @inka\_linn Phone: 541-415-0476.

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**Fido Betta Katta.** Pet-sitting, house-sitting, and dog walking – hourly, daily, and overnight. Licensed, bonded, and insured. Local references available. Call 425-559-1841 or email [fidobettakatta@hotmail.com](mailto:fidobettakatta@hotmail.com) for more information.

**REAL ESTATE/PROPERTY MANAGEMENT**

**Shoreline 2bd/2ba rental condo at Port Ludlow Resort.** Private 32’ deck, 5-star view. Comfortably furnished. No stairs. Access to the Beach Club with swimming pools and all its privileges. Photos, Details, and Availability: [vrbo.com/557144](http://vrbo.com/557144), or contact Joyce at 415-806-9416, [joyce-apfel@comcast.net](mailto:joyce-apfel@comcast.net).

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**Investing in multifamily or residential real estate?** Let me help you save money and optimize your potential ROI, (Return on Investment). I have over 30 years of experience and I love helping people make better informed choices. Call me for more information or just to chat about the risks and opportunities. Laurene, 360-393-2259.

**RV/BOATING/TRAVEL**

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

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

**Marine Dive Service.** Boat maintenance: bottom cleaning, zinc replacement, inspection, and repair. Prompt response. Reasonable rates. Call 360-301-6083.

**SECRETARIAL AND NOTARY**

**Secretarial Services.** Call Cammy Brown, Peninsula Legal Secretarial Services, LLC, 360-201-2590, [cammybrown.org](http://cammybrown.org), for all your business and legal secretarial needs. Transcription, preparation of legal and business documents, typing projects, etc.

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

**Financial Disclosure  
The Port Ludlow Voice**

The *Port Ludlow Voice* is a 501(c)(4) organization. Its entire staff consists of unpaid volunteers. All writing and editing is done in the homes of staff members on their personal computers. The production editor formats each issue and provides an electronic copy to the printer. The *Voice* is delivered at no cost to readers on all U.S. Post Office carrier routes in the Master Planned Resort (MPR). As of August 2018, subscriptions are \$30/year or prorated at \$2.50/month.

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

1. Ludlow Maintenance Commission (LMC)	\$200
2. South Bay Community Association (SBCA)	\$200
3. Port Ludlow Village Council (PLVC)	\$200
4. Display Advertising	\$5713
5. Classified Advertising	\$667
6. Subscriptions	\$58
7. Web Advertising	\$50
Total average monthly income in fiscal year 2017/18	\$7088

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# Surgical Care

Meet our new surgeons—local expertise when you need it.



Mitra Jafari, MD, returned to Jefferson Healthcare Surgical Associates in January. Her general surgery practice will encompass a broad range of procedures to "promote health and healing through the art of surgery."



Kelsea Peterman, DO, also joined Jefferson Healthcare Surgical Associates in January. She considers each patient's history and preferences to "emphasize shared decision making and to empower each patient to achieve their healthiest possible self."



David Schwartz, DO, joined Surgical Associates bringing a practice philosophy of "open listening and thoughtful surgical planning." He is a strong believer in the Golden Rule—each day he "strives to leave the world a little better by sunset."

Drs. Schwartz and Peterman will present *Colorectal Cancer Awareness: Screening Methods and Recommendations*. Free.

WHEN March 13, 4:30 pm

PLACE Dirksen Room, Jefferson Healthcare Medical Center

Jefferson  
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Schedule: 360.385.5444  
[JeffersonHealthcare.org](http://JeffersonHealthcare.org)