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

Published monthly by an all-volunteer staff.

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

The Voice Online

plvoice.org

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

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

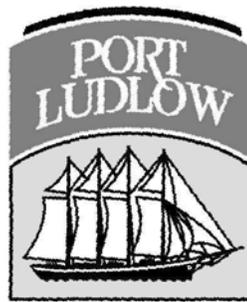
Full Content on the Website: All the content from the magazine is now posted online.

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

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

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

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



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ON THE FRONT COVER

Photo by Steve Deligan, FAA (Part 107) Certified Remote Pilot.

News & Community

December Voice Cover Photo Contest!

by Steve Deiigan, Photo Editor

Reminder: We are just three weeks away from the **October 22** deadline for submitting your photos!

Ever wanted to see your photography on the cover of the *Voice*? Well, now is your chance! Please enter the December 2023 *Voice* Cover Photo Contest. The winner, as selected by the *Voice* staff, gets their photo on the cover of the December *Voice* magazine.

We are looking for a seasonally-themed, winter-themed, or holiday-themed cover photo. Got a great image of that snow from last year or a winter scene? How about a scenic image of holiday lights? Candles in the snow? Dogs in the snow? Snow people? The winning photo will likely be an outdoor landscape image. However, we are open to indoor shots, too, so take your chances and enter! Oooh... maybe a holiday food cover would be fun...

While we are certain that your family holiday card photo is very cute, we're not looking for that sort of image. Let's celebrate the beautiful place we all live in and get our best image on the cover of the *Voice*. We look forward to seeing your outstanding work!

Criteria, Rules, and Details:

- Please send the HIGHEST RESOLUTION image you have. No matter how lovely your image is, if it's not large enough, then it won't print well. Minimum size is 1 megabyte, but larger is always better. If it is under 5 megabytes, then we might have to enhance it. A normal *Voice* cover image is almost always over 10 megabytes and often larger. Bottom line: Send LARGE images! You may submit up to three images. Please attach all your entries to the same email if possible.
- Please use a vertical (portrait) orientation instead of horizontal (landscape). Think 'magazine cover.'
- Images must be in JPEG (jpg), PNG, TIFF, or PSD formats. Most cameras and smartphones today take JPEG images. The other formats are used by people really into photography, so don't worry if you don't have those other formats.
- Please email the image(s) as an ATTACHMENT to photoeditor@plvoice.org. Please do NOT send the image(s) through a link, or a download from the cloud, or any other method except as a direct attachment.
- Please name the file with your name. Example: Joe_Smith_1, Joe_Smith_2, etc...
- You must live in the greater Port Ludlow area to enter, but the image need not be taken locally (but local photos are preferred). All ages are allowed, but if under 18 you will need parental permission for your name and photo to be used. Please note that your name will be listed as the photographer.
- Any submitted images must be yours, taken by you and that you have full copyright to the image. You will retain copyright to your image, but by entering the contest you automatically grant permission to the *Voice* to print your image on the December 2023 cover and in any future "previous winners" articles.

- The *Voice* reserves the right to modify or adjust your image to make it fit the magazine cover and to print well. This might include adjusting colors, cropping, adjusting exposures, enhancing, masking, etc...
- Any persons who are recognizable in the image must give their express written permission to appear on the cover. Any recognizable property must have permission from the property owner to appear on the cover. Example: If your image has the local coffee company in the background, then the coffee company owner must give permission for your image to be used.
- **DUE DATE:** Your image must be mailed to photoeditor@plvoice.org by midnight on **October 22**.
- The *Voice* staff will select their favorite image for the December issue.

Dine and Discover—Celebrating Veterans and PNW Naval History

by Allan and Nancy Kiesler, Guest Writers

Since the Continental Army was created in 1775, more than 41 million Americans have served in our military with 16 million in World War II alone. In honor of Veterans Day, our speaker will be Megan Churchwell, who is the Curator of Bremerton's Puget Sound Navy Museum. The museum is located next to the Puget Sound Naval Shipyard and focuses on the story of the U.S. Navy in the Pacific Northwest. Megan, who has an MA in Museum Studies from the University of Washington, has been curator at the museum since 2014.

Bremerton's Puget Sound Naval Shipyard was founded in 1891 as a Naval Station and the Navy's first permanent presence in the Pacific Northwest. It has been in uninterrupted use since then. With Megan as our guide, we will explore 130 years of Shipyard history, from its earliest years through the pivotal World War II era continuing through its groundbreaking work on nuclear submarines and aircraft carriers. We invite you to join us to honor all our veterans and to learn about the thousands of ships that have passed through Puget Sound over more than a century and reflect on what it means to have such a historic military presence in the Pacific Northwest.

Come be with us for this most interesting presentation on **Monday, November 6**, at the Bay Club. Doors open at 5:30 p.m. (arrive 10 minutes early if you are bringing an appetizer) and remember to bring \$3 per person, your place setting (plates, napkins, eating utensils, glasses), a plastic bag for your dirty dishes, and a beverage if you want something other than coffee/tea/water which will be provided. You can sign up at either club starting on **October 1**.

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

First Wednesday Luncheon

Please join us **Wednesday, October 4**, at the Bay Club, 11 a.m. – 1 p.m., for a real treat. Actors representing LVP (Ludlow Village Players) will give us a sneak preview of their upcoming play “*In This House*,” a musical composed by the Grammy-winning songwriter, Mike Reid. It’s a touching story about two couples who have a chance encounter that leaves all of them forever changed. Come enjoy a preview of this musical, which will be performed the last two weekends in October.

There is no charge to attend First Wednesday Luncheon. However, as our mission is primarily to support the Tri-Area Food Bank, attendees are asked to bring donations in the form of cash, checks made payable to the Tri-Area Food Bank, or non-perishable food and hygiene products.

We surveyed all attendees at our June luncheon as to whether there was a preference to continue this season with a BYOL (Bring Your Own Lunch) approach, having lunch provided by volunteers each month, or a combination of the two. The overwhelming majority said they’d prefer bringing their lunch most of the time and having lunch served about three times a year. With those results in mind, this month we will be serving salads for lunch, buffet-style, and would appreciate your bringing your own place settings. Coffee, tea, and cookies will be provided as well.

Please RSVP to firstwednesdayluncheon@gmail.com or sign up at either the Bay or Beach Club. The deadline is **October 2**. This is a courtesy to the club and volunteers so we can have enough food and the appropriate number of tables set up in advance. We appreciate your cooperation in helping us in this effort.

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

Take this opportunity to mark your calendars for next month’s luncheon, **November 1**.

The program will feature the Jefferson Healthcare Foundation speaking about additional services in the works, including enhancements to the Oncology Department.

Be sure to sign up.

Annual Harvest Dinner to Benefit Farm to School

Join the Community Wellness Project at Finnriver Farm & Cidery, **Tuesday, October 17**, 5:30 p.m. for the 7th annual “Lettuce Grow Together!” Harvest Dinner, a fundraiser to support nutritious, local food in Jefferson County schools. This year, all proceeds from the fundraiser will go to support school gardens, where students learn to plant, cultivate, harvest, prepare, and taste fresh food. Students who grow food in school gardens are more likely to eat it in school meals; students who have access to plenty of fresh, flavorful, nutrient-dense, high-quality food are better able to grow, learn, and realize their dreams. And eating habits established during childhood tend to last a lifetime, supporting life-long health, resilience, and wellbeing.

This year our menu will feature a local twist on a “Salade Niçoise,” prepared by local chefs, school Food Service Directors, and students from the various Culinary Arts classes. The salad will include locally sourced and school-grown greens and vegetables, served with salmon, bread, and dessert. Gluten-free and vegan options will be available.

In our school gardens students participate in seed saving, plant breeding, variety trials, real-world research and citizen science, preservation of heritage plants, ecosystem restoration, and more! Harvest Dinner programming will feature photos and stories of progress, updates from Community Wellness Project and partner schools, dreams for the future, and a special guest or two.

Don’t miss this magical night—purchase tickets at jccwp.org.

Dr. Linda Rosenbury to Speak

The American Association of University Women (AAUW) welcomes special guest speaker and new member, Dr. Linda Rosenbury, Superintendent of Port Townsend Schools, at its monthly meeting, **Saturday, October 14**. Doors open at 9:30 a.m. at the Port Townsend Elks Club, 555 Otto Street. As with all its branch meetings, everyone is invited, and the event is free.

The Port Townsend branch of the AAUW is 75 years old and 150 members strong this year. Its mission is to advance gender equity for women and girls of East Jefferson County through research, education, and advocacy.

Members reside all over East Jefferson County, including Port Ludlow, and we warmly welcome everyone who wants to join us, have an impact, and make new friends. You can learn more, donate, or volunteer at aauwpt.org.

Heads Up! Safety and Security

by Barbara Berthiaume, Staff Writer

There has been a spate of home invasions and property destruction in our area recently and residents are concerned as to what to do and how to protect themselves. To address this growing problem, there will be a community meeting on Safety and Security in Our Community at the Beach Club Bayview Room on **Friday, October 27**, 4 – 6 p.m. Sheriff Joe Nole, Dee Dee Spann, past Victim Advocates for Jefferson County and King County, and Chief Prosecutor James Kennedy, will address issues regarding the kinds of crimes that are taking place and how best to protect our families and property. Please send any relevant suggested questions to DanilleT@gmail.com or JKennedy@co.jefferson.wa.us. They will compile questions and forward them to Sheriff Nole. All questions should be sent by **October 5**. All Port Ludlow residents are invited to attend.

Being Safe While Walking

Pedestrians, walk facing oncoming traffic. Remember, you can’t see what’s coming behind you! Drivers, watch out for walkers. Remember, they can’t always see you coming.

**2023 Statistics for
East Jefferson Fire Rescue**

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

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

Alarms

Fires	15
Rescue/Emergency Medical	524
Good Intent	59
Hazardous Conditions	5
False Alarms	132
Service Call	96
Total Alarms	831

Ambulance Transports

911 Transports	268
Hospital Request Transport	3
Total Transports	271

CARES Contacts

161

Prepare for Winter

It's that time of year: time to start gathering your emergency supplies, extra food, water, and other items you might need to take care of yourself and your family during a wind or snow storm.

Thanks to a particularly strong El Niño, Farmers' Almanac predicts it will be an "unusually snowy and wet winter" for the Pacific Northwest. The Almanac reports that the Pacific Northwest will be "seasonably cold," with particular attention toward a pair of storms in the second week of January and the first week of February that could be "stormy, snowy and wet."

- If you have a wood burning stove, this is a good time to have the chimney inspected and cleaned by a licensed and insured chimney sweep.
- If you use a space heater, keep it at least three feet away from flammable objects and don't leave it unattended. Make sure you have working smoke and carbon monoxide alarms. On **November 5**, we switch our clocks back to Pacific Standard Time, which is also the best time to install new batteries in your alarms. If you need help installing the batteries, contact the fire department.
- Stay informed about local, extreme weather conditions by signing up for NIXLE—a service provided by the Jefferson County Department of Emergency Management (DEM). The service provides public-safety-related information that includes traffic accidents that block roads and weather conditions that could affect travel in the area. Sign up by texting JEFFCODEM to 888777 or log on to DEM's website at bit.ly/jeffcodem and click on the cellphone to sign up. You can opt to get information on your cell phone and/or computer.

If you have any questions about the services East Jefferson Fire Rescue provides, you can call 360-385-2626, or visit our webpage at ejfr.org.

Meet Your Firefighters

by Ron Dawson, Guest Writer

Let's say you called 911 and needed the fire department to come to your house. For starters, the time to process your call and dispatch is one and a half minutes. The standard to be on the engine and rolling is two minutes from dispatch, with the



balance of response time dependent on the distance the engine needs to travel. The engine weighs 50,000-60,000 pounds and travels at posted speeds, requiring extended stopping and turning distances. There will be two certified career firefighters on the engine, with possibly more, including interns to help support the call. Now that they have arrived at your home, what is on the engine?

The engines carry fire hoses along with nozzles of varying sizes and types, and have three water streaming devices to distribute the 500-750 gallons of water in the vehicle. The water pump can deliver 1,250 gallons per minute. If required, there are 10-20 gallons of foam available. The engine also carries three different sizes of ground ladders.

Behind the garage door style opening side panels of the engine, you will find a lot of tools and equipment, including: a 3,000 watt generator, floodlights, a smoke ejector fan, a first aid kit, the "jaws of life," breathing device cylinders, axes, pick heads, sledge hammer, shovels, 125 feet of rope, a power chainsaw, a rotary power saw, bolt cutters, a tool box with tools, wheel chocks, prying tools such as crowbars, Halligan bars and pike poles, and equipment for handling overturned cars.

In the cab of the engine are multiple radios which allow connection to Jeffcom and law enforcement, as well as state and federal frequencies. Also found in the cab is a thermal imaging camera and a laptop that connects to the internet and dispatch.

The engine at Port Ludlow is 13 years old. In a normal situation, an engine 10 years or younger is first to be put into service, with older engines placed in a reserve role. For East Jefferson Fire Rescue, all the engines are over 10 years old, and replacement is a top priority.

Another essential piece of equipment is the water tender, a vehicle that carries water to a fire to support the engine. The tender carries 2,500 gallons of water, and shuttles back and forth from the engine to the hydrant which, in our area, may be some distance from the engine. East Jefferson Fire Rescue has six tenders in its fleet. We are fortunate to have these resources in our community.

Martha’s Book Group, Remarkably Bright Creatures

by Milt Lum, Staff Writer

Creative, warm, and funny with liberal doses of octopus wisdom describe Shelby Van Pelt’s novel, *Remarkably Bright Creatures*. Van Pelt’s debut novel introduces us to Marcellus McSquiggles, a giant Pacific octopus at the Puget Sound Sowell Bay aquarium in Tacoma, Washington. Marcellus, the latest in anthropomorphized fictional creatures, is the lynchpin that joins the fates of a seventy-year-old widow and a thirty-year-old wayward garage musician in a heartwarming tale of redemptive love.

All are invited to join the discussion of this modern fable at Martha’s Book Group on **Tuesday, October 10**, at 4 p.m. at the Bay Club. For more information or a list of upcoming book selections, contact Sarah Schuch at bookclub@plvoice.org. Our book club selection for November is *The Seed Keeper* by Diane Wilson.

Become An AARP Tax-Aide Volunteer!

Are you good with forms and instructions, have strong basic computer skills and enjoy helping people? Then consider becoming an IRS-certified Tax-Aide volunteer. Volunteers of all ages and backgrounds are encouraged to join our crew of dedicated Tax-Aide volunteers.

The Tax-Aide program is sponsored by AARP and the IRS. You don’t need to be an AARP member to volunteer, or to receive free tax preparation services from AARP Tax-Aide.

To volunteer, go to www.aarp.org/taxaide to complete an online application by clicking on the “VOLUNTEER NOW” button. If you have questions email Deborah Winter at deborahswinter@gmail.com or call 360-390-5250.

All new volunteers must sign up by Thanksgiving in order to become IRS-certified in time for the upcoming tax season. Continuing Education Credits are available.

Let’s Get Ready: Prepare to Shakeout

by Jay Bakst, Port Ludlow Great Washington Shakeout Coordinator.

Are you prepared? While we live in an area subject to earthquakes, the past couple of years have shown us that other disasters can strike at any time. We in Port Ludlow can be subject to a major fire, flood, or cut off from the outside world. To be prepared, the Village Council Emergency Management Team (EM) and your Block Captains, along with the Jefferson County Department of Emergency Management, will be participating in the Great Washington Shakeout on **October 19**. Are you willing to join us? We could use your help.

How can you participate? The members of the EM team will be testing communication with the coordinating agencies. The first step is hearing from you, the members of the Port Ludlow community. Your Block Captains may be getting in touch with you to ask you to take part in the exercise and give you an OK/TEST sign. On the day of the Shakeout, at 10:20 a.m., after you

Drop, Cover, and Hold On, put the sign out somewhere where it is visible from the street. Your Block Captain can explain what else you could do. If you do not have a Block Captain, contact Jay Bakst at ludlowshakeout@gmail.com.

All of us can use the event to check on some basic emergency preparation: Find where to turn off the propane and water to your house; check that you have sufficient water, one gallon per day per person, to last 30 days; review where your family and neighborhood meeting places are; and be sure that your “go bag” is stocked and under your bed.



OKTOBERFEST

10.13.2023 | 4:00PM - 8:00PM

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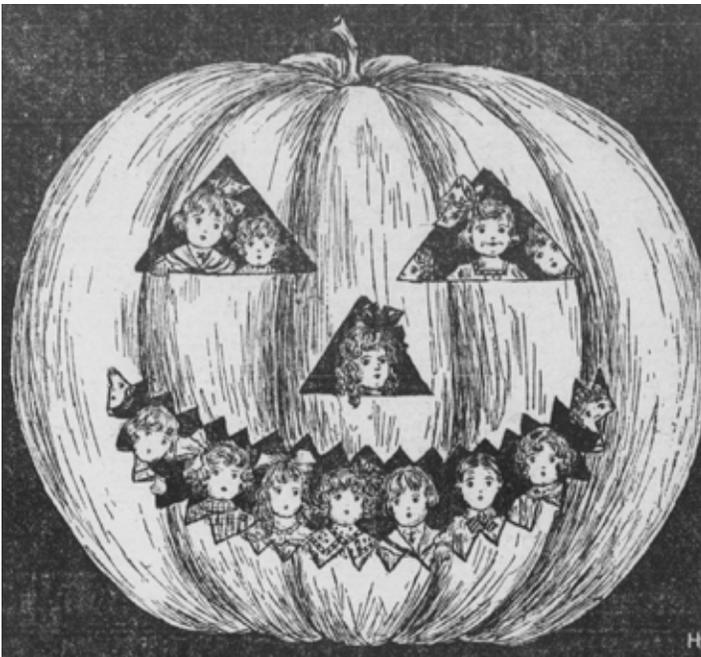
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Features & Stories

Halloween Traditions

by Carol Riley, Staff Writer

Carving Jack-o'-Lanterns: The tradition of carving Jack-o'-Lanterns originated in Ireland using turnips instead of pumpkins. It is allegedly based on a legend about a man named Stingy Jack who repeatedly trapped the Devil and only let him go on the condition that Jack would never go to Hell. But when Jack died, he learned that Heaven did not want his soul either, so he was forced to wander the Earth as a ghost for eternity. The Devil gave Jack a burning lump of coal in a carved-out turnip to light his way. Locals eventually began carving scary faces into their own turnips to frighten away evil spirits.



An Impromptu Cross-Country Drive

by Jim Gormly, Staff Writer

Never kiss your wife if she turns out to have Covid (although the sneeze was probably more problematic). When I greeted Margie at SeaTac as she arrived from Texas on a Wednesday, she said she didn't feel well, and a subsequent positive Covid test confirmed the reason. Until then we (fully vaccinated) had managed to avoid creating the double lines on the test strip. We immediately went into isolation mode, with both of us wearing masks and me sleeping in the guest bedroom. I was due to leave Friday morning for St. Louis for my sister's funeral, returning Sunday, and so when I tested negative at 4 a.m. Friday, I headed out, wearing a mask, as per CDC protocol. Continuing to mask, I visited with family at the viewing Friday night, though trying to maintain a distance was difficult under the circumstances. Unfortunately, when I woke up Saturday, the day of the funeral, I tested positive, meaning I couldn't attend the service. Missing the funeral was a keen disappointment, but the important thing was to commiserate with family, and I had been able to do some of that the evening before.

I didn't feel too bad, so my first reaction was to double mask, change the return flight to that same day and get home in four hours. However, my second reaction, and one in agreement with my wife back in Port Ludlow, was that I shouldn't fly but must isolate. My physician later told her the same thing. I cancelled the reservation, resulting in a certificate for a flight from St. Louis to SeaTac that will likely expire unused next August. I now faced a bleak situation: isolation in an airport hotel room with nothing to do for five days, hoping someone might slide food, and perhaps medication, under the door. But then I had one of those rare light-bulb moments: why not *do* something instead, and get home sooner by isolating myself in a rental car and a few motel rooms? And so commenced a 2,150-mile cross-country drive. As an act of contrition, I left a message with my tip informing motel house-keeping personnel of my positive test results.

I assume most of you have rented unfamiliar cars and struggled to find the location of controls, such as the fuel door, wipers, or lights. Well, the car I picked up was a Jeep Grand Cherokee. I'd never driven a Jeep of any kind, and with new cars (our newer vehicle is a 2016), one encounters obscure icons and new technology. To top it off, the controls of this SUV were in French! Was it a Peugeot in disguise? User manuals never come with rental cars, of course, but eventually, after driving for a day and consulting with Monsieur YouTube at night, I learned how to switch the language to English.

I headed west out of St. Louis at about 4 p.m. on a Saturday. Conversations with Margie focused on the need to start the antiviral, Paxlovid, as soon as possible to minimize the Covid severity. Her case of Covid had set in by the time she started the medication and it had been more debilitating than what I was experiencing so far. She didn't want me enduring that while trying to drive alone across the country. I had called an urgent care center and spoke with a woman who said they would need to run kidney tests before they could prescribe the medication. Translation: nothing is going to happen today, sorry. By now it's 4:30 on a Saturday and I figured that there's no way I'm getting any medical help in Missouri until Monday morning. I felt well enough, and I just wanted to get on the road and head for Port Ludlow—but Margie was insistent. At that point I was 10 miles from Warrenton, Missouri, a town the size of Port Townsend and about as remote from a big city. Unlike Port Townsend, however, it has a Walmart. Margie called the pharmacy there and spoke with the pharmacist. (And here's a sidebar: I was also going to run out of my prescription anticoagulant before I could get home.) The pharmacist informed Margie that he could handle both medications if he received prescriptions from my physician. At that point, my physician was driving down the highway and Margie reached him via his cellphone. Thus began a series of conversations and text messages between Margie in Port Ludlow, the pharmacist in Warrenton, and my physician, somewhere on I-5. Meanwhile, I started driving on I-70 to Warrenton with no realistic expectations of getting any medication. However, 20 minutes after arriving at Walmart, I had the five days' supply of Paxlovid and a similar prescription of a reduced dosage of my

continued on next page

Drive continued from previous page

anticoagulant (its action is enhanced by Paxlovid.) Boy, did I marry an advocate, or what?

The trip itself went better than I imagined. For starters, I had a very mild case of Covid. Also, I took advantage of the 80 mph speed limit in South Dakota and Montana. Traveling that fast sure eats up the miles, but it also guzzles the gasoline. Under normal circumstances, it would be hard for me to justify consuming more gasoline than necessary. But justify it, I did. For one thing, the cost of gas was lower than what I'm accustomed to (\$3.50 to \$4 a gallon—OK, not my strongest argument). And by driving fast and making miles, I eliminated one night in a motel, a day's car rental, a day's parking fee for my car at the SeaTac parking garage, and, finally, I just wanted to get home. So, it was an easy decision. I did nearly 900 miles one day, 800 miles the next, and wound up in Spokane on Monday night before the final leg—a piece of cake at that point.

The drive from Missouri to Washington was, surprisingly, quite pleasant. Margie and I had frequent conversations, allowing me to share the sights with her along the way. While the wheat had been harvested, the corn was standing tall, and the Big Sky vistas of Montana seemed to go on for miles. Not many trees out there. The 100-mile stretch of US 212 from Spearfish, SD to Broadus, MT, a two-lane road, may not be the loneliest highway in the US, but I didn't encounter many vehicles. In fact, traffic during the entire trip was surprisingly light, though there was some around Seattle—no surprise—and the weather cooperated nicely. I encountered a bit of rain in St. Louis and then nothing until I had picked up my car at SeaTac and hit a good rainstorm that started around Poulsbo. To add a touch of drama to the climax of my journey, my entrance through the door of our home was announced by a perfectly timed, sharp clap of thunder. Honey, I'm home!

That night, as I lay in my own bed, I realized that it was the sixth bed in a succession of six nights, starting with the one in our guest bedroom before I left. What a journey. While the purpose of the trip had been a sad one, and it had taken a longer, more complicated, and expensive route than planned (maybe I'll collect on travel insurance for once), it was not entirely tedious. And I'd kissed my wife upon arrival—Covid be damned!

Can You Hear Me Now? How About Now?!! Local Doc Says 'Don't Ignore Hearing Issues'

by Dave Cunningham, Staff Writer

Almost everybody will experience hearing loss or tinnitus at some time in their life, but 84 percent of those who *could* benefit from hearing aids have never used them, according to the U.S. Department of Human Services. And that's a big deal, because several studies indicate that untreated hearing loss can lead to shrinkage of the brain, impaired cognitive ability, and dementia. We talked with Dr. Cameron Meikle, an audiologist with an office in Port Ludlow, about this all-too-often untreated problem.

Voice: How common is hearing loss?

Dr. Meikle: Hearing loss is extremely common. It's one of the most common chronic diseases worldwide. In the United States, the estimate is 40 to 45 million individuals with some degree of hearing loss and that ranges from newborn infants to adults of all ages.

Voice: Interesting. We seem to associate it with senior citizens. Is it more prevalent in senior citizens among your demographics?

Dr. Meikle: It is, but of course my demographic is geared more toward adults. Kids often have multiple needs associated with hearing loss and are better off being treated by a multi-specialty clinic like Children's Hospital in Seattle. However, we do see more age-related hearing loss or hearing loss in older adulthood due to noise damage over time.

Voice: I know a few people who have hearing aids but almost never wear them. Why would someone who needs hearing aids, *and has them*, hesitate to wear them?

Dr. Meikle: It's a hearing aid, not a hearing cure. Because of that, we have a lot of individuals who can hear sound, but it's the quality of what they hear that is unreliable. They might say, "Well, I do OK, so I'm not going to bother fiddling with one more thing in the morning before I go about my day." Current research is showing that it's a lousy idea to leave hearing loss untreated. We're finding more research showing there is a relationship between hearing loss and cognitive decline as we age. We can't say that if you have X amount of hearing loss, you're going to have X amount of risk, but we know there is a very firm relationship there, and keeping connected to the world around us is a really good idea.

Voice: Why would people who have hearing loss be hesitant to seek help for it? Is there a stigma about wearing hearing aids?

Dr. Meikle: Absolutely. When I was in school, one of my big research projects on my thesis was social perceptions of hearing loss in children. And it was a curious thing for me, because I grew up with a lot of family members with hearing loss and classmates in school with hearing loss. We looked at it from a post-ADA (Americans with Disabilities Act) implementation and found that kids do not negatively associate hearing loss in the same way that adults associate hearing loss in their own peers. We're finding that it's becoming less of a stigma. Adults think, "Well, this makes me feel a little bit older, and it will draw

continued on next page



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Hear Me Now? continued from previous page

attention to me in a way that I don't care for." But a lot of times we're finding that the new aid users discover that their friends didn't even notice; they had to show them their hearing aids. And we've got a lot of very discreet options that are nearly invisible. I think that with all the wide-spread use of headphones and ear pods for phones, the technology is just so prevalent that younger people in particular don't worry about something in their ear the way older generations do.

Voice: You mentioned some different types of hearing loss. Can you quickly go over these different types and what causes these different types of hearing loss?

Dr. Meikle: Sure. So, we'll start with conductive hearing loss, which is usually medically or surgically treated. That's when something is keeping sound from being loud enough; a plug of ear wax, an ear infection, or otosclerosis of the middle ear bones. Things like that are treatable, and most of the time the treatment fixes the problem, and we're left in a better situation. Sensorial neural hearing loss is usually related to different types of diseases attacking the inner structures of the ear, like nerve damage from noise. It could be genetically related, i.e., a family history of hearing loss. Or, it could be related just to natural aging changes, but we usually see a combination of factors. In my clinic, focused more on an adult population, we typically see injury-caused damage, illness or natural aging, combined with noise exposure over time.

Voice: Is excessive noise the most common cause of hearing loss that you see?

Dr. Meikle: Yeah. If we could minimize our noise exposure, we would have a lot less trouble with our hearing.

Voice: So, you're saying I shouldn't have been a drummer with garage rock bands back in the day?

Dr. Meikle: No, I think it's wonderful to be a musician, because musicians think about sound in ways that non-musicians don't, and it's not something they necessarily do on purpose. Their brain magically works on a finer-tuned processor when they play music. And that's for any musician. But play safely. Use your earplugs, minimize your exposure to keep what you've got. Because once it's gone, it's gone.

Voice: I know from personal experience that hearing loss can sneak up on you. I noticed I was asking people to repeat themselves, but I thought they just weren't speaking clearly. What are some of the signals that we can look for to let us know when we need to have our hearing checked?

Dr. Meikle: If it seems that friends and family have begun mumbling, and we have to ask for repetition, that's a good sign that things are starting to decline. Most of us lose our hearing in the higher frequencies first. Higher frequencies are the consonant sounds that give clarity in speech. So, it may sound like people are speaking with good volume, but clarity disappears. It sounds mumbled and garbled. If you are talking on the phone and then move the phone from one ear to the other and your perception of the sound quality is different, that's a sign. Any

draining from the ear is a sign. If you get up in the morning and suddenly one ear is not working as well as the other, that's a sign you need to see an ENT. The sooner you can get help, the better off you're going to be.

Voice: So, if someone who reads this article might be concerned about their hearing, what should they do?

Dr. Meikle: See an audiologist. For the last seven years, I've had an office in Port Ludlow and one on Bainbridge Island. I focus on hearing diagnostics and rehabilitation. You can find me online at hearforlifeaudiology.com. We're located at 115 Village Way, right next to the Jefferson Healthcare clinic, and our main phone line is 360-437-7767.

Cosmos Atrosanguineus: Chocolate Cosmos

by Eline Lybarger, Staff Writer

Blooms the color of red velvet cake, with the texture of real velvet and the scent of vanilla. At 30 inches tall, plant them in front of some light green grasses and they will be a showstopper in any garden from June until fall.

Chocolate Cosmos have specific demands and are not easy to grow in our area. They are native to Mexico and were introduced commercially in 1885. C. atrosanguineus 'Pinot Noir' was the first cultivar released by Russell Poulter in New Zealand in 1996. Unfortunately, the flowers were small.

So what are the demands of this garden diva? Do not plant outside until the daytime temperature is at least 70 degrees. At 50 degrees it will crumble and die. Also, it needs its rest. After 6 hours of bright, hot sunshine, it likes 12 hours of complete darkness. Ambient light may retard blooming. It will talk to you: too much fertilizer will produce leaves, not blooms and yellow leaves indicate too much water, causing root rot, but wilting means more water is needed.

Chocolate Cosmos can be grown from seeds or tubers. Of course, both need to be started indoors in a warm, sunny window. Be aware that if you have gathered seeds from previous years plants, they may be sterile, and tubers need to be overwintered in a cool, dry place.

Now you have plants, and they are planted in your garden in slightly acidic, well-drained soil. A little rose fertilizer in the spring is best. To boost flower production, pinch young plants when they are about eight inches tall. After the first flowering, cut the spent flowers 12 to 18 inches. This encourages new growth and more flowers. Let the plants dry between waterings, then thoroughly soak them once a week.

Some options: Proven Winners and Burpee has C. 'Coca Mocha' or 'Chomocha' dwarf at 12 inches tall. C. 'Black Magic' is offered by Jelitto Perennial Seeds. It can have large or small flowers 12 to 24 inches tall in shades of dark red and a chocolate-vanilla fragrance. Your effort will be rewarded, as once the Chocolate Cosmos start blooming, it continues to bloom until fall.

What's Up, Neighbor?

by Donna Geer, Staff Writer



Soozie and Dan Darrow hiking in Mount Rainier.

Submitted photo

The Holly Hop dance at Soozie's school, Mt. Holyoke College, was a Christmas event, and she had decided to ask Dan Darrow, her best friend's former boyfriend. "Neither one of us could dance," Soozie said, so they never even went to the Holly Hop. Instead, they spent their first date getting to know one another better, no two-step required. On another date, they helped make a 22-foot snowman in front of Dan's fraternity at Amherst College. They've been together over sixty years now!

Like many of us, they're transplants from somewhere else—Connecticut and New Jersey. They lived in California and Washington before moving to the Chicago area for a job promotion, where they stayed for 35 years, raising their two daughters. But they always missed the Pacific Northwest, so when it was time to retire, they looked westward. They had a few requirements—a deck with great scenery, temperate climate, and easy access to lakes. They found their way to Port Ludlow's Teal Lake Village, where they've lived for 21 years. Their neighborhood boasts beautiful, large common areas with natural vegetation and most of the homes have decks with spectacular views of mountains. Prerequisites met? Check!

Soozie and Dan have done a lot of traveling through the years. Soozie said two of her favorite trips were to Bruges, Belgium, where they saw many thirteenth and fourteenth century buildings still in use today; and Stockholm, Sweden, where the ship *Vasa* was being rebuilt. They spent three weeks in Africa, watching the wildlife in their natural environment. They saw Machu Picchu in Peru, hiked all over New Zealand, and even explored Guatemala's hidden jungle cities.

For almost eight months, they lived in Windsor, England when Dan worked as a consultant. It was an opportunity to immerse themselves in the culture, so when Dan asked me if I knew what a pub walk was, I thought of course, but they're called 'pub

crawls.' He explained it literally meant walking in the English countryside over stiles and through farms and forests to a pub. That is not a crawl—it's a scenic hike with a pint! Sounds like cultural submersion with an exclamation mark! Cheers to that!

Dan has always loved sailing. He used to race across Lake Michigan with a crew of seven on a J30 named *Salacious*. Now he races a model sailboat named *Persephone* in a much smaller body of water. Dan's at the Port Ludlow Marina Pond every Wednesday with like-minded sailors, racing their radio-controlled T37 RC Racing Sloops. He said they only missed two weeks last year, so the weather must have to be downright nasty to forgo a race. Dan said the best part is the conversation after the race, where they share ideas on a wide range of subjects. It sounds like a lot of fun.

They've done a lot of volunteering in Port Ludlow. Soozie was the secretary of the Teal Lake HOA for four years. She was the Trails Committee secretary for 13 years and now participates as a Member at Large. Dan was Scribe for the Hiking Group for 18 years. He's currently on the SBCA finance committee. They enjoy Dine and Discover lectures, Ludlow Village Players events, and attend various Board of Directors meetings (SBCA, Teal Lake Village, PLVC).

They've volunteered at the Port Townsend Marine Science Center for 21 years in various capacities, and Dan is currently on the financial committee. They're citizen scientists, collecting water samples from Mystery Bay twice every month, looking for harmful phytoplankton that could contaminate the Sound or indicate variations due to climate change. Their information is collected by the Sound Toxins group, who measure the health of the entire Salish Sea. Dan and Soozie have sponsored a science lecture series for the last seven years at the Fort Worden Chapel on winter Sundays. These are open to the public and this year's first lecture on the Sunflower Star's wasting disease is on **Sunday, October 8**, at 3 p.m.

"The calendar's always full of something," Dan told me. They like to know what's going on in Port Ludlow and as Dan noted, it's easy to complain about things when you don't go to meetings. He told me there's lots of volunteer opportunities in Port Ludlow, but there's never enough volunteers to do the work. He and Soozie volunteer because it gives them a sense of purpose. I can believe that. Don't we all want to make a difference?

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Quilcene Food Bank Breaks Ground on New Facility



In a heartwarming display of community unity and support, the Quilcene Food Bank celebrated a significant milestone on the morning of September 7, as they broke ground on their much-anticipated new facility. This groundbreaking ceremony marked the beginning of a new chapter for the food bank, one that promises enhanced capacity and service to meet the growing demands of the local population.

The new location, situated at 161 Herbert Street, Quilcene, promises to be a game-changer for the Food Bank and the countless individuals and families it assists. Leslie Tippins, the Quilcene Food Bank Manager, expressed the urgency of this expansion, stating, “The existing facility is too small, with no heat or air conditioner in the food storage area, and we have limited parking. The pandemic also brought to light the fact that we need additional storage to store extra food in case of an emergency.”

Currently operating out of the Quilcene Community Center, which is also utilized by various community groups, the Food Bank faces logistical challenges. Food is stored in a building behind the Community Center, which means that when trucks deliver food, the manager and volunteers must transport the items from the trucks to the storage building. On distribution days, they have to move the food yet again to a room in the front of the building and place it on shelves and tables for distribution. At the end of food bank hours, the leftover food and items must be moved again for storage for the following week. The tables are cleaned and stored ready for the operation to repeat in a week.

The new facility is expected to streamline these operations, offering more efficient storage and distribution capabilities. It will provide a better experience for clients while improving the working conditions for volunteers and allowing the volunteers to spend more time doing what they love to do most, helping out their neighbors.

Leslie Tippins expressed her gratitude to the community, saying, “Donations will help us build a new building, allowing us to continue serving our community and feeding our hunger.”

If you wish to support this vital initiative, donations can be made online at jeffersoncountyfoodbanks.org or by mailing a check to PO Box 124, Port Hadlock, WA 98339, with “Quilcene Building” written in the memo section.

The Quilcene Food Bank’s new facility represents hope, compassion, and resilience as they expand their mission to ensure that no one in their community goes hungry. With the groundbreaking ceremony, they are one step closer to achieving this noble goal, reinforcing the spirit of unity and support that defines Quilcene, WA.

For more information, contact Mike Boock, President, at president@jcfa.org and Deisy Bach, Vice President, at vp@jcfa.org.

What Should You Ask a Financial Advisor?

by Rick Smith, Guest Writer

Investing can be challenging, so it may be a good idea to work with a financial advisor—but how can you choose the right one?

You’ll need to ask some questions of any advisor you’re considering.

For starters, ask if a prospective financial advisor has experience working with people who are similar to you in terms of income, assets, and family situations.

Next, ask how an advisor will communicate with you. Will they have annual or semi-annual reviews? Can you contact them with questions at any time?

Here’s another question: How does a financial advisor define success? You’ll want to work with someone who views success as the ability to help you meet your important goals, such as a comfortable retirement.

Finally, ask how an advisor is compensated. Different advisors may work on fees, commissions, or a combination of both. You should know which method is used, right from the beginning of your relationship.

When you’re trusting someone to help you with your important financial goals, you want to be completely comfortable with that individual—so ask all the questions you want.

NO MOLES

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Arts & Entertainment

And Now for Something Completely Different: PLPA Concert Features Unique Band

by Dave Cunningham, Staff Writer



Blue Moon Marquee.

Submitted photo

The Bay Club and Port Ludlow Performing Arts will be hosting a band unlike any you have ever heard or seen before on **Saturday, November 11**, at 7 p.m. Known as Blue Moon Marquee, these singers and songwriters hail from the smallest city, by area, in all of Canada—Duncan, Vancouver Island, British Columbia, on the shores of the Salish Sea. So, what makes them so unique?

First, their genre is hard to pin down: they call it swing gypsy blues boogie jazz. Sometimes they throw in a little country. They call themselves a band, but they're really just a duo ... although sometimes they are a trio. They write and compose all their own music, with Jasmine Colette on the stand-up bass and A.W. Cardinal on guitar and vocals. And they have played for a gamut of crowds at jazz clubs, Lindy Hop dance halls, folk venues, blues haunts, hospitals, prisons, markets, motorcycle joints, dive bars, and prestigious festival stages.

They particularly like motorcycle joints because both musicians love to ride, particularly Cardinal, who has been building and restoring motorcycles for decades.

Carving a path through blues, jazz, jump jive, folk, country, swing, and indigenous soul with an authentic spirit, they admit that their sound does not idle easily in any one category. It stomps and struts through the wilds, conjuring a blend where Howlin' Wolf tangos with Django, Ernest Tubbs shoots

firecrackers with Cab Calloway, and Memphis Minnie throws dice with Screamin' Jay Hawkins.

Their gift is bringing all these elements together without anything sounding out of step. They collect the roots and smoothly braid them with lyrics that often touch on the underbelly of society, woven with elements of indigenous storytelling and poetic cadence.

American Roots U.K., a website that says it is “dedicated to alternative country, Americana, old-time hillbilly, blues, folk, and even no-depression” (an alternative country genre), reviewed Blue Moon Marquee’s work and wrote that they have “their own completely original style. Modern blues doesn’t really get any better than this. This is a tremendous sound by a hugely talented duo.”

Blue Moon Marquee reaped honors at the Summer Solstice Indigenous Music Awards, winning Live Musical Performance of the Year and Roots Album of the Year. For their 2019 album *Bare Knuckles and Brawn (BNAB)*, released on Spanish label FOLC Records, they were nominated as Blues Artist of the Year at the Western Canadian Music Awards and Indigenous Songwriter of the Year at the Canadian Folk Music Awards.

As you might expect with such a unique band, the artists have unconventional backgrounds. Born of the wild rose country in Alberta, Canada, both Cardinal and Colette first played in punk, metal, and rock 'n' roll bands. Leaving home at young ages, they both spent years traveling on their own, working a variety of jobs, and touring with different acts.

At one point, Colette was hitchhiking throughout North America performing vaudeville with what she now calls her “appalling” act of hula hooping, skateboarding, and playing trombone simultaneously ... while Cardinal was living in New York City working as a bike mechanic and performing at open mike shows every night.

It was in 2012 that they came together in Vancouver, B.C. to record Cardinal’s original material for his album *Stainless Steel Heart*, which he had written while living in Montreal. A mutual old friend was engineering the project, and the pair connected deeply on their taste and obsession over music.

And now you can see and hear them in all their unique glory in Port Ludlow on **November 11**. Tickets are \$35 and can be purchased online at portludlowperformingarts.com.

Come Sing with Us

The Choral Belles, under the direction of Sheila Harwood, have resumed rehearsals and welcome new members. Come see what we are all about.

We meet on Thursdays from 4 to 6 p.m. at the Beach Club. Please contact Judi Smith at judi_richard@msn.com or 360-437-7660 for more information.

Port Ludlow Art League

Artist of the Month – Carol Reynolds



Three Birches, by Carol Reynolds.

There are many ways for artists to find inspiration. For Carol, it's walking. Whether it's a walk around the neighborhood or through the streets of Paris, Carol has found walking enables her to become one with the environment that motivates her creativity. Carol states, "Small moments in time are captured, remembered, and often integrated into my artwork."

Carol also enjoys taking photographs of her surroundings and transferring the images to fabric, which she then incorporates into her artwork. Often, photographs help Carol remember forgotten details.

During October, you can view Carol's artwork at the Sound Community Bank and online at portludlowart.org. A reception for Carol is set for **Wednesday, October 11**, 4 – 5 p.m. in the lobby of the bank, and 5 – 6 p.m. at the adjacent Port Ludlow Art League Gallery. The bank and gallery are located at the corner of Oak Bay Road and Osprey Ridge Drive in Port Ludlow. The gallery is open Wednesday through Saturday, noon to 4 p.m. For more information, please email info@portludlowart.org or visit portludlowart.org.

Jeweler of the Month – Georganne Muse

Using semi-precious stones collected over many years, Georganne began creating artisan wire jewelry and soon discovered she had a talent for creating striking jewelry pieces. Georganne's jewelry features sterling silver and semi-precious stones, reflecting the natural beauty of the Pacific Northwest.



Jewelry by Georganne Muse.

Submitted photos

During October, Georganne's jewelry will be on display at the Port Ludlow Art League Gallery and at the Sound Community Bank. You can also view Georganne's jewelry online at portludlowart.org.

The bank and gallery are located at the corner of Oak Bay Road and Osprey Ridge Drive in Port Ludlow. The gallery is open Wednesday through Saturday, noon to 4 p.m. For more information, please email info@portludlowart.org or visit portludlowart.org.

PLAL October Program Meeting Speaker—Melissa Bixby

The Port Ludlow Art League is delighted to welcome Batik artist and tide pool photographer, Melissa Bixby, as the speaker for their October Program Meeting.

Melissa Bixby was born and raised in Soldotna, Alaska. Her fascination with the sea and its creatures began with trips to the beach and tidal pools where nature was nearly untouched, such as Alaska's China Poot Bay, Cook Inlet, and Seward.

Melissa completed her undergraduate work in Sculpture and earned a Master of Fine Arts degree from the University of Idaho. Melissa nurtures her creative expression through abstract, simplified, and vibrant depictions of her favorite ocean-dwelling creatures using the ancient art of batik, a wax-resist dyeing of painting fabric. She shares her vision through the use of large sweeping strokes, bright blended colors, and defining textures. Melissa will be talking about her process from start to finish.

Melissa began sharing her tide pool photographs that up until recently were only used as inspiration for her batiks. You can view Melissa's photographs at Active Life Physical Therapy in Port Ludlow from noon to 12:30 p.m. For more information about Melissa's art, please visit sacralocean.com.

The program meeting is scheduled for **Wednesday, October 18**, 1 – 3 p.m. at the Bay Club. The Bay Club is located at 120 Spinnaker Place in Port Ludlow. Guests are welcome to attend the meeting for a small fee of \$5. For more information, please visit portludlowart.org.

"Abundance"— a Textile Art Exhibit

Take a stroll through Port Townsend's Uptown neighborhood and pause at the corner of Lawrence and Tyler to see "Abundance," a walk-by exhibit of local artists, including Port Ludlow's Pamela Raine and Terri Wolf. You can see examples of textile art in the Peninsula Fiber Artists' window at 675 Tyler Street.



Port Ludlow Art League—Get Creative



Drops of Autumn, by Shirley Bomgaars.

Acrylic Paint Class – Friday, September 29, 5:30 – 8 p.m.

Join us for a fun evening of painting with artist Shirley Bomgaars. The class provides all supplies and step-by-step instructions to complete the acrylic painting titled *Autumn Drops*. To sign up for this class, please send email to info@portludlowart.org.

Share & Explore: Making Paper – Friday, October 6, 10 a.m. – noon.

Submitted photo All supplies and instructions are provided so you can see if you'd like to invest in the supplies for this technique. To sign up for this hands-on, try-it session, please send email to info@portludlowart.org.

Port Townsend Symphony Orchestra Season Opener

The Port Townsend Symphony Orchestra starts a new season with a concert on **Sunday, October 29**, at 2 p.m. at Chimacum High School Auditorium. Maestro Tigran Arakelyan will be leading this free concert.



Pamela Roberts.

Submitted photo

This concert features local composer Karl Bach and cellist Pamela Roberts with a world premiere of Mr. Bach's *Romance for Cello and Orchestra*. After hearing the Summer Band play Karl's music, Pamela asked about a piece for cello and band or cello and orchestra—this *Romance* was the result.

Pamela Roberts was principal cellist of the Tacoma Symphony and 5th Avenue Theatre Orchestra and has performed as soloist

with the Seattle Symphony. She is principal cellist of the Port Townsend Symphony Orchestra and a Founder/Artistic Director of the PTSO Chamber Music Series.

Karl Bach received a degree in music from George Mason University. After teaching music until his retirement in 2001, he moved to Port Townsend and served as the director of the Summer Band from 2001 until 2017. He was a member of the Port Townsend Orchestra and served as its president for two years.

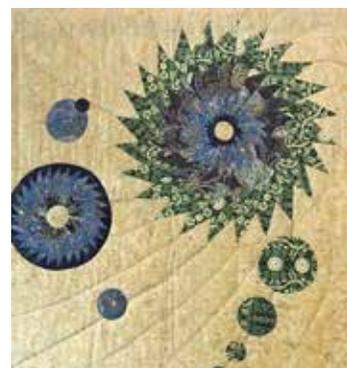
Also on the concert program is *Danzón #2* by Arturo Márquez. El señor Arturo Márquez was born in Mexico to a musical family. He studied at the Mexican Music Conservatory in Paris and at the California Institute of the Arts on a Fulbright scholarship. In the 1990s, he was introduced to the world of Latin ballroom dancing which led him to compose a series of Danzones. *Danzón #2*, which the PTSO will be playing, has become so popular that it is considered the second national anthem of Mexico.

Rounding out the program is Franz Schubert's *Symphony #8, "Unfinished."* Written in 1822-23, the 2-movement work was not premiered until 1865. There are several theories as to why the symphony was never completed, but it has always been well received with some identifying it as Schubert's most beautiful work.

Friday night, **October 27**, at 7 p.m., there will be an open dress rehearsal at Chimacum High School Auditorium. For more information, visit ptsymphony.org.

Quilters By The Bay Presents...

Fall is here! The air is nippy, the days are shorter, the leaves are falling and the members of Quilters by the Bay are bringing in this year's harvest of all things quilted. The Bay Club Gallery Hall will once again be adorned with quilts large and small, during the month of October.



Quilt, "Circles from Down Under," by Jan Knodle.

Submitted photo

The colorful display heralds the Annual Quilt Show and Sale on **Wednesday, October 4**, from 10 a.m. to 3 p.m. in the Bay Club's Craft Room. Quilts in all sizes for babies, laps, and beds, as well as table toppers and placemats are just a few of the many items that will be on sale.

QBTB members have been sharing their handiwork with the Port Ludlow community and beyond, for nearly 30 years. Community projects have included lap quilts for local hospice patients and cancer treatment patients, larger quilts for wounded military vets, and children's quilts for military families. These are just a few of the places where the quilters helped to fill a need. A major satisfaction in making a quilt for someone, be it family, friend, or stranger, is the thought that goes into every stitch—"this quilt will keep somebody warm and comforted." Who doesn't need that?!

October Brings Vivid Show, Art Classes to Port Townsend

A plein air painting show with people’s choice voting and a variety of art classes for all levels are among the October activities at Northwind Art in Port Townsend. “The show is so alive. That hits you when you walk in the door,” said Catherine Gill, the juror for the plein air exhibition, titled “Weather or Not.” The show fills Jeanette Best Gallery, 701 Water St., with five dozen paintings made outdoors. The venue is open daily from noon to 5 p.m.



Dosewallips Low Tide, by Anne Pfeiffer.

Submitted photo

This new show is named after the Weather or Not painting group, which the late Port Townsend artist Kathy Francis formed some 20 years ago. Francis and friends would go out in various kinds of weather to paint the land, waters, and light around them.

The public is invited to vote for their favorites in the “Weather or Not” People’s Choice balloting; the artist with the winning work will receive \$100 after the show closes October 29.

In September, Gill presented the \$500 Juror’s Choice award to David Smith of Seattle’s “Cherry Blossoms at UW,” a piece she said shows a light hand and sense of movement. She also awarded three \$300 merit prizes: to Brian Mahieu of Langley’s “Snowy Headland – Dusk,” Anne Pfeiffer of Port Angeles, for “Dosewallips Low Tide” and Kent artist Susan Payne’s “Fog Lift over Ebey Prairie.”

Meanwhile, at the nonprofit Northwind Art School at Fort Worden State Park, 15 workshops and courses are offered during October. These programs on the Courses page at *NorthwindArt.org* include:

- “The Artist-Gallery Relationship,” a class on working with commercial art galleries to show your art, with Northwind Art’s Ken Hulick, **October 10 and 17**;
- “Mixed-Media Weaving,” an online workshop in creating unique weavings on a loom you build yourself, with Vicki Assegued of Santa Cruz, CA, **October 14 - 15**;

- Mixed Media Collage, an all-levels class in creating layers of colors and patterns for collages, with Anne Schneider, **October 24 - 25**.

Contact: Diane Urbani, 360-460-2546, communications@northwindart.org

Key City Public Theatre Kicks Off 2023/2024 Season

Oscar Wilde’s *The Canterville Ghost* has received adaptations for the stage, screen, and radio since its 1880’s publication... but you haven’t seen it like this! Adapted by Bry Kifolo, this amazing story includes original music and lyrics by Linda Dowdell and directed by Allen Fitzpatrick. *The Canterville Ghost* is brought to the present in this clever iteration—a father who can’t get off his cellphone, Gen-Z colloquialisms, quirky contemporary costumes, all while maintaining the heart and soul of Wilde’s original work. Audiences can indulge in laughter and a special, limited-time themed cocktail available to purchase at Key City’s newly renovated bar to celebrate the Halloween season.



Bry Kifolo.
Submitted photo

When the Otis family of Americans moves to the English countryside they are met with an adventure beyond their wildest dreams—and nightmares. Hiding on and around the rustic and ancient Canterville Chase is a ghost, and a story that will change everyone’s life or... afterlife for that matter. *The Canterville Ghost*, adapted from Oscar Wilde’s 1887 short story, is a fast-paced farcical journey with plenty of ghostly hi-jinks and pranks pulled by the family’s twins, affectionately nicknamed the Stars and Stripes. *The Canterville Ghost* will delight all the skeletons hiding in your closet and will show you “what life is, what death signifies, and why love is stronger than both.”

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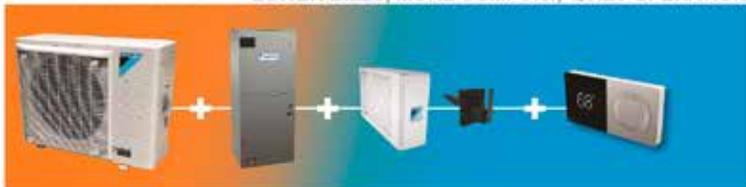
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Beach Club / North Bay

Update from the Manager

by Brian Belmont, General Manager

In the September issue of the *Voice*, I wrote about upcoming Beach Club events; but because of our *Voice* submission deadline, the August events I was writing about had not occurred.

This month I would like to give everyone more information about those events.

On August 19, LMC held our annual Community Barbecue on the Beach Club lawn. We served hamburgers, pulled pork sandwiches, and much more to our 240 guests. The weather was good, only a light breeze, and the smoke from the B. C. fires didn't make its way to Port Ludlow until later in the day.

On August 24, we hosted Music on the Lawn where Sound Advice rocked Port Ludlow with their Motown sound. We served hamburgers and hot dogs to 184 attendees, and I would estimate that there were another 50 or so there that were just enjoying the music but not eating. It was a great turnout! We are already working with Sound Advice to schedule a similar event next summer.

On August 31, we held an LMC Volunteer Appreciation brunch to thank and celebrate our amazing volunteers that serve on our committees and Board of Trustees. We have so much talent in our North Bay community—thank you volunteers!

To wrap up a busy two weeks we held our annual Ice Cream social on September 2. After the three previous events, serving ice cream was a breeze and a lot of fun. When it comes to ice cream everyone seems to have a smile on their face.

I know this was a lot of activity in a short time frame but with planned vacations and other events, this year's outdoor activities got squeezed into a two-week period. Believe me when I say we will do better next year at spreading things out. It was a lot of work, but also a heck of a lot of fun too.

I want to thank our great Beach Club staff who helped organize these awesome events and all the volunteers who helped cook and serve food. It was truly a team effort by many.

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 GM@LMCBeachClub.org.

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Ice cream social at the Beach Club.

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Bay Club / South Bay

South Bay Community Association Update

by Christine Spagle, President, SBCA Board of Directors

There is a feeling of autumn in the air and I'm ready for it. And I'm sure East Jefferson Fire Rescue is ready for it as well—some cool air to counter the hot, dry conditions we've had lately. Recently we've seen two brush fires in our area, one in the Port Ludlow Village Center, and they are a reminder of increasing fire danger in our area. Recently, the Washington State Department of Natural Resources made a presentation at the Bay Club and provided some valuable information to help reduce the fire fuel load around our houses and in common areas. Remove brush undergrowth to no more than five percent vegetation, prune trees up to 10 feet from the ground, and space trees no less than 15 feet apart. Food for thought...

The September pancake breakfast was a success and Chimacum Backpacks for Kids, the September beneficiary, seemed pleased with their donation jar and donation from SBCA—all for a good cause.

On **October 6**, Dave Brownell from the North Olympic History Center will be at the Bay Club with a talk about the Potlatch. Dave has presented previously at the Bay Club and is knowledgeable and interesting—his last talk was very well attended. Additionally, the History Center (a 501(c)(3) charitable organization) will be the beneficiary of the **October 6** pancake breakfast. SBCA members, please plan on attending with your guests to support another great local organization.

On **October 26**, Jefferson Health Care (JHC) will be at the Bay Club discussing the importance of social interactions as we age. I'm seeing more and more articles on this issue and how important it is for maintaining good mental and physical well-being. We are working with JHC on additional presentations on nutrition (and don't forget to take a look at a recent SBCA Health and Fitness Communiqué regarding the importance of proper nutrition), home health care, and interactions between prescription drugs and supplements. There was also a request for a session on diabetes, so we hope to have a presentation on that subject as well.

The Bay Club roof project is complete, and it looks great. And now that *that* project has been completed, the Bay Club Lounge, open to SBCA members and their guests, is serving again on Wednesdays and Thursdays, 4 to 6 p.m., with appetizers available. Our private label wines also seem to be a big hit and are available at the Lounge.

And I'll continue my pitch for volunteers. We've had a few people step forward, but we need more folks to help out. New people on committees mean new ideas, and that's a good thing.

SBCA Important Dates

Monthly Board Meeting
Thursday, October 12, 9:30 a.m.

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

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

Committee meetings minutes are posted at sbca.club, then click on Board Minutes page

Give it some thought, and if you'd like to help out and contribute to our community, please contact Mark Torres, SBCA General Manager, gm@sbca.club.

Enjoy our beautiful weather, practice fire safety, take advantage of SBCA activities, and stay healthy.



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Village Council

PLVC Board Meeting Summary

by Dave McDearmid, President

Call to Order: Dave McDearmid, President, called the meeting to order at 3:02 p.m. Vice President Tam McDearmid declared a quorum. Board Members attending: Randy Edwards, Paul Hinton, Dave Jurca, Dave McDearmid, Tam McDearmid, Carol Prisson-Reed, Ken Sondergard. Absent: Jane Holmes.

Stakeholders Updates:

Diana Smeland, Port Ludlow Associates, President, reported they have installed new coolers at the Inn and will be enclosing the rear area to centralize food storage and eliminate the need to shuffle items from the Harbormaster Building. Starting in October look forward to dinner specials Monday through Thursday.

OWSI has been actively engaged in a water rate case. So far, they have incurred a cost of roughly \$25 per household for legal expenses related to the PLVC intervention in the water rate increase. These legal expenses will be factored into subsequent rate cases, as they plan to engage legal support for all upcoming rate discussions. Diana noted that many of the issues brought up during the intervention had been previously addressed in the UTC audit, and that she had personally invested at least 80 hours into this matter. This time commitment effectively translates into an indirect cost per household, as it is reflected in the accounting expenses allocated to OWSI.

Greg Brotherton, Jefferson County Commissioner, District 3, reported the Community Wildfire Protection Plan has an upcoming meeting on **Wednesday, October 4,** at Fort Worden. Waste management fees are increasing **Sunday, October 1,** and the minimum fees for both garbage and yard waste will increase to \$20. The Department of Community Development has been going through challenges with the turnover of 13 staff members. Some have been replaced and they have employed five individuals off-site to help process building permits. The roadwork in the County has been completed on schedule and the interruption to travel and business in Quilcene was less than expected. Jefferson Transit is investigating hydrogen fuel cell vehicles.

Jameson Hawn, Jefferson PUD, Digital Communication Specialist, spoke of the planned 10-hour power outage of September 8. It is required for the installation of a fish passage with power lines running near the construction. Power will begin going down around 3 a.m. with all being out by 5 a.m. and brought back up starting around 1 p.m. with all back on by 3 p.m. Additional projects include the installation of over 21,000 new meters which has been challenging but is ongoing. PUD is also working on the upcoming budget with a meeting open to the public to be held on **Monday, October 2.** They are actively working to reduce wildfire danger near their facilities and distribution lines.

Committee Reports

Administration, Tam McDearmid, reported the postcards inviting folks to vote in this year's online PLVC election went

Village Council Meetings

Board Meeting
Thursday, October 5
3 p.m., Beach Club

plvc.org

out September 1. Please remember to vote before the polls close on Saturday, September 30. If you cannot vote online, voting packets are available in the ballot boxes at the Bay and Beach clubs. If you have misplaced your postcard or did not receive one, contact PLVC with the link located in the footer of the home page at *PLVC.org* and we'll provide your PIN (Personal Identification Number) needed to vote.

Utilities Ad Hoc, Dave Jurca, reported the OWSI rate increase case discovery is ongoing. Information was received from WUTC on September 6, and from PLA/OWSI on September 7. A conference will be held September 12, between WUTC, Office of Public Counsel, PLA/OWSI and the Ad Hoc Committee to see where the investigation goes from there. He stated he wouldn't presume the aforementioned PLA legal costs will be passed on to ratepayers. Allowability would be determined by the WUTC Commissioners.

Recycling, Dave McDearmid, stated in light of the repeated and recent littering of cardboard and other items at the recycle center over the Labor Day weekend, the board would explore what, if anything, they should do in collaboration with the land-owner, PLA, and the County who holds the Recycling Contract with Skookums. Phil Racine explained what LMC has done with camera surveillance at the RV storage yard. He will explore how cameras helped Kala Point resolve this littering issue and report back to us. Other ideas included additional bins on the holiday weekends, additional signage, contacting offenders informally to discourage such behavior, and more communication with the entire community addressing the risk of losing this service.

Citizen Comments – none

Board Business

Secretarial, a motion was made, seconded, and passed to approve the minutes of the August 3, board meeting.

Financial, Paul Hinton presented the financial report for the month of August with an ending balance of \$3,027.93. A motion was made, seconded, and passed to approve the financial report as submitted.

Adjournment – the meeting was adjourned at 4:18 p.m.

Annual Members Meeting - Thursday, October 5, 3 p.m. in the Bay Club Auditorium

Next Workshop – Tuesday, October 17, 3 p.m. in the Bay Club Conference Room

Recreation & Sports

Port Ludlow Hiking Club

by John Nuereberg, Hiking Club

Unless otherwise noted, hikers meet at the Bridge Deck at 8:15 a.m. to get directions to the trailheads, arrange carpools, and depart at 8:30 a.m. Those on the hiking email roster receive an update the week of a scheduled outing. If you would like to be added to the email roster, send a note to plhikingclub@yahoo.com, or go to the club's website – portludlowhikingclub.com and click on Contact to send a message. Anyone may join in the hikes; you don't have to be a member of the email roster or club.

Wednesday, October 4 – Planning Meeting – Fall/Winter/Spring Hikes

Our semi-annual planning meeting will be held at the Beach Club in Port Ludlow on **Wednesday, October 4**, from 5 – 7 p.m. If you are interested in leading a hike or would like to hike with the club on a new or old hike, please plan on attending. The first part of the meeting will be the planning session, looking at hiking dates from November through May. The plan is to fill the schedule with hikes beyond our next planning meeting in May. The second part of the meeting will be a social hour. Please bring an appetizer to share and a beverage of your choice.

Friday, October 13 – Dosewallips River Road Trail

Walk from the Dosewallips Road washout area on the abandoned road that starts in the forest and leads to the abandoned park ranger station and campground. This is a moderate hike of up to approximately 11 miles and 1300 feet elevation gain. Total distance will be determined by the energy of the hikers. Enjoy the whitewater beauty of the Dosewallips River and the fall scenery of the gorge.

Be prepared for the 10/13 weather – forecast looks good but bring sun protection or rain gear as appropriate. Make sure you have water, a snack or lunch, and your walking sticks. The trail is dog friendly in the forest, but dogs must be on a leash. Dogs are not allowed in the park. A privy restroom is available at the park campground if we make it that far. A National Park Pass is required. Hike Leader: Gary Hicks, 510-566-2401.

Friday, October 27 – Fort Flagler Trails

Explore Fort Flagler State Park on an easy walk of 4 – 6 miles. Enjoy beautiful views of Port Townsend Bay and Admiralty Inlet, historic military installations, beach, and forest. A Discover Pass is required, and one can be purchased at the entrance if needed. There are restrooms at the trailhead. Hike leaders: Sarah & Denny Schuch, 360-215-4065.

Wednesdays: Timberton Loop. Walk the 4.2-mile Timberton Loop. Enjoy views of the Olympic Mountains. This is a no-leader hike. Meet other walkers at the parking lot trailhead on Timberton Drive at 9 a.m.

Monday/Wednesday/Friday - 8 a.m. Join the “Trail Club Group” that meets at the golf club parking lot for a self-led walk on the abandoned golf cart path trail or other alternative route.

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

Niners' News

by Kathleen Traci, Niners' Publicity Chairperson

The Niners are looking forward to the Captain's Luncheon on **October 12**. At the luncheon, Niners' Captain Barb Burke will be presented with a gift from the members as a thank you for her excellent leadership in 2023. The slate of officers for 2024 will be announced.

On **October 19**, the last Niners' Couples Event will precede the End of the Season Niners' Banquet. At the banquet, Niners' Captain Barb Burke will announce the Winner of the Captain's Cup, the three-day tournament that took place during the season. She will also announce the 2023 Eclectic Award to the man and woman who lowered their scores the most on individual holes. Also feted will be the Niners who shot at least one birdie during the 2023 season.

Captain Burke will announce the many events planned for the 2024 Niners' season, including a repeat of the Women's/Men's putting contest and happy hour. The annual Lady Niners' afternoon social will take place in February, and the 2024 Niners' season will lead off with a cocktail party at the end of March 2024.

Off-season casual play opportunities will be emailed to interested league members via Golf Genius. If members wish to receive these golf invitations, they need to contact Linda Haskin. Non-members who wish to play with the PL Women in the off-season, need to contact the PLGC pro shop. PL Golf Course membership is not required for casual play.

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PLWGA News

by Kathy Traci, PLWGA Publicity Chairperson

The PLWGA 2023 Club Champion is Mandy Whipple. She had a three-day low gross score of 260. The tournament's Low Net Winner was Elaine Raymond. She played three great rounds to win the overall Low Net award by one stroke over Turney Oswald and three strokes over Linda Aho.

The Club Championship's Flight 1's Low Gross winner was Kathi Williams, and the Low Net winner was Lucinda Thompson. Flight 2's Low Gross winner was Turney Oswald, and the Low Net winner was Linda Aho. Flight 3's Low Gross winner was Beth Weaver, and the Low Net winner was Ann Nugent. Everyone enjoyed the post tournament Margarita and taco salad party at the Bay Club. It was hosted by Gina Gutler, Diane Germain, and Turney Oswald.



Captains Cup Champion Linda Haskin and PLWGA Club Champion Mandy Whipple.

Photo by Diane Germain

The Captain's Cup (Match Play) Tournament Champion was Linda Haskin, and the runner-up was Sharon Russell. Linda Haskin and the other match play pod winners were feted at the after-play party on September 5. The winner of the MGA Club Championship was John Germain.

The MGA (men) won the Battle of Port Ludlow over the PLWGA (women). This two-day match play tournament pitted foursomes of two women against two men. Despite the thunder and rain, a good time was had by all.

The All-Star Cup Tournament was held on September 11 and 12. The shotgun start on

September 5 allowed for a "Pairings Party" for the All-Star cup. For this tournament, the membership was divided into two teams, the Northern Lights and the Shooting Stars. Member pairings were designed to win the most matches for their team. Grace Allen hosted the after-party celebration of the All-Star Cup at her beautiful home in North Bay. Member Debi Bozanich organized the refreshments for the party.

The PLWGA Awards Banquet was well attended by active and social members. Captain Elaine Raymond thanked her fellow officers and event chairpersons for their hard work. Awards Committee Chairperson, Shayna Worley, organized the awards and prizes for the following member awards of the season: Birdies, Breaking 100/90/80, Eclectic (Summer and Spring), Most Improved, and Tournament Winners. A captain's gift was presented to Captain Elaine Raymond for her excellent leadership. The PLWGA nominating committee announced the new slate of officers for 2024.

Off-season casual play opportunities will be emailed to interested league members via Golf Genius. If members wish to

receive these golf invitations, they need to contact Linda Haskin. Non-members who wish to play with the Port Ludlow women's leagues in the off-season, need to contact the PLGC pro shop. PL Golf Course membership is not a requirement for casual play.

Inner Joy Qigong

by Donna Geer, Staff Writer

Sometimes my thoughts are scattered and it's hard to rein them in. But I do it, slowly counting until I can focus on her voice again as my body relaxes, region by region: head, shoulders and arms, chest and upper back... If I listen carefully, I can hear the gentle sounds of my own breathing as waves of calm flow through my body, much like the wind when it dances across the water.



Allison Leonard practicing Qigong.

Submitted photo

This is Tian Yuan, just one part of Qigong, a traditional Chinese medicine that's been around for thousands of years. Have you heard of it? Phonetically, it's pronounced *chee-gung* and it focuses on the mind and the body through controlled breathing and meditation. Qigong is fluid movement in one continuous motion, and after each session I feel energized, even though I'm still a beginner in Allison's classes.

Allison Leonard has been teaching Qigong for five years and practicing it for eight. Before that, she started with yoga teacher training while raising a family and working a high-stress career. When she experienced serious health issues, she looked for something more holistic, which led her to Qigong. Allison has been an advocate for mind and body conditioning for most of her adult life, but Qigong is a "mind/energy/body practice" that she says has changed her life.

Every week, she leads groups through Ren Yuan, Tian, and Di Yuan methods at both the Beach and Bay clubs. On Thursday mornings you can find her at the Beach Club, Saturday mornings at the Bay Club. Both groups run from 9 – 11 a.m. The first hour is focused on stretching and strengthening movements for overall health improvement – Ren Yuan. The second hour – Tian and Di Yuan, adds meditation techniques, including body movement and tension release. You can watch videos that demonstrate the techniques on her Facebook page. Turn your sound up and prepare to be mesmerized just like I was. I must have watched the first video five or six times in a row. Yes, I was that enthralled.

You are welcome to join anytime, but if you're a beginner like me, she is hosting a new student orientation on **Thursday, October 19**, at 10 a.m. in the Beach Club. You can learn more about it by visiting her on Facebook/InnerJoyQigong or by contacting her at innerjoyqigong@gmail.com. You'll be happy you did!

Hole-in-One for Sharon Russell

by Kathleen Traci, PLWGA and Niners' Publicity Chairperson



Sharon Russell and her Hole-in-One shot.

Submitted photo

Sharon Russell has been playing golf ever since she and her husband, Steve McDaniels, moved to North Bay seven years ago. Prior to moving to Port Ludlow, Sharon was a Park Ranger in Santa Barbara County, California. In August, she had her first hole-in-one and it happened on Port Ludlow Golf Course hole #14, where she and her two golfing partners were able to watch the ball go into the hole.

Sharon's hobby is growing productive vegetation – fruit trees, vegetables, and edible flowers. She enjoys spending time with her pets, including her new Corgi puppy, Bethany. Sharon's passion is playing other golf courses around the state because the layouts of these new courses provide an intellectual challenge for her. Sharon's favorite Washington golf course, other than Port Ludlow Golf Course, is Trophy Lake Golf & Casting in Port Orchard.

Sharon is having a great golfing year. She broke "100" for the first time this year, and she also placed high in the standings at other Washington state and local tournaments, including being runner-up for the Port Ludlow Women's Golf Association Captain's Cup (Match Play) Tournament.

Let's Have More FUN!

by Jim Mancill, PGA Head Professional, Port Ludlow GC

Slow Play! The #1 reason that players get frustrated and the enjoyment level goes down. A round of golf should not take more than 4 ¼ hours for a group of 4 players. So what can we do to make that golf experience more enjoyable? Being ready to hit when it is your turn is one way to speed things up and another, but much less understood is playing from the correct set of tees.

One of the mysteries for most is trying to figure out which set of tees to play from. It used to be that there were *Championship Tees*, *Men's tees*, *Women's tees* and, in some cases, *Senior tees*. Those days are behind us and now it is more common to just see tees listed by the color of the markers and it is left up to the player to select which one to play from. So now, which one is right for "my game"?

In a recent study by the USGA, research has shown that 57% of players decide on tees that are too long and about 15% are playing from tees that are too short. That research says that most of us are playing from the wrong set of tees. In many cases, that is the only control we as golfers have to help battle the "Slow Play" epidemic.

So how do we make the right decision? Most players probably use the formula of how far they hit their driver to pick a tee. In this study, it suggests that you base it on how far you hit your 7-iron. The logic is most players don't really know how far they hit their driver, but most know how far the 7-iron actually goes. As a guide, see Figure 1 to determine the correct tee.

7-iron Distance (in the air)	Best Course Length
80 yards or less	3,500 – 3,700
95	4,100 – 4,300
110	4,800 – 5,000
125	5,400 – 5,600
140	5,900 – 6,100
155	6,400 – 6,600
170 or more	6,700 – 6,900

Figure 1, Tee Length Determination.

Submitted photo

An interesting result of the research found that most players, regardless of far they hit their 7-iron, enjoyed Par 4's where they hit driver, then 7-iron...a medium length Par 4. Just a thought worth thinking about.

So let's get on the right set of tees, be ready to play when it's your turn and get out there and have some fun! See you on the trails.

Reminder to Dog Owners

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



Dove House Golf Benefit Results

by Barbara Berthiaume, Staff Writer



Mixed Team Overall Winners: (L to R) John Germain, Kathi Williams, Sue Fechner, Chris Berthiaume.

Photo by John Fillers

The 11th Annual Dove House Golf Benefit was held at the Port Ludlow Golf Course on Friday, August 18. The day was sunny and warm as golfers bought raffle tickets and opportunities to improve their game. The spirit of Myron Vogt was smiling at all the activity and was with us throughout the day. At noon, 114 golfers teed off, with John Fillers photographing the activities and all the teams. The benefit raised \$32,128.73 for direct client services, which provides a lifeline for many clients and is a valuable resource for staff to better meet clients' critical needs. Committee member Bekka Bloom from Dove House and Peninsula Support Organization (PSO) Bluebill members Carole Fett, Jim Mueller, Barb Burke, and Barbara Berthiaume worked with volunteers, sponsors, and the Port Ludlow golf staff to ensure that the event ran smoothly. Garry Caven volunteered his culinary skills to make a memorable lunch and dinner. Dove House board and staff were present to provide information and answer questions regarding their work. Executive Director Beulah Kingsolver thanked everyone for their participation and shared with the audience how much their contributions make an impact on their clients' lives. Bekka Bloom presented a Gift of Appreciation from Dove House to Barbara Berthiaume for her contributions to Dove House. Jim Mancill, on behalf of the Port Ludlow Golf Course, presented Dove House with a check for \$1,800 from the auction of retired tee signs from the course. Co-chairs Barbara Burke and Barbara Berthiaume thanked everyone who helped to make the 11th Annual Dove House Golf Benefit the most successful to date. The winner of the closest to the pin chipping contest was Rick Smith.

Trail Mix

by Larry Scott, Trails Chair

August: hot days, vacation time, camping, cruises. In general, summer-time equals vacation time. Well, that's kind of what Trails did in August. Between work in another state, established travel plans, and just plain burnout, Trails took a short break. After putting in seven days a week on McCormick Loop in March and April,



Timberton to ABT crew: (L to R) Neil Vroegop, Jerry Keck, Les Phillips, Jeff Sarantopulos, Denny Schuch, Mark Makarowski.

Photo by Larry Scott

followed by five days a week through May, June, and July on the Oak Bay Trail, the short August break was welcome. Not that Trails was completely idle in early August. The reroute of the Mt. Wilder-DNR was completed over a few days as well as the installation of updated signage. That trail is now open again, and it accesses all the DNR trails. But now, (at this writing), it's early September and Trails is back with the traditional Fun Days.

Our first project is to improve the drainage on the newly added trail that goes from upper Timberton to the retention pond across from the Bay Club. Then by crossing Paradise Bay Road, a hiker can get on the ABT. Hence the name "Timberton ABT Connector." This trail tends to get soggy in the winter so we're trying to mitigate that with some directed drainage. Following that effort, Trails plans on recommencing work on McCormick Loop.

Like to help? Send me an email at mclgscott@cablespeed.com. "Let's Keep Improving our Trails."



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Summer is coming to a close, but autumn's beauty is just ahead!

Visit and enjoy our full slate of seasonal events, including *UP Lift: Collaborations with Nature*, our annual Squash Hunt tradition, and *Winter Wonders* this December. Members always visit for free.



Photo: Erin Fisher

Timed tickets are required for admission
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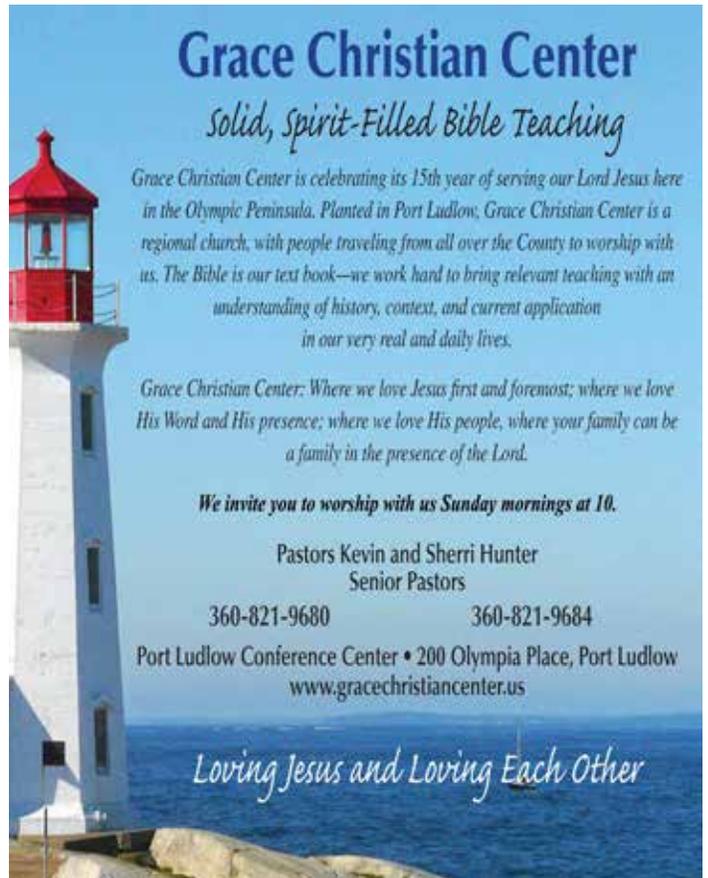
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Loving Jesus and Loving Each Other



Interpreting Ancestry DNA Results

Want help interpreting your ancestry DNA results? The Jefferson County Genealogical Society is offering classes on how to best use and interpret your results. The classes, which will be held **Monday, October 16**, and again on **Monday, October 23**, from 1 to 3 p.m., will cover how to:

- Sort your DNA matches using Ancestry’s tools
- Identify your most useful matches
- Understand how matches relate to each other

Two highly qualified instructors from Jefferson County Genealogical Society (JCGS) teach the class. Students work with their own test results. Class limited to 25 people. All sessions recorded for instructional purposes.

To take the class, you must have already:

- Received DNA results from Ancestry
- Accessed your results on Ancestry’s website
- Completed a pedigree chart back to your great-grandparents*

You can attend the classes via Zoom or at the Research Center, located at 13692 Highway 19 (near the airport) in Port Townsend. The Center is open to the public Tuesday through Friday, 1 – 4 p.m.

The Class Fee is \$30 for JCGS members and \$55 for non-members (includes membership). To register and pay for “Understanding Your Ancestry DNA Results” classes go to: wajcgs.org/classes

***Get help** completing your pedigree chart or printing your Ancestry DNA results from our Research Center volunteers. The Center is open Tuesday through Friday, 1 – 4 p.m. Bring your Ancestry login information.

Questions? Contact Dora Whittaker at (360) 301-0478 or jcgswashedcommittee@gmail.com.

Got Questions for October Candidate Forums?

Once again, the League of Women Voters-Jefferson County is prepping for their October School Board and Port of Port Townsend Candidate Forums. The League uses only questions submitted by the public in their Zoom Forums, and is pleased to announce the following Candidate Forums:

- **Monday, October 2**, from 6 – 7 p.m., Port Townsend School Board Candidates Timothy Hawley, Nathanael O’Hara, Matt Klontz, Nancy Papasodora, and Simon Little.
- **Tuesday, October 3**, from 6 – 7 p.m., Quilcene School Board Director-at-Large Candidates Anne Bessey, James Hodgson, Ron Frantz, and Ronald Jones.
- **Wednesday, October 4**, from 6 – 7 p.m., Port of Port Townsend Board of Commissioners District 1 Candidates Chuck Fauls and Pam Petranek.

Please submit your questions to lwjjeffcowa@gmail.com no later than noon on **Sunday, October 1**. Concise, unbiased questions will be given priority, and questions on similar topics may be combined.

Links to the October forums, which can be accessed by computer or phone, will be posted on the League’s website at lwvwa.org/Jefferson on Wednesday, September 20. Media partner KPTZ 91.9 FM will simulcast the October forums and livestream them at kptz.org. The forum will also be recorded and linked on the League’s website at lwvwa.org/Jefferson a few days after the event.

For additional information, please contact the League of Women Voters-Jefferson County at lwjjeffcowa@gmail.com.

Michael Haberpointner, PT, DPT
Timothy Mansour, PT, DPT
Faye King, PT, DPT
Bailey O’Hotto, DPT



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 Breaking News – Archive of Past Issues
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 Local Arts – Letters to the Editor

Classifieds

The monthly cost of classified ads is \$17 for less than 25 words and 60 cents per word there after. There is a prepayment discount, 10% for 6 months or more. We accept “personal” ads such as public “thank you” ads. We do not accept ads of a political nature. The deadline for new ads, changes, and cancellations is the 8th of the preceding month. We send out invoices on the 1st of the month. We normally send emailed invoices but will mail them if you request. Ads will run until canceled. You may pay by check, money order, credit card or bank transfer. Email your ad and contact information (name, billing address, phone numbers, and email address) to classified@plvoice.org.

COMPUTER & TECHNOLOGY

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

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

EMPLOYMENT

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FOOD

Dinners To Go service offered by GBF Catering on Tuesdays and Fridays. Order online and see additional information at GBFcatering.com. Catering services available in Jefferson, Clallam and Kitsap Counties. For more information call 360-774-0848.

HEALTH & BEAUTY

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

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

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Wellspring Within: Port Ludlow: Reiki master, cranial-sacral therapist, applied shamanism and depth hypnosis practitioner. Age appropriate care where soul meets body. teresa@mailhaven.com: 503-523-8125. depthhypnosispractitioners.com/practitioners/teresa-laughlin

Internal Power/Energy: Come learn about Tai Chi's internal power and how it can invigorate your life. Bay Club classes are 9am Tuesday and Thursday. First class is free; then \$10 a class. \$40 private lessons. Contact Steve at taichidoob@gmail.com 970-799-3520. It's the real deal and the classes are fun!

Registered Nurse available for Private Duty: Please call Louise at 805-551-9472.

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

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PERSONAL

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

PET CARE

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

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Financial Disclosure

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

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)	\$300
2. South Bay Community Association (SBCA)	\$300
3. Port Ludlow Village Council (PLVC)	\$200
4. Display Advertising	\$5,110
5. Classified Advertising	\$772
6. Subscriptions	\$58
7. Web Advertising	<u>\$37</u>
Total average monthly income in fiscal year 2022/23	\$6,777

Subscriptions: Per year \$42; \$3.50 per month. Gift issue, \$5

This issue proofread by Carey Aron, Jim Gormly, Betty Kay Landaker, Carol Riley, and Mary Small

Paper Content: The *Voice* gloss cover stock is balanced recycled FSC certified with 30 percent recycled content. It is elemental chlorine free. The inside stock is acid free and meets the sourcing requirements of the Sustainable Forest Initiative.

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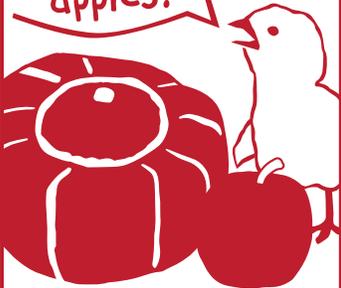
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SOCIAL INTERACTION



Molly Paker, MD

Jefferson Healthcare is offering a free health seminar focused on the importance of social interaction. Molly Paker, MD, will host a conversation about the science of the health effects of isolation and the protective influence of social interactions. Join her to review examples of community projects to increase social interactions and brainstorm local needs and options.

Thursday, October 26 at 1:00 pm
Bay Club, Port Ludlow
120 Spinnaker Place

Co-presented by Jefferson Healthcare and the South Bay Community Association Activities, Health & Fitness Committees.

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jeffersonhealthcare.org/events



register here