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

Published monthly by an all-volunteer staff.

INSIDE THIS ISSUE

Arts & Entertainment	21
Bay Club / South Bay	24
Classifieds	32
Features & Stories	12
News & Community	4
Recreation & Sports	28
Spotlight	18
Village Council	25

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

The Voice Online

plvoice.org

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

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

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

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

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

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

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



Port Ludlow Voice

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ON THE FRONT COVER

The Ancient One.

Photo by Steve Deligan

News & Community

Editorial

by Mary Ronen, Staff Writer

"I like spring, but it is too young. I like summer, but it is too proud. So I like best of all autumn, because its tone is mellower, its colors are richer, and it is tinged with a little sorrow. Its golden richness speaks not of the innocence of spring, nor the power of summer, but of the mellowness and kindly wisdom of approaching age. It knows the limitations of life and its content." — Lin Yutang

November is a fine month. Days are shorter, and generally much wetter and cooler. Even so, it is still a fine month. We associate November with family gatherings for Thanksgiving, and holiday shopping for the best bargains on "black Friday." There is more, though, to November. There is Veterans Day on **November 11**, when we pay tribute to all American veterans—living or dead—but especially to all living veterans who served. It is always celebrated on that date, and banks and post offices are closed. Midterm elections this year are **Tuesday, November 8**, when among other things 435 seats in the House of Representatives and 35 of the 100 seats in the Senate are being contested. Needless to say, there are also a number of important races right here in Jefferson County as well. *(Just a plug to remind you to vote.)*

This issue of the *Voice* is full of interesting articles: Find out about Chimacum Backpacks for Kids on page 18. Jefferson Healthcare welcomed new providers to its staff (page 26), the First Wednesday Luncheon speakers will satisfy your curiosity about the 65-foot blue-and-white trawler that's moored at the marina (page 26), the Port Ludlow Yacht Club Women's Group enjoyed an outing at Finn River Farm & Cidery (page 29), and last but not least in this short sampling, you can learn how to dry your beautiful flowers preserving them for the grey days of winter (page 27).

Please sit back with a cup of coffee or tea (or your favorite beverage) and enjoy the November *Port Ludlow Voice*.



Submit your articles by email to
newseditor@plvoice.org by the 8th of the preceding month.

The Benji Project Teaches Coping Skills

by Heather McRae-Woolf, program director, The Benji Project

(Editor's Note: The September issue of the Voice showcased The Benji Project, a nonprofit that helps Jefferson County youth develop skills for stress management and emotional resilience. Below are additional examples of their ongoing work.)

A group of sophomores from Port Townsend High School recently sat in a circle in Chetzemoka Park examining raisins, holding them up to the light and rolling them around in their fingers. They were engaged in a mindful eating activity guided by instructors from The Benji Project. "I will never look at raisins the same way again!" said one participant.

The Benji Project partners with schools across Jefferson County to offer experiences of mindfulness and self-compassion to middle and high school students. Mindfulness is simply the practice of being present, noticing thoughts and feelings with openness. Self-compassion involves responding to difficult thoughts and feelings with kindness. Cultivating these ways of relating to ourselves can help reduce feelings of being overwhelmed and build emotional resilience.

Parenting Circles Launched

As families emerge from pandemic isolation, many parents of teens find themselves navigating new territory, often without the community network they had when their children were younger. In response to requests for support, The Benji Project has launched weekly drop-in parenting circles. The circles meet on Thursdays, from 7 to 8:30 p.m., in the conference room of our new office space in The Good Templars Building, 280 Quincy Street, Port Townsend.

The parenting circles offer peer-to-peer sharing, as well as mindfulness practices. "We want to normalize the experience of parenting teens," said co-facilitator Aleah Lawrence-Pine. "Too often folks feel like they are the only ones going through a tough time, which is just not true."

'Sips of the Season' Wine Tasting

To support the work of the organization, The Benji Project is hosting a "Sips of the Season" event on **Saturday, December 3**, with music and tastings of wine, cider, and other seasonal drinks. Learn more and purchase tickets to this event at thebenjiproject.org.

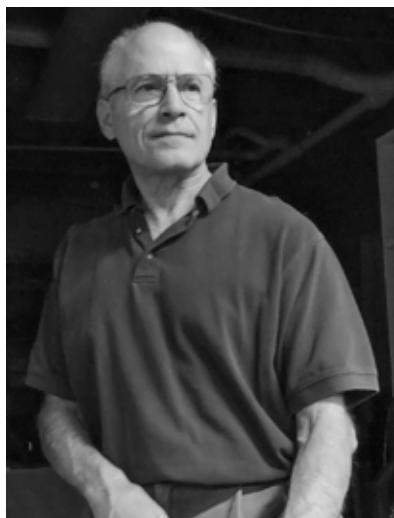
Holiday Giving for OlyCAP Kids

The Peninsula Support Organization (PSO) Bluebills and the Port Ludlow community will again be giving Christmas gifts to the children of homeless families in transition. Olympic Community Action Program (OlyCAP) is sponsoring the families and facilitating the gift distribution. OlyCAP is a nonprofit 501(c)(3) organization that operates community-service programs on the Olympic Peninsula.

PSO Bluebills will use donated funds to choose and wrap gifts for kids ranging in age from birth to 18, and deliver the gifts to OlyCAP by December 16. Last year the PSO Bluebills provided Christmas gifts for 28 kids.

To make OlyCAP part of your holiday giving, mail checks payable to "PSO Bluebills" before December 1 to Laura Paul, 52 Bayside Court, Port Ludlow, WA, 98365. For more information, email RLPLEP@yahoo.com with "OlyCAP."

New Tai Chi Class



Tai chi instructor Steve Doob.
Submitted photo

The worldwide Chinese practice of tai chi is now being offered at the Bay Club. The instructor, Steve Doob, has been doing tai chi since 1968, has had many high-level teachers in the U.S., and has traveled to China several times to study the art.

Although it originated as a martial art, tai chi is used primarily today to promote health and well-being. It can be practiced anywhere and by anyone, regard-

less of health, age, or athletic abilities. It doesn't require special clothes or equipment.

Doob said that tai chi can enhance "the internal strength needed to take control in one's life and deal with stress, teach people how to focus and live more fully in the moment, and improve both physical and mental balance, flexibility and fluidity of motion." He speaks from personal experience, having begun the practice at age 26 and enjoyed ongoing good health for the subsequent 54 years.

The new tai chi classes are held on Tuesdays from 9 to 10 a.m. and Saturdays from noon to 1 p.m. The cost is \$10 for each session, with the first class free. For more information, email Doob at taichidoob@gmail.com.

At the Library: Discussion Series, Book Sale, Conversation with Poets

In addition to its ongoing calendar of activities, Jefferson County Library will sponsor these events:

Supreme Court of the U.S. Discussion Series – Thursday, November 3, 6 to 7:30 p.m.

Presented by attorney Nils Pedersen and Professor Joyce Francis, this four-part in-person and online series will review the Supreme Court's processes and players, explore select cases from the preceding term, and discuss upcoming cases. Portions of class discussion will address participants' questions/concerns about the court, which will be submitted during the first session. No registration is required.

Book Sale – Saturday, November 5, 10 a.m. to 2 p.m.

The Friends of the Jefferson County Library book sale will feature used books, audiobooks, DVDs, and music CDs. All sales will support the Jefferson County Library District. The sale will take place in the bookmobile garage.

Poets in Conversation – Wednesday, November 16, 6 to 7:30 p.m.

The library will host an evening of conversation with two local poets. Carol Prismon-Reed of Port Townsend has been writing poetry since junior high, and early on adopted an imagist, minimalist, and lyric style. In recent years she has been drawn to the classic poetry of China and has translated many of her favorites. Her first chapbook, *Footsteps in the Night Sky*, was published last year. Bill Mawhinney of Port Ludlow has performed poetry in local retirement homes through an Arts to Elders program and for 13 years organized and hosted the Reading Series at Northwind Arts Center in Port Townsend. The Port Townsend Arts Commission named him Angel of the Arts for 2011.

For more events, see the calendar at jclibrary.info.

Free Life Care Planning Zoom Seminars

Attorney Tony Hinson will host a discussion of estate and life care planning on **Tuesdays, November 1, 15, and 29**, at 11:30 a.m. The online programs will focus on solutions that can preserve wealth, minimize taxes, and ensure legacy.

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

The seminars will be held live via Zoom. To register, visit sherrardlaw.com/seminars, or call 360-779-5551.

Chimacum Foods Class Supports Learning + Local

by Scott Mauk, Superintendent of Chimacum Schools



Students Banker Moore (10th grade), Laaodo Yumang (11th grade), Paisley Mitton (12th grade), practice sauteing in Foods class.

What happens when you add all the salt that was meant for the pasta water into the sauce? Aspiring cooks find out in the foods class at Chimacum Junior/Senior High School.

Enthusiastic high school students flock to this hands-on foods class to learn not only about scratch cooking techniques and skills like knife use, sauteing, and reading recipes, but also about the local food system and the produce of the Chimacum Valley.

Food Services Director Margaret Garret eagerly took over the foods class this year. She has been instrumental in developing healthy menus for students and staff using local ingredients, including preserved summer and fall produce like tomatoes and blueberries. She has put together a committed team who bring amazing (and free) breakfast and lunch to kids as part of the Chimacum district wellness goals.



Fresh garlic, locally grown in the Chimacum Valley, ready for use in the Foods class.

Submitted photos

Students like Cash Floerchinger enjoy the class and eat what they make. "I love this class," the ninth grader said. He and his classmates not only regularly try new recipes and practice kitchen skills to earn their food handlers' license, but they also go on field trips to local producers and hear about cooking careers, nutrition, and farming from a variety of class speakers.

The program also serves as a foundation for students participating in the FEED (Food, Education, and Enterprise Development) truck program launching later this year. The FEED truck will provide students an opportunity to design and operate a local enterprise and to develop skills related to business management and marketing.

Are you wondering what those culinary students learned from over-salting the pasta sauce? Well, the following week they went back to the kitchen, read the recipe more carefully, and this time they made a delicious pasta lunch.

Digital Club Regroups

Port Ludlow Digital Life (née Computer Club), a long-time educational group run by volunteers, was dissolved in September. But two special interest groups survived. One is focused on computers and their associated devices and software. The other focuses on digital photography, photo editing, and other things related to photography.

These groups are open to anyone, and the presentations are free. The computer group usually meets on the third Monday of the month; the photography group, on the fourth Monday of the month. Here are the upcoming meeting topics:

Computer Special Interest Group —Monday, November 21, from 3 to 5 p.m. in the classroom of the Bay Club.

John Nuernberg will lead a class he's calling "Tech Toys for the Holidays," and demonstrate (online) things from computers to indoor LED gardens. People who are interested in attending should send an email to PLDigitalClub@yahoo.com. Class handouts will be sent to registrants in advance of the session. Participants who bring their computers will be able to experience some of the latest digital products on the market.

Photography Special Interest Group—Monday, November 28, from 10 a.m. to noon in the classroom of the Bay Club.

Aven Andersen will facilitate this session, which will start with an educational video from the National Geographic Society. Attendees will discuss camera filters as well as subjects for future sessions. Participants should bring their cameras and owner manuals.

Port Ludlow Fire & Rescue

Alarm Statistics Septm,ber 2022

Alarms

Fires	5
Rescue/Emergency Medical	68
Hazmat	1
Service Call/Cancelled En Route	29
False Alarms	1
Total Alarms	104

Ambulance Transports

Jefferson Healthcare	23
St. Michael's	21
Medevac	1
Total Transports	45

Aid

Aid Given	10
Aid Received	5

Time to Prepare for Winter

With the onset of cooler temperatures, many residents have begun to use their propane stoves or fireplaces to ward off the morning chill. This a good time to check your smoke alarms and carbon monoxide detectors.

Smoke alarms have a life expectancy of about 10 years. If you have ever had a smoke alarm go off for no apparent reason, it could be because there is dust on the sensor or it has outlived its usefulness. If you know the alarm is less than 10 years old, you could spray it with pressurized air to remove the dust. If you don't know when the alarm was installed, it's best to replace it. When you get a new smoke alarm, consider writing the date of purchase on the alarm with a marker.

Carbon monoxide is an invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. In the home, heating and cooking equipment that burn fuel can be sources of carbon monoxide, according to the National Fire Protection Association. Carbon monoxide alarms should be installed in a central location outside each sleeping area and on every level of your home. For the best protection, interconnect all CO alarms throughout the home. That way, when one sounds, they all sound.

When you get a new alarm, Port Ludlow Fire & Rescue crews will install it for you. To make arrangements for a crew to come to your home, call the station at 360-437-2236.

If you use portable electric heaters, be sure to keep them at least three feet from combustible items and avoid using extension cords.

As you get ready for winter, remember to check your supply of food and household items in case windstorms cause power outages or weather makes it unsafe to drive to the store. Create an emergency kit for your car. Include jumper cables, a flashlight, a blanket, some bottled water, and non-perishable snacks.

If you have any questions about the services provided by Port Ludlow Fire & Rescue, call 360-437-2236, see the website at plfr.org, or email Fire Chief Bret Black at bblack@ejfr.org.

Book Group Looks at Birth of the FBI

The Osage tribe, when forced to sell their reservation lands in Kansas at the close of the 19th century, purchased new reservation land in Oklahoma. They negotiated to retain mineral and subsurface rights to their new land. When oil was discovered on their reservation in the 1920s, they became instant millionaires.

David Grann's, *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI*, is a thrilling exposé of ruthless men who schemed to steal the wealth of the Osage. On **Tuesday, November 8**, Martha's Book Group will discuss the nascent Federal Bureau of Investigation as it unravels the plot and brings the perpetrators to justice.

Martha's Book Group meets at the Bay Club on the second Tuesday of each month at 4 p.m. (note new time). The book selection for December is Lisa See's *Island of Sea Women*. For more information about the group or to obtain a list of upcoming book selections, contact Sarah Schuch at bookclub@plvoice.org.

Garlic is Topic of Garden Club

At its **Wednesday, November 9** meeting, the Port Ludlow Garden Club will feature an expert in growing garlic. Dana Doss will discuss the planting and harvesting of different varieties of garlic, and she will reveal some surprising ways to utilize garlic in landscape designs. Dana will also provide information, and real-time tasting opportunities, on the topic of cooking with garlic, while sharing some of her favorite recipes.

The meeting, to be held at the Beach Club, will begin at 11 a.m. Participants can bring a sack lunch to accompany the coffee, tea, and desserts provided by the Garden Club. The event is free to Garden Club members and \$5 for non-members.

Meet Your Firefighters

by Ron Dawson, Guest Writer



Meet Neil Secondez, firefighter and EMT at Port Ludlow Fire & Rescue. He began his career in the fire service in 2011, where he started as

a resident. He went to the Fire Academy in 2012. In 2018 he became a member of the Brinnon Fire Department and then shifted to Port Ludlow, where he has been for three years. Neil is originally from the Philippines and came to the United States when he was four years old. His family moved to the Port Angeles area. He was encouraged to consider becoming a firefighter by friends in Port Angeles who were in the fire service and who thought he would be well matched to the job.

The thing he likes best about his job is the variety of work involved, covering medical incidents and responses to fire and rescue situations. The hardest part is the juggling required to stay on top of and grow in the job and be a good father and husband in balancing life requirements.

Neil's family is still in Port Angeles. He lives with his wife Alicia, and two boys Zayn (two) and Luke (one), in Bremerton. His interests away from work include working on his numerous car projects, woodworking, and sports. He participates in skiing, snowboarding, and occasionally, surfing. Above all this, Neil cherishes his time raising his family.

A particularly memorable event occurred in 2019 when he was at the Brinnon station. He was first on the scene to a motor vehicle accident on Highway 101, where a person fell asleep while driving and crashed into a boat being towed by the vehicle in front of him. The boat was in the middle of the highway, a young child had to be airlifted from the scene, and significant medical response had to be given to other victims at the scene. It was an example of: You never know what is in store for you on a call.

Neil would like to continue learning and become a Lieutenant in the service. He sees good career opportunities available to him.

I asked him an unrelated question about responding to a call at night, and how they prepare. He told me they

have two minutes to be rolling after they get a 911 call to respond. Most of them can be out of bed and dressed in their clothes, which are staged, within twenty to forty seconds. That is moving!

Neil is a gregarious and interesting young man. Port Ludlow Fire & Rescue is fortunate to have him on the team.

Dusty Green Goes to the Dogs

by Snorri Dog, Guest Writer

Oh, my dog! Did you know that The Dusty Green Café officially has a pup menu? They do! They call it the Puppy Patio Menu and let me woof at you—it is PUPMAZING!

I talked my human into taking my furry pals and me to lunch there. To all of you humans reading this, get your furry friends to Dusty Green, please! Best Mom Friend (my human) says that I have to say, "please."

I hope all the pups in Port Ludlow and beyond can enjoy the Puppy Patio Menu at Dusty Green. It features some fantastic pup-friendly foods like a bone with ham, broth, rice, and more! They deliver it in a special basket with a water bowl just for us woofs.

I'd never been served food or treats in my very own basket before, and I felt like pup royalty! I can't wait to hear more pup stories about being spoiled at Dusty Green.



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Dine and Discover Goes Coastal



Anne Shafer.

Submitted photo

On **Monday, December 5**, Dine and Discover will be held at the Bay Club and this will again be a dessert only event with dessert provided. The speaker will be Anne Shaffer, Ph.D. the Executive Director and Lead Scientist of the Coastal Watershed Institute (CWI) which is located in Port Angeles, coastalwatershedinstitute.org. She will talk about our region's nearshore coastal ecosystems, including the Elwha River delta, bays, and shorelines, coastal feeder bluffs and spits (both Elwha and Dungeness), and how our iconic species (primarily killer whales, salmon, and forage fish) depend on them. How humans interact with these zones will also be discussed as will the results of several of their large, ecosystem scale restoration projects. Dr. Shaffer will explain how to conserve intact coastal zones and give examples illustrating how doing so is much cheaper and beneficial to humans than destroying them.

Doors will open at 6:15 pm with dessert served at 6:30 p.m. Please arrive no earlier than 6:10. Sign-up sheets will be available at the Bay Club starting **Tuesday, November 1**. The cost will be \$2 per person and will be collected at the door. Coffee, tea, water, plates and utensils will be provided so you need to bring nothing! Woo hoo!! When you sign up, please provide a phone number so that we can contact you should plans change for any reason. Dine and Discover is for the Port Ludlow community, and we alternate between North and South Bay clubs. Whether you are new to the community or have never attended these popular events, you are welcome.

New Health Providers Join Jefferson Healthcare

Jefferson Healthcare has made some additions to its staff. They include these new health providers:

Pamela Ator, MD, FACP, has joined the primary care team. Board-certified in internal medicine, Dr. Ator will see patients in the Watership building at 1010 Sheridan Street. Dr. Ator said she "chose medicine from an earnest desire to contribute to a healthy community." She is a graduate of Oregon Health Sciences University and completed her residency at Legacy Portland Program in Internal Medicine.



Pamela Ator, M.D.,



Jennifer L. Sayles, FNP-C.

Jennifer L. Sayles, FNP-C, has joined the oncology care team as an advanced registered nurse practitioner. Nurse Sayles received her doctoral degree from Gonzaga University and her MSN from Western Governors University in Salt Lake City. She said she is honored "to be a part of people's healthcare journeys" and practices a patient-centered, holistic approach to care.

Erica Tirado, DO, has joined the surgical associates care team at the Watership building. As a doctor of osteopathic medicine, Dr. Tirado and her fellow surgeons provide a range of services that include colonoscopy screenings, cancer surgery, hernia repair, endoscopy, and gall bladder removal. She received her degree from the Arizona College of Osteopathic Medicine and completed her residency at Good Samaritan Regional Medical Center in Corvallis, Oregon. To Dr. Tirado, practicing patient-centered care means "providing the best care to my patients during times they are most vulnerable."



Erica Tirado, D.O.

Submitted photos

Lorna Smith Receives Environmental Award



Environmental awardee Lorna Smith.

Submitted photo

The Port Townsend Marine Science Center has selected Lorna Smith as the recipient of the 2022 Eleanor Stopps Environmental Leadership Award. Smith began her environmental career in 1978 as a volunteer for Seattle Audubon, when she became involved in the dam proposed for the Skagit River system at Copper Creek. Her analysis revealed the environmental impacts the dam would inflict on the river, the salmon, and the bald eagles.

The ensuing groundswell of opposition eventually halted the dam's construction.

Smith went on to become the conservation chair and a vice president for the Audubon organization. In her role, one effort in particular affected the Olympic Peninsula and its citizens: the creation of a wildlife refuge for Protection Island, home to 70 percent of the seabirds that nest in Washington State's inland waters. In this effort, Smith closely coordinated with Eleanor Stopps, and the Protection Island National Wildlife Refuge became one of the few federally protected marine refuges established by an Act of Congress at that time.

"It is the highest honor I can think of, to be the recipient of the Eleanor Stopps Environmental Leadership Award," Smith said. "Knowing Eleanor and working so closely with her makes the award particularly meaningful to me. We were a great team and achieved what many thought would never happen, when Congress decreed Protection Island a National Wildlife Refuge."

Smith also was involved in the campaign to halt construction of the Northern Tier Pipeline involving a proposed oil export terminal in Port Angeles. The plan called for an underwater pipeline spanning the Salish Sea (including up-and-over Whidbey Island) to a terminus on the mainland. Smith helped mobilize like-minded organizations and letter writers, and persistent grassroots opposition grew. A lawsuit to halt the pipeline on environmental grounds was undertaken and eventually the project was abandoned.

Smith has served as executive director of the nonprofit Western Wildlife Outreach, as a board member of the Washington Environmental Council and Olympic Forest

Coalition, and as a volunteer for Jefferson Land Trust. She was appointed by Governor Inslee to the Washington Fish and Wildlife Commission in 2020 and is currently a member of the Jefferson County Planning Commission.

About the Eleanor Stopps Environmental Leadership Award

From the 1960s through the 1990s, Eleanor Stopps was an active member of the Pacific Northwest conservation community. She founded the Admiralty Audubon Chapter and was a primary driver behind the establishment of the Protection Island National Wildlife Refuge in 1982. Today it is a critical habitat link in the preservation of the entire Salish Sea ecosystem, providing breeding grounds for pigeon guillemots and rhinoceros auklets, bald eagles and peregrine falcons, harbor seals and elephant seals, and myriad other species.

"Eleanor was, and remains, my hero for her tirelessness, cheerfulness, and unshakeable faith in achieving permanent protection for the tens of thousands of seabirds who nest on Protection Island," Smith said.

Stopps died in 2012 at the age of 92. The leadership award created in her memory is presented annually to a citizen of Jefferson or Clallam county who has led a successful resource- conservation effort that benefits the North Olympic Peninsula and its residents directly; acted as a community catalyst for programs, initiatives, or ventures that demonstrate a commitment to the future of the earth and its biodiversity; become a model for future leaders in business and education; or has been an exemplary citizen or policy maker who has implemented decisions that, though they may entail risks, have helped local communities take the next step towards environmental sustainability.

About the Marine Science Center

Founded in 1982, the Port Townsend Marine Science Center is a nonprofit educational organization whose mission is to inspire conservation of the Salish Sea. The organization offers two public facilities at Fort Worden State Park, an aquarium (on the pier) and a museum (on shore), and a visitors' center and store in downtown Port Townsend. For more information, visit ptmsc.org.

Local Investment Highlight

LION —the Local Investing Opportunities Network—will hold an Open Forum on **Wednesday, November 2**, from 4:30 – 6:30 p.m. at the Finnrivier Cider Garden. Since 2006, the group has invested over \$10 million in Jefferson County businesses and nonprofits. This is one you don't want to miss!

Junk, Spam, or Scam?

by Teresa Glidden, Guest Writer

Do you find yourself inundated with phone calls and mailings – all with the target of separating you from your money? Unfortunately, scammers are hard at work, constantly coming up with new ways to steal your hard-earned cash.

According to the U.S. Postal Inspection Service, “Under the right conditions, anyone could fall for a scam, but scammers are especially successful at targeting people with certain risk factors, like social isolation, loneliness, limited sight or mobility, and cognitive aging. Scammers are also attracted by the pensions and life savings of retirees.” To avoid falling victim to a scam, consider these tips:

Screen your calls. The best way to avoid falling victim to scammers is to not give them an opportunity to talk to you. Here are some helpful habits:

- Do not answer calls from phone numbers you do not recognize.
- Set up your voicemail. Most scammers will not leave a message, but someone who is trying to legitimately contact you (like a doctor’s office) will leave a voicemail.
- Activate blocking for unwanted calls and text messages, especially from people who are promising something in exchange for money.
- Do not feel obligated to listen to a caller. You can simply hang up.

Be extremely cautious about sharing personal information like your Social Security number or bank account information with an unsolicited caller. Scammers need only a few pieces of information to take control of your accounts. Recognize red flags with guidelines like these:

- Be skeptical whenever someone asks for money via cash, check, gift card, money order, or wire transfer.
- Do not deposit checks from people you don’t know or have never met in person. If a bank or check-cashing institution deems a check fraudulent, it will be your responsibility to repay the funds.

Do your own independent research. Scammers want to have as much control over you as possible. Before sending any money or providing personal information, research companies, names, and phone numbers. Do not trust that a given phone number is legitimate even if it is an 800 or 888 area code.

Do not give in to pressure to pay or take immediate action. Legitimate businesses and government entities provide ample opportunity for you to think things through.

Be smart about payments. Protect your money and take the time to assess the risk of losing it. Be aware that once scammers have your money, it’s not likely you will ever recover it. No purchase or payment is necessary to participate in legitimate sweepstakes; winning is always free.

Confide in someone close to you before making a decision. Scammers will often request that you not share your conversation with anyone. Instead, you should actually tell someone about it.

Review your accounts regularly. If you find any suspicious activity or transaction that you did not authorize, report it immediately to your financial institution.

Keep in mind that unlawful callers often pose as legitimate businesses trying to sell services or products. They might also represent themselves as a bank with a question about your account, or a federal agency notifying you of an issue. Remember: legitimate businesses, banks, and government offices will not ask for personal or financial information over the phone. Fraudulent activity can be reported at uspis.gov or by calling 1-877-876-2455.

Teresa Glidden is an education & outreach specialist for Consumer Protection Washington. This article is sponsored by Compass & Clock, a local organization that provides resources for living in middle age, retirement, and senior years.

Wanted: Tax-Aide Volunteers

AARP is seeking volunteers to participate as tax counselors for its local Tax-Aide program. Preferred qualifications include an aptitude for forms, instructions, and basic computer usage, as well as a willingness to help others. People of all ages and backgrounds are encouraged to apply.

The Tax-Aide program is sponsored by AARP and the IRS. Applicants do not need to be AARP members to volunteer, nor to receive the free tax preparation services.

Online applications can be completed at aarp.org/taxaide. 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

Interested volunteers who have questions can contact either David Segleau, Jefferson County local coordinator, at taxaide.david@gmail.com, or Russ Fish, District 3 communications coordinator, at russfishk7ina@gmail.com.

Features & Stories

Village Center Christmas Tree Lighting



Like the rest of us, Santa has been under Covid lockdown for the last three years and working remotely from the North Pole. We just received advance notice that he's exercising his reindeer and completing any needed repairs on his sleigh to make his normal rounds of personally delivering gifts and goodies to all this year.

Among his stops will be the Port Ludlow Village Center on **Saturday, December 3**, from 4:30 to 5:30 p.m. With his magic touch, he will light the Village holiday tree and distribute candy to children and adults from his magic bag.

Sponsoring this event are the Village Council Community Development Committee, Port Ludlow Associates, and our very own Choral Belles, who will lead us in singing traditional carols. Hot cider and cookies will be served.

Growing & Rowing for Winter

by Evie Maxwell, Staff Writer

For a food bank, summer and fall are the good times. Produce from food bank gardens, dozens of local farmers, green-thumbed residents, and even local grocery stores all help keep the shelves filled.

That naturally changes with winter and for the Jefferson County Food Banks, the fall of 2021 proved ominous. By the start of 2022, the ominous had turned desperate.

"In January and February, we had almost nothing on the shelf," recalls Kathy Ryan, a board member of the Jefferson County Food Banks and president of the Food Bank Growers. And that 'almost nothing' triggered alarm bells throughout Jefferson County.



Replanting for fall at a Food Bank Garden.

Submitted photo

During the peak Covid years, local food banks had benefited from a variety of government-sponsored programs to supply fruits and vegetables for their clients. But as Covid waned, so did government support. That, combined with the ever-growing ravages of climate change —heat waves that made much of Walla Walla onions, stripped citrus trees in Florida —generally played havoc with crops all over the world and left a very large hole in the network helping those in danger of going hungry.

continued on next page

Growing continued from previous page

On the Olympic Peninsula, that sparked a community-wide response. “We put out a request on Nextdoor for folks to clean their gardens and donate edible leftovers to food banks,” says Ryan. “We got some incredible things, for example loads of Austrian peas which are often used as a cover crop but, when cut up, serve as a wonderful vegetable.” In addition, farmers and gardeners from across Jefferson County brought in supplies of winter-hardy greens like kale, broccoli rabe, and more of the nutritious produce so critical to health.

Realizing that the climate change will only worsen causing more disruptions to food supplies, a manager of one of the Food Bank Growers’ gardens suggested a ‘grow a row’ program to encourage local gardeners to, quite literally, grow a row of produce to donate to those in need. The response was enthusiastic enough to lead to a fall seedling sale offering seeds and starters to folks willing to add additional rows for those in need. This, combined with 11 small gardens already under the Food Bank Growers’ umbrella—and another five potentially joining the list—should help stem this winter’s specter of hunger. And some future specters as well.

“When dealing with the impacts of climate change, which are growing more graphic each season, the big goal is to make ourselves as self-sufficient as possible on the peninsula,” says Ryan. “We want to find solutions for the food problem and that depends on the community’s ability to support small farms and gardens” whether they are the relatively tiny plots belonging to the Food Bank Farms or the small- to mid-sized farms that offer their bounty of produce, and more, in Jefferson County.

For more information or to volunteer, contact the Food Bank Growers at Foodbankgrowers@gmail.com or check out their website at foodbankgrowers.org.

Reconciliation and Healing Through Trees

by Milt Lum, Staff Writer

The Vietnam War ravished Vietnam and left our nation deeply scarred. It was a conflict of opposing ideologies which accomplished little. Our nation has erected a wall and statues in Washington, D.C. to honor those who died in that conflict. Our former enemies suffered as well. Reconciliation is the process of seeing the ravages of war from both perspectives. PeaceTrees Vietnam is an attempt to provide that perspective and a way to promote healing.

Jerilyn Bussard, currently a resident of Bainbridge Island, lost her younger brother, Lt. Dan Cheney, in Vietnam on January 6, 1969, when his helicopter was shot down. For her parents and siblings as for all of the more than 60,000 families of the soldiers killed in that conflict, it was a tragic and devastating loss. Compounding that loss was a war that destroyed our national cohesiveness. When it ended, the country was eager to move on. Jerilyn had a vision of healing for herself and for all of the families engaged in that conflict. In the January 20, 2021, *Pacific NW Magazine*, she said, “I had this mental image of a sphere of a universe. To my left half was American families in very deep grief. And in the other half were Vietnamese families losing their loved ones. Words came to me that someday, somehow ordinary American families like mine must find a way to reach out to the Vietnamese people to begin to honor their losses, as well as our own.” For the Cheney family, that vision was realized 40 years after Dan’s death in 2010 when Rae Cheney, Dan’s mother, attended the dedication of the Dan Cheney Kindergarten and the Mother’s Peace Library in Vietnam. In that gathering was another mother, a Vietnamese woman who had lost two sons in the war. The two women embraced.

The first stage in that long journey came in 1986 when Jerilyn was asked to host a visiting delegation of Russian citizens at her bakery/cafe in Edmonds. It was an attempt to breach the iron curtain through sharing a meal, which proved to be an enriching and educational experience for all the participants. Jerilyn and her friends in the food industry were inspired to expand that encounter through a non-profit, PeaceTable, dedicated to fostering global goodwill by sharing meals together in each other’s country. When diplomatic relations were reestablished with Vietnam on July 11, 1995, she saw an opportunity to commence with her own healing through a comparable program.

Her husband, Danaan Parry, co-founder of Earthstewards Network, and her friends from PeaceTable brain-stormed at a Sunday morning breakfast and conceived PeaceTrees Vietnam. In January 1996, 27 years after her brother’s death, Jerilyn and Danaan were in Vietnam presenting their vision of working with the Vietnamese to restore the land through clearing the mine fields and planting trees. Their idea was warmly received by Vietnamese officials who shared their vision of establishing a relationship with American citizens. By November 1996, 41 people from the United States and other countries had signed up for the first citizen diplomacy trip through PeaceTrees Vietnam. Three days before they were to depart, Danaan Parry had a fatal

continued on next page

Reconciliation continued from previous page

heart attack. Enduring another devastating loss in her life, Bussard delayed the trip by three days and led the delegation on its inaugural trip. There they encountered a totally ravaged landscape the size of Rhode Island awash in unexploded ordnance (UXO). Before planting trees, they faced the herculean task of removing all of the UXO.

From those early stages of ordnance disposal and reclaiming the land, PeaceTrees Vietnam has expanded into four major mission-focused areas: humanitarian mine action, education, community-led development projects, and citizen diplomacy. Approaching its 27th birthday this month, PeaceTrees Vietnam has cleared 4,712 acres of land of UXO, removed 136,814 explosive ordnance, planted 44,000 trees, and built 20 kindergartens, 12 libraries, two community centers, and 100 family homes. One thousand four hundred people, including Vietnam veterans and Gold Star family members, have participated in the citizen diplomacy program, planting trees in memory of loved ones and sharing stories with their Vietnamese counterparts.

War is a losing proposition for those who perished and those mourning in the aftermath. In contrast to the current inflammatory rhetoric stoking fears and preaching violence, PeaceTrees Vietnam offers a model of reconciliation that would put us on a path toward healing and saving the planet. Isn't it time that we posture less and cooperate more? We owe it to our children and our grandchildren.

Edibles

by Carol Riley, Staff Writer



It's time to talk turkey—an all-American bird! Wild turkeys are native to Mexico, but domesticated turkeys are American, having followed a funny path. European explorers brought wild turkeys home with them in the early 1500s, domesticated them, and then English colonists brought them back to North America according to *The Old Farmer's Almanac 2022*.

Turkey has no native turkeys, so the bird was not named for the country. Wild turkeys live about three or four years feeding on nuts, insects, seeds, and berries. Domestic turkeys, from birth to freezer, live about 26 weeks eating turkey feed. Another surprising fact from this source is that the average person in the

United States will eat 15 pounds of turkey this year. Well, Thanksgiving will certainly help us do our best to live up to that expectation.

It's also time to talk pumpkin. Pumpkin is actually a fruit. Native Americans grew and ate pumpkins and their seeds long before the Pilgrims reached this continent. Pilgrims learned how to grow and prepare pumpkins from the Native Americans.

Pumpkin was most likely served at the first Thanksgiving feast celebrated by the Pilgrims and the Native Americans in 1621. The earliest pumpkin pie, according to *The Farmer's Almanac*, was quite different than the pumpkin pie we enjoy today. Early settlers made the pie by hollowing out the pumpkin, filling the shell with milk, honey, and spices, and then baking it. Today, Americans eat about 6.2 pounds of pumpkin annually.

I'm not going back to 1621 with my recipe but I am going back to 2006 for my favorite pumpkin recipe from *Bon Appetit*—Pumpkin Bread Pudding with Caramel Sauce. It's a wonderful company dessert. I sometimes cut it into squares that fit into paper muffin cups and serve the warmed caramel sauce on the side for my bunco crowd or neighborhood card games. I also love that the pumpkin flavor in this recipe is very subtle.

Bread Pudding - Ingredients

2 cups half-and-half, 1 15-ounce can pumpkin, 1 cup plus 2 T dark brown sugar, 2 large eggs, 1 ½ teaspoons of each of the following: pumpkin pie spice, cinnamon, vanilla extract, 10 cups (about 10 ounces) of egg bread, diced into ½ inch cubes, ½ cup of golden raisins.

Caramel Sauce – Ingredients

1 ¼ cups (packed) dark brown sugar, ½ cup unsalted butter, ½ cup whipping cream

Preheat oven to 350 degrees. Whisk half-and-half, pumpkin, brown sugar, eggs, pumpkin pie spice, cinnamon, and vanilla in large bowl to blend. Fold in bread cubes. Stir in golden raisins. Transfer mixture to 11 x 7-inch glass baking dish. Let stand 15 minutes. Bake until tester inserted into center comes out clean, about 40 minutes.

While the bread pudding sets, make the Caramel Sauce. Whisk brown sugar and butter in heavy medium saucepan over medium heat until butter melts. Whisk in cream and stir until sugar dissolves and sauce is smooth, about 3 minutes.

Serve the bread pudding warm with caramel sauce.



NOVEMBER HAPPENINGS

- "Chasing the Landscape" gallery opening
Wednesday, November 2, 2022, 4:00 pm - 6:00 pm
- Seafarer's Festival - sea-inspired stories, poems, and shanties
Saturday, November 12, 2022, 4:00 pm - 9:00 pm
- Thanksgiving Dinner Buffet - \$60.00 per person
Thursday, November 24, 2022, 12:00 pm - 5:00 pm
- Santa's First Stop - Giving Tuesday
Tuesday, November 29, 2022, 12:00 pm - 5:00 pm

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Spotlight

Chimacum Backpacks for Kids: ‘Yes, We Have No Bananas’

by Jan Eddy, Board Member and Treasurer, Chimacum Backpacks for Kids

Chimacum Backpacks for Kids, a weekend feeding program for at-risk Chimacum students (also known as “FOOD4KIDS”), packs shelf-stable, commercially packaged items such as macaroni and cheese, applesauce, pudding, granola bars, instant oatmeal, cans of tuna, pasta, chicken noodle soup, chili, milk, and many other small-sized and kid-friendly items of food—items a child can easily open, heat in a microwave, and consume with limited utensils or dishware. Items are packed in a bag that can fit in a school backpack. Unfortunately, there are no bananas, vegetables, or homemade goodies; this is due to health, storage, and food handling issues.

These food items are packed each week and delivered to the Chimacum schools. School counselors, teachers, and staff distribute the food bags to children identified as at risk. Food support is intended to provide nutritional sustenance over the weekend: Friday night dinner plus three meals and a snack for both Saturday and Sunday.

How did the group begin?

Weekend feeding for kids began in 2010 when Port Ludlow residents Karen Jensen and Pam Kelly saw a need to provide nutrition for Chimacum school-children who weren’t getting adequately fed over weekends. The two women decided to donate food and began packing bags in Kelly’s living room.

Increased requests from teachers and counselors for a “few more bags” made it clear that there was a larger need. A local church then stepped in to provide more support through their congregation. The program then expanded beyond the capabilities of the church and, in early 2018, a separate independent 501(c)(3) charitable corporation was formed under the name it had been known by during the previous several years: Chimacum Backpacks for Kids (CBFK).

Has CBFK made a difference?

Although Kelly eventually moved out of the area and Jensen has passed away (her husband Harold continues to volunteer with the group), the legacy of the founders has endured. When the program began, only five to ten kids per week received bags. The program struggled to find the foods kids would like or could make themselves. Trial and error over time, together with feedback from teachers, counselors, students, bus drivers, and parents, have provided food solutions that the kids will eat and not discard.

Today’s demands define our success and growth. This past school year CBFK volunteers packed an average of 110 bags per week, setting a new record for our organization. With 4,040 total bags packed and delivered for the 2021-2022 school



Dedicated CBFK volunteers working in a cold December 2021 environment.

Submitted photo

Backpacks continued from previous page

year and \$28,000 in food expense, each full bag cost around \$7. We have yet to see what today's higher prices will mean for our food budget.

Teachers report that students who have been adequately fed over the weekend are noticeably more alert and receptive to learning, instead of being lethargic or irritable. CBFK graduate recipients often tell us that they never would have stayed in school if they hadn't had the extra help from our program.

Who pays?

Our program is totally funded by community donations. Residents of Port Ludlow and surrounding areas are extremely generous, and our organization would not be successful without their support. All donations are used to buy food. Any other costs are borne by volunteers.

With the Covid pandemic halting large community fundraisers, several Port Ludlow neighborhood groups have held their own fundraisers to support CBFK. They include the "Happy Hour in the Hood" group, "Oktoberfest in the Cove", and the North Bay Condo outdoor party. We have also received local support from Sound Community Bank, Kitsap Credit Union, the Port Ludlow Bay Club's Pancake Breakfast, and Rayonier Inc. CBFK is especially grateful to Tri-Area Food Bank, which allows us to store and pack our food at their facility and has also provided peanut butter and shelf-stable milk when they have been able to order it for our program.

Volunteers—the lifeblood of CBFK

In addition to packing food every Thursday at 9:30 a.m. at the food bank, volunteer shoppers scour ads, looking for the best buys on food staples that we use every week. Costco, Walmart, QFC, Target, and WinCo, are all on our list to check prices and availability.

Due to storage limitations, we must shop weekly. A huge thank you goes to Port Hadlock QFC, which informs us if a CBFK staple is going on sale, as they will allow us to order a couple hundred cans of chili or soup, for instance, at the sale price.

A day in the life ...

Here's a window into a typical packing morning for our volunteers:

- Unloading the shoppers' cars of food and carrying them into the CBFK corner of the food bank facility.
- Setting up our seven or eight packing tables in a row down the middle of the floor.
- Loading the food into plastic bins that have been placed on our packing tables.
- Picking up a bag and walking down our line of food-packed tables, placing one or more items into each individual bag, based on what foods are "on the menu" for the week.
- Handing the full bag to our final bag-closer who waits at the end of the row of food tables.

The bag-closer hands off the bags to the car-loader volunteer, who packs the delivery cars with bags for each school location. Then volunteer drivers drop off the bags. Over 70 percent of our weekly bags are delivered to the primary and elementary schools, with the balance going to the high school and Flexible Learning program.

At the end of our morning, we replace any leftover food and plastic bins on our shelves, then break down the tables and put them away. Inventory is taken at the end of each packing session, to know how much food needs to be bought for the following week.

If you want to know more about our organization, or if you are interested in volunteering, see our website, chimacumbackpacksforkids.com, or contact us at chimacumbackpacksforkids@gmail.com. Tax-deductible donations are gladly accepted at Chimacum Backpacks for Kids, P.O. Box 595, Chimacum, WA 98325.

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Arts & Entertainment

Port Ludlow Art League

Artist of the Month – Lucrezia Cuen Paxson



Star Blossom, by Lucrezia Cuen Paxson.

Lucrezia's artwork bridges an extensive variety of subjects and mediums from Western art, florals, and vivid abstracts to works in charcoal and graphite. Lucrezia's continual search for beauty and the challenge to capture its elusive essence is the driving force behind her artwork.

Lucrezia's artwork entitled Hats and Boots, charcoal on paper, was selected for the Searching for Beauty exhibition at the Maryhill Museum of Art located at the Columbia River Gorge. The exhibition featured student and graduate paintings from the Aristides Atelier at Gage Academy of Art in Seattle.

During November, you can view Lucrezia's artwork at the Sound Community Bank and online at portludlowart.org. The bank is located at the corner of Oak Bay Road and Osprey Ridge Drive in Port Ludlow.

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

Jeweler of the Month – Pamela Raine



Jewelry by Pamela Raine.

Submitted photos

Pamela rummaged through her bags of odd bits and pieces to fuse them together into jewelry using the needle felting technique. Pamela stated, "The texture you can achieve with needle felting is just delicious."

You can view Pamela's jewelry at the Port Ludlow Art Gallery, online at portludlowart.org, and in person at the Sound Community Bank. 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 Friday from noon to 4 p.m.

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



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

To celebrate the upcoming holiday season, the art exhibit at the Bay Club entitled *Holiday Gatherings*, will feature artists' interpretations of holiday celebrations around the world. This art exhibit is sure to put viewers in the holiday spirit.



Aftermath, by Shirley Bomgaars.
Submitted photo

The *Holiday Gatherings* exhibit is sponsored by the Port Ludlow Art League and will be on display November through December. Be sure to stop by the Bay Club and vote for your favorite artwork.

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

Events at Keyport

by Bev Rothenborg, Staff Writer

The Naval Undersea Museum Auditorium at Keyport offers a wonderful series of free concerts which are offered on the third Sunday of each month from 2 to 3 p.m. The next concert on **Sunday, November 20**, will feature the Ceremonial Band which will perform a concert called *Sousapalooza*. These concerts spotlight a variety of different musicians performing a wide range of music, including a brass quintet and a jazz combo. You can check this out by going to Facebook and selecting Navy Band NW or calling 360-315-3448.

On the first Saturday of each month from November to May (except December), the Museum will host Science Saturdays, a program of hands-on activity and demonstrations for visitors. This month it will be held on **Saturday, November 5**, from 10 a.m. to 2 p.m. Primarily for ages 6 – 14, the topics in this free new program change from month to month.

The museum is located at 1 Garnett Way, Keyport. The phone number is 360-396-5807.

Holiday Art Fair at the Beach Club

The Port Ludlow Beach Club will host the Holiday Art Fair sponsored by the Port Ludlow Art League on **Saturday, November 26** from 10 a.m. to 3 p.m.



Enhance your holiday gift giving this season by selecting unique works of art from local artists. Shop for the perfect gift and avoid the crowds. You will find jewelry, paintings, ceramics, stained glass, baskets, textiles, woodwork, cards, photographs, and books.

You will have opportunities to help raise funds for the Port Ludlow Art League Scholarship Fund which benefits Jefferson County schools and youth programs. The Beach Club is located at 121 Marina View Drive in Port Ludlow.

Port Ludlow Art League November Speaker Dinah Satterwhite

The Port Ludlow Art League is delighted to welcome Dinah Satterwhite as the speaker for their program meeting on **Wednesday, November 16** from 1 to 3 p.m. at the Bay Club.

Dinah is a fine art photographer, event manager, and the current Bainbridge Island Studio Tour Manager. She teaches photography and coaches artists how to write their artist's statement. Dinah will share a little about her background and provide tips on how to market and photograph artwork. She'll lead attendees in an exercise on how to write an artist's statement. For more information about Dinah, please visit DinahSatterwhite.com.

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

How Beautiful Can a Male Singing Voice Be? See Terry Barber at the Bay Club to Find Out

by Dave Cunningham, Staff Writer



Terry Barber.

Submitted photo

Port Ludlow Performing Arts is bringing in one of the most unique performers ever to grace the Bay Club stage—Terry Barber, a countertenor who has appeared on every major record label, singing with such Grammy-winning artists as Madonna, Cyndi Lauper, Chaka Khan and Chanticleer. His concert is a 2 p.m. matinee on **Sunday, December 11.**

So, what exactly is a countertenor? The term is used to describe a male alto voice, either natural or falsetto, and it can also refer to the highest-pitched, natural male singing voice.

Whether singing classical or popular favorites, he breathes new life into everything he sings and crafts what the *Los Angeles Times* called “performances of great vitality and verve.”

Barber’s most recent recording project, *Christmas Presence*, was produced by seventeen-time Grammy-winning “classical producer of the year” Steven Epstein, who produced albums for Wynton Marsalis, Placido Domingo, Bobby McFerrin, Yo-Yo Ma and Idina Menzel.

In recent years, the focus of Barber’s career has been his international tours, with more than 150 solo tour performances throughout the world.

Julie Hassett, Executive Director of the Colorado River Concert Association, had this to say about Barber: “A musical experience, entertaining beyond what we imagined ‘classical’ could be, and yet informative and inspiring. His use of voice challenges what we thought possible, and every performance is delivered as a piece of theater. He took our audience by the hand and helped them to connect with the art, resulting in laughs, tears and a real connection with this genuine artist, whom we can’t wait to invite back. His concert was among our all-time favorites.”

As a member of the multiple Grammy-winning ensemble Chanticleer, Barber was hailed as “the jewel in Chanticleer’s crown” while performing classical, gospel, jazz, and folk music in over a dozen languages at more than a hundred concerts around the globe.

Barber has worked under the baton of many of the world’s most accomplished conductors and joined the roster of the Metropolitan Opera for their staging of *Sly*, starring Placido Domingo.

Barber made his Carnegie Hall debut singing the role of Orlovsky in *Die Fledermaus* with the National Chorale under Martin Josman. He was also featured with the New Trinity Baroque Orchestra of Pergolesi’s *Stabat Mater*, which prompted the *Atlanta Journal Constitution* to rave that “his grasp of the texts and elegant phrasing made for charismatic singing ... Barber has star quality.”

In 2009, Terry founded *Artist for a Cause Inc.*, a non-profit which helps visual and performing artists to use their talent for community improvement. His personal work with the organization includes *Classical for Schools*, which will impact more than 10,000 students this year in the U.S. and Canada through a performance lecture, challenging notions about what is possible with the human voice and recognizing the importance of arts education and a classical foundation within the arts.

The concert is being underwritten by Beth Weaver, Terri Ross (in loving memory of Lanny) and Gil Skinner (in loving memory of Barbara Jean Skinner). Port Ludlow Performing Arts is a 501(c)(3) non-profit organization that focuses on Education Outreach often bringing live, professional performances to local schools.

For tickets to the Terry Barber performance, go online to portludlowperformingarts.com.

Bay Club / South Bay

South Bay Community Association Update

by Gil Skinner, President, SBCA Board of Directors

Oh my, lots going on and where to start.

The SBCA and the LMC have both selected a couple of members to get together to talk about enhancing the relationship between the two associations. We have already discussed mutual use of contractors and getting more for our HOA dollar for the benefit of our members. By the time you read this, we will also have had our first joint Friday social in a long while! As of this writing we have almost 100 people from the two clubs who are getting together at the Bay Club on October 14. We are also looking at one big joint event for spring/summer of 2023. A small start but hopefully we will continue to find ways to add to member experiences while minimizing or reducing cost.

Since I began on activities, let's keep going. As I have noted before, we are continuing to have a good response to our health care series provided by Jefferson Healthcare. More programs will be coming soon, and these programs are for the whole community, including SBCA and LMC. Hope to see more people attend as we move forward. The October lecture was on Maintaining Your Pelvic Floor. On **Tuesday, November 15** we will be doing a second program on Fall Prevention. We also hope to have a demonstration on "how to fall" program in November so watch for eblasts. We had Octoberfest (beer, brats, pretzels, sauerkraut and fun) on October 28, and this was a sold-out event. Do watch your calendars for the SBCA member Holiday Party scheduled for December 10. These events are selling out quickly so if you want to attend watch for emails from the club. Because of numerous member requests we are currently looking at a crime prevention series to start in November. In this series we will have talks on home security, personal security, and Neighborhood Watch.

The Village Presidents have been meeting, exchanging ideas, and looking for ways to use joint buying power where applicable. We have a great group of interested presidents and we are meeting quarterly. We held our second meeting in October and most villages were represented.

Some unfortunate news is that Joe Guillien had to resign from the SBCA Board of Directors and his Wood Shop responsibilities due to health issues. Joe has been a great volunteer ever since he and his wife Delores moved to Teal Lake Village. He was primary in putting windows in some

SBCA Important Dates

Monthly Board Meeting
Thursday, November 10, 9:30 a.m.

Unless there are changes to county requirements, meetings are in person.

All SBCA members are welcome

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

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

of our doors at the Club, building sound barriers around our heat pump, and keeping the wood shop as a vital and valuable amenity of the SBCA. Joe, we will miss you on the board but are happy your health is improving.

Joe's leaving created an opening on the Board of Directors which has not yet been filled.

Finally, you may have noticed a few new faces around the club as we have hired some new staff members. Kate Lore has been hired for a new front desk lead position. She will be at the front desk Monday through Friday. Kate has a wealth of experience in service organizations, and we welcome her to the staff. In addition, we have new hires Val Dangler, Denica Huff and Pamala Horton who all help with the front desk and facility care. Come on by and say hello to this fine group of new people.

Stay safe, stay healthy, and keep smiling.

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Village Council

Summary of PLVC Annual Meeting of Voting Members

by Tam McDearmid, Secretary

On October 6, Port Ludlow Village Council (PLVC) held its annual meeting of voting members. The following reports were given:

Annual Financial Report - Paul Hinton, Treasurer

Hinton reported income including election donations of \$5,245 and other donations, especially those received for the holiday lights, resulted in a total of \$20,163. Total expenses of \$29,875 resulted in a net cash flow of (\$9,712). The year-end balance was \$9,939 on September 30. Motion was made to approve the annual financial report, seconded, and passed.

President's Message - Jim Moffitt, President

How is the PLVC different from our stakeholder partners?

Like the Village Council's stakeholder partners, LMC and SBCA, all board and committee members receive no compensation. Thousands of hours are dedicated by the volunteers to this community each year. Unlike the SBCA and LMC, the PLVC does not charge dues, nor do we have assessments. We are a 501(c)(3) non-profit and all revenue the PLVC receives is from donations.

We are not a governance body. We do not enact laws, rules, or regulations. We are here to protect, preserve, promote, and unify. PLVC acts on behalf of the entire Port Ludlow community within the MPR boundaries, which include North Bay and South Bay.

The PLVC acts as a liaison between our community and our MPR developer the PLA, the SBCA, LMC, primary HOA's, JeffCo, JeffPUD, WA State, and our first responders.

PLVC Board Meetings and workshops occur monthly along with many of your council committee meetings. Everyone in Port Ludlow is encouraged to attend and participate.

The Village Council and Committees working for you

Covid-19 eblast updates are currently provided on a bi-weekly basis. With the planned end of the WA State Covid-19 emergency declaration on October 31, 2022, the updates will move to a monthly basis. The Council received the JeffCo Public Health acknowledgement for its collaboration and as a messaging conduit to our community.

Village Council Meetings

Board Meeting

Thursday, November 3

3:00 p.m., Beach Club Bayview Room

Workshop Meeting

Tuesday, November 15

3:00 p.m., Beach Club Gallery Room

plvc.org

The following committees have also been hard at work. Their annual reports can be found on the PLVC website at bit.ly/3rLLSOe: *Communications, Community Development/Holiday Lights, Emergency Management, Opportunity Fair, Trails, Utilities/Recycling/Maritime*. The 2022 Volkswalk 3-day hiking event was also held in August.

Our volunteers

We have the privilege of acknowledging over 160 of your neighbors on the 2022 Volunteer Honor Roll this year. For those interested in joining the team, please reach out to us at PLVC.org

Your donations power the work we do

To those who donated this past year or in this year's ballot envelope, thank you. To those who haven't done so, please reconsider, especially if you enjoy the magnificent trails system and holiday lights.

The council also works in collaboration with our third-party forestry neighbors and WA State DNR in monitoring timber harvesting. We work directly with JeffCo Public Health and Solid Waste departments to keep our community recycling programs sustainable. We maintain a close working relationship with our local and county utility providers, and we continue to monitor all roadway safety issues that can affect the Port Ludlow Community.

Your support is warmly appreciated. Soon we will have a donate button available on our new website. Once it becomes active, it will be a convenient way to support PLVC financially.

Election Results

The following individuals were elected to the board: David Jurca - 387 votes, Tam McDearmid - 393 votes, Ken Sondergard - 396 votes, and Mike Towner - 387

continued on next page

Meeting Summary continued from previous page

votes. These four directors will serve 2-year terms from 2022-2024. Vice President McDermid congratulated the candidates and welcomed the directors to the board.

The Annual Meeting of Voting Members was presented in Power Point and can be viewed in its entirety at bit.ly/3CoQrml

Next PLVC meeting will be **Thursday, November 3**, 3 p.m. in the Beach Club Bay View Room

Next PLVC workshop held on **Tuesday, November 15**, 3 p.m. in the Beach Club Gallery Room



Jefferson Healthcare Hosts Information Events

Jefferson Healthcare, the public community hospital for Port Ludlow, is offering these November opportunities to listen and learn:

Community Listening Session for Draft Strategic Plan.

For residents who missed CEO Mike Glenn's recent Port Ludlow presentation of the Jefferson Healthcare draft 2023-2025 strategic plan, a virtual opportunity will be offered. Glenn and team will present the plan live online and the community will be able to contribute comments about local healthcare priorities. (Residents can also submit feedback via the Jefferson Healthcare website, or by letter addressed to "Commissioners" at 834 Sheridan Street, Port Townsend, WA, 98368, or by email to commissioners@jeffersonhealthcare.org.) The live forum will be held **Monday, November 7**, from 3 to 4 p.m., via Microsoft Teams video conferencing. The meeting link can be found on the Jefferson Healthcare website by searching "Growth" in the search field.

Understanding Grief and Healing Support Group. The Jefferson Healthcare Patient Family and Social Services team will host a virtual 12-week guided bereavement support group beginning on **Thursday, November 10**, from 4 to 5 p.m. The group will build a supportive outlet for navigating grief and loss through the holiday season. Online meetings will be held on the second and fourth Thursdays through May 25. The sessions will use principles from the series *Understanding Your Grief* by Alan D. Wolfelt, Ph.D. To register or learn more, call Birdie Kressler at 360-385-2200 ext. 1660 or email kkressler@jeffersonhealthcare.org.

Falls Prevention Seminar. Physical therapist Becky Steffens will host an educational seminar on the risks

of falling. Falls are the leading cause of both fatal and nonfatal injuries for those 65 and over. Participants will learn how to enhance balance and improve personal safety in the home. The seminar, presented jointly by the Activities, Health and Fitness Committees of South Bay Community Association and Jefferson Healthcare, will be held **Tuesday, November 15**, from 3 to 4 p.m. at the Bay Club. Register in person at the Bay Club or online at forms.office.com/r/TydcWEVMUY.

First Wednesday Luncheon to Feature *Alaska Quest*

Many Port Ludlow residents have been curious about the 65-foot blue-and-white trawler, *Alaska Quest*, that's moored at the local marina. The story behind the boat will be revealed at the First Wednesday Luncheon, to be held on **November 2**, from 11 a.m. to 1 p.m. at the Beach Club.

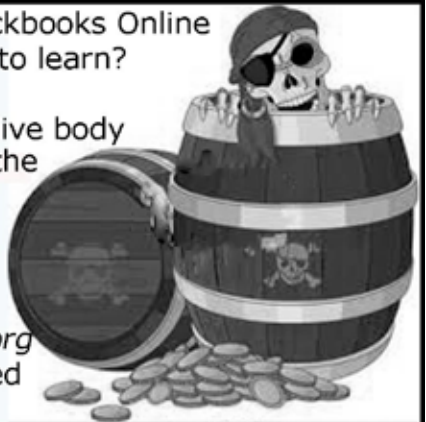
Admiral Tish and Captain Tom Satre will show slides and share their appreciation of Southeast Alaska's natural wonders—from calving glaciers and fishing bears, to breaching whales and dancing dolphins. The Satres say those beautiful wildlife encounters have enriched their retirement time during the many months each year they've enjoyed aboard *Alaska Quest*.

Luncheon attendees are asked to bring food bank donations in the form of checks payable to "Tri-Area Food Bank," cash, nonperishable food, or hygiene products. The luncheon will include a raffle, with proceeds used to support the food bank, during the two summer months when the luncheon is on hiatus.

Due to continued uncertainty regarding the Covid pandemic, the organization is asking participants to bring their own lunches and any needed utensils. The First Wednesday group will provide cookies, coffee, tea, and water. Reservations can be made by emailing firstwednesdayluncheon@gmail.com, or by signing up at either the Bay Club or Beach Club by **October 31**.

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Dry Your Flowers

by Eline Lybarger, Staff Writer

One of the benefits of growing your own flowers is preserving them so they can be used all winter long. Some flowers will dry right in your garden: Statice (*Limonium*), Allium. A friend would paint them silver and gold while they were still standing in her garden. Other garden dryers are Strawflowers (*Helichrysum bracteatum*), but their stems fall off and can be replaced with wire stems; Money Plant (*Lunaria annua*), Baby's Breath (*Gypsophila paniculata*), and Silene cububalus, a native found in high rocky places. For these, the most you want to do is pick them and turn them upside down so they will have a nice upright shape when completely dried.

Lavender will dry on its own in the garden but is better if picked before it is completely bloomed out and then turned upside down in a cool, dark, dry place. This will preserve the shape, color, and fragrance. Cattails (*Typha*) also need to be picked as soon as they are fully formed, but still have the undeveloped pollen spike above the fat, dense, round flower that is usually brown. Either cut the stem or strip off all of the pollen. If the plant is allowed to pollinate the brown blooms will "explode" and you will have a mess. The leaves can be dried on the plant. If you do not have a place to hang the cattail to complete drying, lay them on a table with the brown cylinders hanging over the edge. This way they will dry round. It will take about three weeks. When dry, apply a good coat of hairspray to the bloom to keep it from exploding.

Some flowers dry best if they are fully bloomed out. Catnip (*Nepeta cataria*) and all mints (*Mentha*) dry best when in full bloom and full fragrance. Hydrangeas will not dry unless they are in full bloom. At the center, all of the tiny individual blooms should be flat and the same color as the rest of the flower. If you are unsure about the level of bloom, place the stem, without leaves, in about a half inch of water and put it in a dark place until the water has evaporated and the flowers are leathery (this could take a week), then hang them upside down in a cool dark, dry place for four or five more days.

Flowers with more bulk and potential for mold, like roses, can be dried in a mixture of two parts borax to one part cornmeal. Be sure to wear gloves when handling borax because it can cause both skin and eye irritation with prolonged use. Also, there is a temptation to use it without the cornmeal for more rapid drying, but it can burn your flowers. To dry roses you may want to remove the stems and replace them with wire stems. Push the rose into the borax mix then carefully place more borax between the petals and cover the entire bloom. This mix can be reused, but first must be dried. Spread the mix in a shallow

container and put it in a 275 F oven for about an hour or until it feels dry. Store airtight.

Try some of these inexpensive, simple drying methods and enjoy your flower garden all winter long.

Reminder to Dog Owners

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Recreation & Sports

First “Hole In One” For Caryl Oros

by Kathy Traci, PLWGA Publicity Chairperson



On Friday, August 12, PLWGA member Caryl Oros had her first hole in one on Tide 6, a par 3 at Port Ludlow. After playing golf for 28 years and never coming close, this was a big surprise, and Caryl celebrated by inviting her husband, Mike, up to the clubhouse for a beer. The shot to the hole felt “as sweet and true as I have ever hit it...high and straight, then disappeared from view. We found it in the cup. It’s a highlight of the summer for me.”

PLWGA’s Season Recap

by Kathy Traci, PLWGA Publicity Chairperson

The Port Ludlow Women’s Golf Association (PLWGA) 2022 season was immensely satisfying and super fun for all members. There were a number of tournaments resulting in quite a few trophies and awards.

The winner of the PLWGA Club Champion Tournament was Bonnie Vahcic. Additional results of this tournament include the following winning members: Debi Bozanich, runner-up for low gross champion of the field, and Cyndy Kelly, low net champion of the field.

The Shooting Stars Team (representing the second half of the membership roster—L-Z) won the 27 Hole All Stars Tournament, defeating the Northern Lights Team (representing the first half of the membership roster—A-K).

Grace Allen, chairperson of the tournament hosted, a festive party at her home to which the entire roster of members was invited on September 13.



PLWGA Club Champion Runner-up Debi Bozanich, Club Champion Bonnie Vahcic, and Award Banquet Chairperson Lucinda Thompson.

Submitted photo

Earlier in the season, Sue Fechner won the Match Play Tournament (a series of matches during the first half of the season) to become crowned Queen of Diamonds. These tournament champions were honored at the October end-of-the-year PLWGA Award Banquet with awards and gifts. Prior to the luncheon, league members had time to view the freshly engraved trophies and the league’s photo albums faithfully curated by PLWGA Historian, Grace Allen. Lucinda Thompson, Award Banquet Chairperson, planned an excellent luncheon that was enjoyed by all. Additional awards were presented at the banquet to the spring Eclectic winners: Low Gross: Peggy Selby; Low Net, Flight 1: Sue Fechner; Low Net, Flight 2: Linda Aho. Summer Eclectic awards went to Low Gross: Bonnie Vahcic; Low Net, Flight 1: Cyndy Kelly; and Low Net, Flight 2: Beth Weaver. Awards went to all members who had birdies

continued on next page

PLWGA continued from previous page

during the season – a total of 32 birdies. Members with the most birdies were Bonnie Vahcic with 8 and Peggy Selby with 5. Hole in One Awards went to Debi Bozanich and to Caryl Oros. At the end of the meeting, the league presented Elaine Raymond with a gift to honor her great 2022 service as PLWGA Captain. Raymond is continuing as the 2023 PLWGA Captain.

PLWGA's closing day was held on October 25—9 holes followed by a Spooky Luncheon planned by Chairperson Mandy Whipple at the Dusty Green Café. A witchy and spooky time was had by all. Members interested in Casual Play during the off season should contact Linda Haskin to be added to the Golf Genius email list. Potential members interested in playing with members in the off season should contact the PLGC pro shop.

Port Ludlow Women's Group Tour of Finn River

by Liz Healy, PLYC Member



Tour Guide Cougar explaining the attributes of an apple and how it works best with a type of cider.

The Port Ludlow Yacht Club (PLYC) Women's Group had its third outing this year at Finn River Farm & Cidery in Chimacum.

We chose Finn River because it's local and is on the forefront of the exciting hard cider revival underway in this country. The farm grows and sources organic seasonal ingredients to help grow a vibrant community food system with organic fruit and vegetables, flowers, and organic flours. Its mission is to celebrate the beauty and bounty of the earth, and to reconnect us to our land and community.



PLYC Women enjoying a cider tasting during the Finn River Tour.

Photos by Lori Longo

Eighteen club members enjoyed an informative and entertaining tour of the farm with Cougar, our expert guide, explaining its history and operations. We savored generous tastings of five very different ciders as we learned all about them and the apples from which they came.

The PLYC Women's Group loves recognizing our vibrant community through outings like this and supports local organizations via our annual fundraiser.

Whether you are new to Port Ludlow or simply seeking your next adventure, please consider joining us. Your first meal will be free with one of our Flag Officers as your host for the evening. To express your interest in visiting, please complete the form on our website at plyc.us/visit.

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Trail Mix

by Larry Scott, *Trails Chair*



HELP WANTED! Isn't that what you see in so many windows and/or newspapers these days following the big Covid layoff? Well, Trails is going to join in on the current mania. We need to fill two positions. We need a scribe/recorder/secretary (your choice) to attend a once-a-month meeting either in person or by Zoom. The job is what you would expect—take notes following an agenda and put together a summary report afterwards. This report gets filed away in record keeping by the PLVC. Our former secretary, Erin Anderson, did a good job, but her work was starting to conflict now that Covid has waned. The second position is treasurer and that is straightforward as well. It is keeping the books for money in and money spent, with reimbursable check-writing capabilities. It is also a once-a-month meeting. Gary Hicks has had the job for a couple years and is moving on to other adventures, so we need a replacement. So, this month, instead of soliciting for field volunteers, I am looking for office staffers/committee members with voting rights. If you think you can help in either of those capacities, reach out to me. I must tell you that the pay is not good (read that as “no pay”) but the feeling of volunteering and contributing to and for the community is rewarding.

So, what has Trails been up to since the last Trail Mix article? Well, we have set the David Gurnee-donated cedar arbor that I referred to in the last *Voice* issue. It is now permanently in place at the entrance to the Interpretive Trail. Secondly, we have replaced both log crossings at the Beaver Dam Loop along the Timberton Loop. The Timberton Loop also has a new/replacement bench at the trailhead. Thirdly, Montgomery Loop has a new rock surface between Condon Lane and Libby Court. Fourthly, and last for this issue, after a multiyear approval wait, the Beach Loop now has steps on either side of the promontory point that always needed to be crossed during high

tides. We put these steps in place using only the rubble debris and natural rocks already there – no other materials were imported.

If you would like to help as either a committee board member or as a hands-on worker bee, give me a shout at mclgscott@cablespeed.com. “Let’s Keep Improving our Trails” is our motto.

Port Ludlow Hiking

by John Nuerenberg, *Hiking Club*

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

The hikers abide by the “Stay Healthy” recommendations and follow CDC guidelines for outdoor recreation.

Those on the hiking email roster receive an update the week of a scheduled outing. If you would like to be added to the email roster, send a note to plhikingclub@yahoo.com, or go to the club’s website portludlowhikingclub.com and click “Contact” to send a message.

Friday, November 11 – Deer Ridge – Two Hikes

Moderate Hike: The trail beginning is a gentle grade with a slightly steeper increase before the first prominent view-point; about 1-1/2 miles, 800-foot elevation gain. Territorial views across to Tyler Peak and Mt. Baldy may be seen. The next two miles are a mix of increasingly steeper grade to the Bench at 4,400 feet elevation. Amazing view across the Grey Wolf and first sight of Grand Ridge. This is our break and turn-around point. Hike leaders: John Nuerenberg and Sally Nuerenberg, 623-229-4257.

Difficult hike: This hike begins at the same trailhead as the moderate hike. Continuous views along the additional 2-1/2 miles to Deer Park directly below Blue Mountain will be seen. We will hike along the rain shadow forest and open meadows of upper Deer Ridge. Hike leader: Ken Nelson, 206-369-3561.

There are no restrooms available at the trailhead, so we will stop at the 7 Cedars restrooms on Highway 101 on the way to the trailhead. Depending on the weather and potential snow, it is advised to wear warm clothing and bring micro spikes if needed. National Forest Pass or similar is required.

Friday, November 25 – Local Trails

Celebrate the day after Thanksgiving by walking off some of those calories! Take advantage of some of the local trails in Port Ludlow by meeting up with some fellow hikers to determine which trail(s) would make a great hike. Gather at 8:15 a.m. per usual and start walking/driving to trailhead at 8:30 a.m. Hike leader: Self-led.

continued on next page

Hiking continued from previous page

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 9:00 a.m.

Monday/Wednesday/Friday - 8:00 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.

Lady Niners' Season Recap

by Kathy Traci, Lady Niners Publicity Chairperson

In mid-October, The Lady Niners attended their end-of-the-season luncheon at Doc's in Port Townsend. At the luncheon, Lady Niners' Captain Barb Burke was presented with a beautiful thank-you gift for her excellent leadership in 2022. Barb thanked Sharon Russell for being Co-Captain and Elaine Girard for her service as Treasurer. Barb also thanked Sharon and Elaine for covering for her during her recent medical procedure and her travels.

The last Niners' Couples Event in October preceded the End-of-the-Season Niners' Banquet. At the banquet, it was announced that Barb Burke had agreed to continue as Captain, with Sharon Russell as her Co-Captain. Elaine Girard is also continuing as Treasurer. Barb announced that Linda Aho was the Winner of the Captain's Cup, the three-day tournament that took place during the season, and that Linda Aho also received the 2022 Eclectic Award for lowering her scores the most on individual holes. The Men's Eclectic Winner was Ray Lybarger. Bob Bertoia won the Men Niners' Captains Cup. The winners of the Most-Improved Niners' Player Awards were Bob Bertoia and Mary Lou Rablin. Nine Niners shot at least one birdie this season.

Many new events are planned for the 2023 Lady Niners' season, including a Women's/Men's Exchange, with lunch following, and a putting contest with a happy hour. The annual Lady Niner's afternoon social will take place in February and the 2023 season will lead off with a joint cocktail party at the end of March.

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 Lady Niners in the off-season need to contact the PLGC pro shop.

PSO Bluebills Present Check to Dove House

by Barbara Berthiaume, Guest Writer



The 10th Annual Dove House Golf Benefit was held on Friday, August 19, at the Port Ludlow Golf Course where 128 players paid entry fees, spent money on opportunities to improve their scores, and bought raffle tickets. Nineteen major sponsors and 23 tee sponsors wrote checks directly to Dove House. A total of \$28,811 was raised through these efforts and a check was presented to Dove House. According to Bekka Bloom with Dove House "100% of this net revenue goes toward providing the varied resources and services that help survivors of domestic violence, sexual assault, and other types of crime to heal and rebuild their lives." The 11th Annual Dove House Golf Benefit is set for Friday, August 18, 2023, at the Port Ludlow golf Course.

Happy Thanksgiving
From the Port Ludlow Voice Staff



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

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HEALTH & BEAUTY

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

Ludlow Bay Massage & Wellness Spa - Serving Port Ludlow since 1998. We offer a spectrum of treatments to suit each person. Massage Therapy, Skin Care, Waxing, Body Scrubs, Mud Wraps, Eyebrow Microblading, Eyelash Extensions & Gift Certificates, Open Mon.-Sun. by appointment. PortLudlowSpa.com, 360-437-3798.

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

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

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

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

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

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Feathercraft Baylee 3 Boat. Includes rowing frame, skeg, pump, repair kit, oars, waterproof bag. Like new. \$1100. Call Mike, 901-582-6921.

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

PERSONAL

LGBTQ+ folks and allies: Contact us at prideportludlow@gmail.com if you wish to be included in our membership. We are 76 persons strong! We have fun and do service projects for our area.

PET CARE

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

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

Jenna's dog boarding and pet sitting My Port Ludlow home is open to your fur kids while you're away - I'll give them lots of love, attention, exercise and adventures. Drop-in visits / walks also available. Call for rates. 703-867-9544

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

Financial Disclosure

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

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

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

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FALLS PREVENTION



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Bay Club, Port Ludlow
120 Spinnaker Place

Co-presented by Jefferson Healthcare and the Activities, Health & Fitness Committees of South Bay Community Association. To protect capacity and public health guidelines, register at jeffersonhealthcare.org/calendar.

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