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**Mission Statement:** 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.

Send your articles and comments to  
[editor@plvoice.org](mailto:editor@plvoice.org)

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### Visit The Voice Online

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

**Community Updates:** 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.

#### ON THE FRONT COVER:

Ludlow Village Players, *Nonsense II*  
Photo by Steve Deligan.



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# News & Community

## From the Editor's Desk

by Carol Riley, Staff Writer

For everyone who is disheartened and dissatisfied with the current state of our nation, whatever your political affiliation, but who said, “what good will my small contribution to this Hands-Off protest effort accomplish,” I urge you to look at these pictures of your neighbors in the May issue. Yes, the numbers are small (but mighty) here in Port Ludlow, a little bigger in Port Townsend, much bigger in Seattle, NY, Portland and over 5 million nationwide. Does that accomplish something? I think so. I marched (ok, walked, limped a little at the end) proudly for 2 1/2 miles in Kanab, UT, with 150 other like-minded friends. The best part? I felt SO good! I DID something. In Port Ludlow, at the intersection of Oak Bay and Paradise Bay roads, people stood on each corner with their handmade signs, waving enthusiastically at the honking cars. There were countless flags, a tuba player and a bullhorn. There were even a few sign-bearing dogs. About 150 friends and neighbors came together to demonstrate peacefully, using their voices and their constitutional right to express disagreement over federal policies, whether you vote red or blue, because even small grassroots efforts can reap big rewards when we use our collective voice. (See pictures on page 32.)

And speaking of our *Voice*, this May issue is cover-to-cover community information, education, and entertainment. Starting with our cover, enjoy Steve Deligan's fun photo of the nuns returning for an engagement of *Nunsense II* in June. Then move on to the many spring activities that are happening in our wonderful Jefferson County library, art galleries, clubs, museums, and garden groups. There are also poignant articles about humans at both ends of the spectrum—read about the Jumping Mouse Children's Center and the work they do with children struggling to find their way in troubled domestic situations, and the article about the difficulties of downsizing for seniors and their families. And there are fascinating articles about humpback whales and sea anemones.

As with every issue of the *Voice*, a small army of writers, editors, proofreaders, photographers, ad managers, and web managers—volunteers all—came together to bring you our version of May in Port Ludlow.

**Speed Limit**  
in Port Ludlow Bay is  
**5 knots**  
- No Wake, It's the Law! -

## Community Outdoor Yard Sale/Spring Fair

by Kay Mol, PLVC Board Member, Social Wellness Committee Chair

Come to the Community Outdoor Yard Sale & Spring Fair on **Saturday, May 24**, from 10 a.m. – 2 p.m. in the Yacht Club's parking lots. Please support “local-first” vendors selling food, beverages, and ice cream and in addition, PLVC's homemade fundraising Bake Sale/Cove Coffee “Shop” at the Fair's Food Court. Visit with local non-profits: The Humane Society of Jefferson County, Friends of East Jefferson Fire Rescue, and a fire truck for kids of all ages to explore.

Yard sale and vendor spots are pre-register only. Check [PLVC.org](http://PLVC.org) for information on available spots. Registration will close once all are filled.

LMC is also having an indoor yard sale on the same day. Visitors, please utilize overspill parking beyond the Bridge Deck. Port Ludlow Marina will be celebrating its opening weekend, with visiting boats – so lots to see and enjoy!

This is a rain or shine event – let's hope for glorious weather! Open to all! Please encourage family and friends from beyond our immediate area to join us for a FUN day out!

This event is being hosted by PLVC's Social Wellness Committee and social event volunteers and is only possible with great thanks to Port Ludlow Associates (PLA), Dan Ratigan (General Manager of The Resort at Port Ludlow), and LMC for additional parking lot usage.

## Port Ludlow Yacht Club Open House

Curious about the Port Ludlow Yacht Club? This is your chance to step inside and experience the heart of one of the most welcoming, active, social clubs in the Pacific Northwest!

Whether you own a boat or simply enjoy the water and great company, the PLYC Open House is the perfect opportunity to tour our beautiful facility, take in the sweeping views of Ludlow Bay, and connect with fellow neighbors and club members. Visit us at 55 Heron Road in Port Ludlow on **Saturday, May 31**, from 5 –8 p.m.

Light appetizers—prepared with care and creativity by our members bringing their A-game—will be served, and our full bar will be open for beverage purchases as you mingle, explore, and learn about the many social and boating

activities we offer year-round. Current members will be on hand to welcome you, answer questions, and share what makes our club such a vibrant part of the community.

Memberships are open to both boat owners and non-boat owners. Visit [plyc.us](http://plyc.us) for more info – or just come see us on May 31!

## “Helping the Unhoused” - The Topic at May’s Dine and Discover

by Allan and Nancy Kiesler, Guest Writers

Remember the snow in February? It was not a lot by most people’s standards. But it, along with cold temperatures and icy roads, was enough for us to cancel February’s Dine and Discover. We are fortunate that Karen Clemens from Bayside Housing and Services was able to reschedule her presentation for **Monday, May 5**, at 5:30 p.m. Karen will share with us how they offer housing and shelter, both transitional and permanent, along with case management services, to individuals and families who are without a home or are in an unsafe housing situation. Since 2016, Bayside has helped 325 people, 60 percent of whom have exited into permanent, stable housing. We will also learn from Karen how the Old Alcohol Plant Inn plays a part.

This event will be held at the Beach Club and is open to North and South Bay members and their guests. To attend, you must sign up and you can do that at the front desk of the Beach or the Bay Club. We had a good number of new people join us in recent months, and we hope that this continues.

Since this is a potluck, we ask that you bring a dish to serve 8-10 people. Please put a note on your dish if it contains any of the following allergens: wheat, soy, eggs, milk, tree nuts, peanuts, fish, or shellfish. Volunteers serve the appetizers so if you sign up to bring an appetizer, please arrive 10 minutes early and bring an appetizer that has individual portions.

In addition to your dish, please bring your place setting (plates, napkins, eating utensils, glasses) and a plastic bag to put your dirty dishes in to take home. Coffee/tea/water are provided but if you would prefer something else, you’re welcome to bring your beverage of choice. Since both clubs are now charging for the use of their facility, we have increased admission cost to \$5 per person, payable at the door. This also covers the cost of the coffee/tea and the honorarium we provide to the speaker. If you sign up but are unable to attend, please let us know because no-shows can significantly affect the food selection. If you have questions or suggestions, contact us at 360-437-8091.

Volunteers will be ready to check you in at 5:30 p.m. when the doors open.

As a final note, this will be our last Dine and Discover for the 24-25 season. We will resume on **Monday, October 6**, when Milt Lum will talk about “Saving the Wild Places,” focusing on Hawaii and Alaska. Mark your calendars now!

## Library District News and Events for May

May is the perfect time to visit your Library and browse the shelves for your next great read or attend one of our fun and educational programs. From technology classes to early learning programs to our annual teen photography show, the Library District has something for everyone! Please visit [jclibrary.info](http://jclibrary.info) for complete program details.

Join us in May for a 4-part Internet Basics series, designed especially for beginners. Classes will be held on **Thursdays** starting **May 1**, from 10:30 a.m. – noon. You’ll learn how to use key browser functions, navigate websites, search safely, and feel confident online. No experience is needed— just bring your curiosity!

Teens 11 to 18 are invited to take part in our annual Teen Photography Show. Enter online beginning **Sunday, May 4**, or drop your photos off in person at the Library or Bookmobile. This year’s theme is *Game On!* and focuses on puzzles, games, and all playful things! Gift cards (\$50) will be awarded to four teens, so be sure to enter before the **May 18** deadline. A reception will be held on **Thursday, May 29**, from 4 – 4:30 p.m. to honor the photographers. Find complete details at [jclibrary.info](http://jclibrary.info).

Our next LEGO® at the Library will take place on **Thursday, May 8** from 3:45 – 4:45 pm. Join other LEGO enthusiasts to design, build, and socialize in an open, creative space. Each monthly session features a design challenge to spark ideas. This will be our last LEGO-building session of the season as we gear up for the Summer Reading Program.

Learn How to Use MyChart on **Tuesday, May 13**, from 2 – 4 p.m. Hosted by Jefferson Healthcare professionals, this class will equip you with the skills to navigate MyChart more effectively, including a step-by-step walkthrough of the new lab scheduling process. JHC specialists will be on-site to answer questions and provide one-on-one support to participants.

Are you prepared for a disaster or emergency? Join us for a monthly presentation on emergency preparedness hosted by Jefferson County’s Department of Emergency Management (DEM). This month’s discussion will focus



on water storage and food resiliency during natural disasters. It will be held on **Thursday, May 15**, from 3:30 – 5 p.m. and repeated on the same day from 5:30 – 7 p.m. Registration is required, so be sure to visit [jclibrary.info](mailto:jclibrary.info) and sign up.

Learn Sewing Machine Basics and practice your skills by making your own pillowcase! Kathey Bates, President of Cabin Fever Quilters, will host this hands-on class on **Tuesday, May 20**, from 2 – 5 p.m. The Library District will provide the supplies needed, including sewing machines. However, if you have a sewing machine you can bring, please let us know when you sign up for the class. Visit the events calendar at [jclibrary.info](mailto:jclibrary.info) to register for this workshop.

Find complete details for these programs and more on the calendar of events at [jclibrary.info](mailto:jclibrary.info).

The Jefferson County Library District is at 620 Cedar Avenue in Port Hadlock. For questions or assistance, call 360-385-6544 or email [information@jclibrary.info](mailto:information@jclibrary.info).

## First Wednesday Luncheon

by Stephanie Buehler, Guest Writer

We are kicking Spring off in song this month. Members of the West Sound Chorus will entertain us, as they have been entertaining audiences in surrounding counties since 1998. They sing four-part harmony, a cappella, and have amassed quite a collection of Broadway musicals, Irish folk, gospel, and everyday popular tunes. There will be something for everyone.

Join us on **Wednesday, May 7**, at the Beach Club from 11 a.m. – 1p.m. for this great performance. In recognition of Cinco de Mayo, a wonderful taco salad bar lunch will be put on by our volunteers. Place settings, cookies, coffee and tea will also be provided. If you have a favorite Mexican blouse or sombrero, feel free to wear it.

Please RSVP to [firstwednesdayluncheon@gmail.com](mailto:firstwednesdayluncheon@gmail.com), or sign up at the Bay Club or Beach Club by **Saturday, May 3**. This is a courtesy to the luncheon organizers so that we have plenty of food, tables, and chairs.

There is no charge to attend the First Wednesday Luncheon. However, we do ask attendees to bring donations in the form of cash, checks made payable to the Jefferson County Food Bank Association (JCFBA), hygiene products or non-perishable food, such as condiments, coffee, peanut butter, jelly, etc.

Mark your calendar for **Wednesday, June 4**, for the last luncheon of our season. Destiny Harbor Tours will share some great ideas for entertaining summer guests and family.

First Wednesday Luncheon will be on hiatus for July and August, resuming **Wednesday, September 3**.

## Museum of Art + History Opens 2025 Season

### New Exhibitions - Major Accessibility Upgrades - Free First Saturday Celebration

The Jefferson County Historical Society (JCHS) is set to welcome visitors back for the 2025 season at the Museum of Art + History, which reopened on April 3. The season launch was marked by a special Opening Celebration on Saturday, April 5, featuring free admission and sponsorship by Dogs-A-Foot.

This year's reopening marks a major milestone in the *Newly Imagined Museum of Art + History* project, as significant progress has been made in the construction of new ADA-compliant ramps, heightened doorways, and refreshed gallery walls. These enhancements ensure a more welcoming and inclusive space for all visitors. While this work is ongoing and some spaces will remain closed for renovations for the next few months, the Museum is unveiling two powerful new art exhibitions that explore themes of homecoming, identity, and caregiving.

In the Ferguson Gallery, Jamestown S'Klallam artist Timothy O'Connell III presents *yíy'ya? cn ?i? ?u?k'wíníl cn nəs?á?ta?* (*I Was Far Away But Now I'm Here*), a body of work exploring Indigenous identity, movement, and homecoming. Raised in Hawai'i and now rooted in the Olympic Peninsula, O'Connell merges Coast Salish design elements with contemporary techniques, creating a striking visual dialogue between ancestral tradition and modern storytelling. His paintings invite viewers to reflect on landscapes left behind, returned to, and reimagined.

In the Wilson Gallery, artist Meg Kaczyk shares an intimate and deeply moving portrayal of caregiving through her exhibition *Notes from Next to the Bed: A Caregiving Love Story in Words & Pictures*. What began as a daily sketchbook practice during the final months of her husband's life evolved into a year-long artistic chronicle. Through gouache, charcoal, and oil paintings, Kaczyk explores themes of love, loss, and resilience, offering a profound meditation on the beauty of human connection during life's most vulnerable moments.

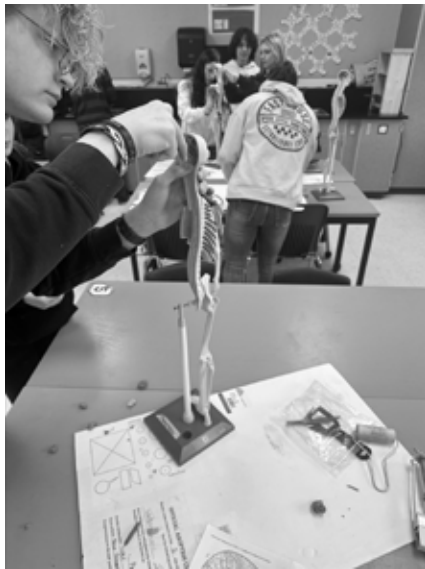
The Museum of Art + History will be open Thursday – Sunday, 11 a.m. – 4 p.m., with extended hours on the first Saturday of each month as part of Free First Saturday.

For more information on the *Newly Imagined Museum of Art + History* project, current exhibitions, and upcoming programs, visit [jchsmuseum.org](http://jchsmuseum.org) or contact [info@jchsmuseum.com](mailto:info@jchsmuseum.com).

Community support makes these projects, programs, and exhibitions possible. Visitors are encouraged to become a JCHS Member for year-round free admission and exclusive programs or to contribute to efforts through donations.

## Chimacum High School HOSA Club

by Kelley Watson, Chimacum CTE Director, and Tyler Walcheff, Chimacum Science Teacher



Future healthcare professionals at Chimacum Junior/Senior High School are gaining hands-on experience and leadership skills through the school's newly launched HOSA (Health Occupations Students of America) Club. Established in September 2024, the club provides

students with opportunities to develop their medical knowledge, practice healthcare skills, and prepare for competitions, all while exploring career pathways in the growing healthcare field. Many club members are also enrolled in the Human Body Systems class offered at CJSHS, further deepening their understanding of medical sciences.

In March 2024, Chimacum's HOSA team traveled to Spokane to participate in the three-day Spring Leadership Conference, joining thousands of other students from across Washington State. There, Chimacum students Rose Pierce, Makayla Vandenberg, Calliope Mosher, and John Nuchia competed in a team-based, problem-solving event, applying critical thinking and knowledge gained from their coursework to address a real-world problem in healthcare. John Nuchia earned second place in the State Environmental Health Competition and qualified to compete in the International Student Leadership Conference in June!

## Healthcare: A Growing Industry in Jefferson County

The healthcare sector is the fastest-growing industry in Jefferson County, with demand for professionals expected to increase steadily over the next decade. According to *JobsEQ* (Q4, 2024), the average annual wage for healthcare careers in the county is \$52,443, making it a promising field for students considering future careers in medicine, nursing, dentistry, and beyond.

Chimacum students are fortunate to have strong support from Jefferson Healthcare, the county's largest employer, which has played a key role in expanding health science education within the school district. Programs such as the Human Body Systems class, the 8th Grade Healthcare Career Fair, and the Career Choices program provide students with early exposure to healthcare professions. The development of these career pathways has been generously supported by funding from Olympic Community of Health and Career Connect Washington grants, helping to ensure that students are prepared for the future workforce.

As the Chimacum HOSA team gears up for Spokane, they are not only preparing for competition but also taking their first steps toward becoming the next generation of healthcare professionals. Stay tuned for updates as these students put their skills to the test and represent their school and community on a statewide stage.

## Martha's Book Group: *The Heaven and Earth Grocery Store*

The May selection for Martha's Book Group is James McBride's 2023 critically acclaimed novel, *The Heaven and Earth Grocery Store*, which spent over 24 weeks on the *New York Times* best seller list.

McBride, author and musician, received the Kirkus Award for this novel about a Jewish grocer residing in a predominantly Black neighborhood in a mid-twentieth century Pittsburgh, Pennsylvania community. The themes and characters portrayed in his story are as relevant today as they were during those days almost a century ago.

Join us on **Tuesday, May 13**, at 4 p.m. as we discuss this book and share recommendations of other books we've read. MBG is open to readers of all genres. Join us every second Tuesday of the month at the Bay Club. Contact Sarah Schuch at [bookclub@plvoice.org](mailto:bookclub@plvoice.org) for information about obtaining a copy of this book or about the book club.

The book we will be reading in June is Kelli Estes' *The Girl Who Wrote in Silk* published in 2015.

## Port Ludlow Tangle Club to Meet May 8

The Port Ludlow Tangle Club will meet on **Thursday, May 8**, from 1 – 3 p.m. at the Bay Club. All are welcome;



no prior experience with the Zentangle Method is required. With a focus on structured patterns called tangles, tangling is fun, relaxing, and easy to learn. Tangling is also mindful and has a way of tapping our natural creativity.

May's supply kit will be available for \$1.50. If you're new, beginner kits, which include the

micron pens and blending tools you will need, will be available for \$5, and once-a-year dues are \$5 per person.

To RSVP and receive more information about what to bring, contact Certified Zentangle Teacher Alice Clive at [foureyes22@outlook.com](mailto:foureyes22@outlook.com)

## Port Ludlow Garden Club Presents: Best Plants for a Hot Summer

As we prepare for another warm and dry summer, what plants will make your garden vision come true?

The Port Ludlow Garden Club is pleased to host Brittany Lin, a local horticultural expert, to help us consider which plants, shrubs, and trees will love the warm dry summers of the Puget Sound. Our warmest season has such a beautiful promise and each of us have soaring hopes that this year we can create and transform our own garden space into one we can enjoy every day. She will discuss options to suit every garden style and desired maintenance level.

Owner of *Secret Gardens Northwest* of Port Townsend, our speaker will help us on our journey to create and maintain a gorgeous garden. Brittany, a former employee of *Secret Gardens*, has owned the nursery for six years. She is a Registered Nurse who works in our community, and is also a graduate of WSU's Marketing and Business program.

This session starts at 11 a.m. on **Wednesday, May 14**, at the Beach Club, Port Ludlow. Guests are welcome with a \$5 donation. Refreshments are provided for members and guests.

The Port Ludlow Garden Club extends a warm welcome to all area residents. Because seating is limited, all members and guests must RSVP five days prior to the event. Those without an RSVP will be admitted if space is available, but only after the event begins. Thank you for understanding the needs of the club. RSVP to Michelle Pelky at 360-710-3547 or to [portludlowgardenclub@outlook.com](mailto:portludlowgardenclub@outlook.com).

## Tri-Area Garden Club Spring Plant Sale



Flowers and shrubs and trees: Oh, my! And succulents and bulbs and berries and grasses – all these and more, including hanging baskets, veggie bowls, and “garden art” at the Tri-Area Garden Club Spring Plant Sale, **Saturday, May 10**, from 9 a.m. – 1 p.m., once again at the Jefferson County Fairgrounds, 4907 Landes St., in Port Townsend. There's plenty of parking, and plenty of plants to choose from, at ridiculously low prices! We'll be in the Horticulture Building, and there are signs showing you the way from the parking lot. You can drive up to the building to pick up your plants, and you can even pay with a credit card (Visa or Mastercard – no debit cards), cash, or check. Your carts and wagons are permitted in the building, and boxes will also be provided to carry purchases. This is a great chance to shop for a last-minute Mother's Day gift!

Proceeds from this sale go toward grants and scholarship programs supporting our local community. Recent awards were granted to Habitat for Humanity, Dove House, Salish Coast School, Sunfield School, Recovery Café, and Chimacum Wellness Program.

Interested in becoming a member or want more information about the Tri-Area Garden Club? Check us out at our website: [tri-areagardenclub.weebly.com](http://tri-areagardenclub.weebly.com). Or find our Tri-Area Garden Club Facebook page.



## Wildfire Assessment for Area Residents



Through a partnership with the Washington State Department of Natural Resources, East Jefferson Fire Rescue is offering one-on-one wildfire mitigation assessment of your property at no cost.

EJFR personnel will guide you through a series of recommendations for reducing the risk of wildfire impacting your home with a comprehensive written report provided via email.

“We have found that residents really appreciate the practical recommendations we have made,” said Robert Wittenberg, Community Risk Manager. “Any time we can share information about reducing the risk of fire, it benefits the community in countless ways.”

Guidelines include how to protect your home in each of the three home ignition zones by reducing combustible materials, preventing ember entry and ignition, reducing ladder fuels, and ongoing vegetation management.

To sign up for your free wildfire assessment, visit [wildfireready.dnr.wa.gov](http://wildfireready.dnr.wa.gov).

## Meet Your Firefighters

by Ron Dawson, EJFR Community Outreach Volunteer



Meet Robert Wittenberg, Community Risk Manager for East Jefferson Fire Rescue. Robert started in the fire service in 2012 as a volunteer FF/EMT with Eastside Fire and

Rescue in Issaquah, Washington. Since then, he has gained experience as the Public Information Officer for the State Fire Marshall’s Office and a fire code inspector at both Renton Regional Fire Authority and Bainbridge Island Fire Department. His family moved from Issaquah to Port Townsend in November 2020, and he’s been a volunteer with EJFR ever since. As Community Risk Manager he is expanding the community awareness in fire prevention, wildfire protection, smoke alarms, and the proper use of fire extinguishers.

His family includes his wife Theresa, and adult children Rachael, Jacob, and Reeve. He and Theresa are now empty nesters. He is working on the renovation of their home and working on a master’s degree in organizational leadership.

The thing Robert likes best about his job is talking with people, and imparting information that gives people information on fire protecting their lives. The hardest part of the job is the shortage of time to do all that he wants to do.

What people don’t know or suspect about him is that he loves cheesy disaster movies loaded with clichés and predictability – the opposite of what he does professionally.

### 2025 Statistics for East Jefferson Fire Rescue

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

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

<b>March Alarms</b>	
Fires.....	8
Rescue/Emergency Medical .....	304
Good Intent .....	32
Hazardous Conditions .....	7
False Alarms .....	22
Service Call .....	54
<b>Total Alarms</b>	<b>427</b>

<b>Ambulance Transports</b>	
911 Transports.....	197
Hospital Requested Transport.....	0
Non Transports.....	116
<b>Total Transports</b>	<b>197</b>

**CARES Contacts..... 116**

## Allison and Qigong

by Doug Pulling, Staff Writer



The auditorium at the Bay Club is the platform for an impressive variety of exercise and mindfulness practices that have come into being these days and are suited to people seeking an alternative to the Jane Fonda workout. If you look at the weekly schedule for the Bay Club, you will find Zumba, Tai Chi, Aqua Zumba, Yoga, Yoga/Pilates, and Qigong. You

might wonder about the newcomer on this list, Qigong (chee **guhng**), which is not at all new. In fact, like Tai Chi, it is an ancient Chinese practice. It incorporates deliberate and gentle physical movements with disciplined consciousness and breathing to cultivate and release energy resident in the Qi, or life force.

Qigong came to Port Ludlow with Allison Leonard, a Qigong instructor since 2018. But how Qigong came to Allison is a story in itself. Raised in a family of modest circumstances in Vancouver, WA, and in Portland, OR, Allison was a Spanish and business administration major at Portland State U. when she secured an internship that took her to Brazil for two years. Her experience there in international business opened a new door and allowed her to emerge from her humble early days into a thriving and lucrative career. Allison held prominent positions at several companies in Portland and Seattle, always in a competitive and stressful environment, because, as she admits, “I wanted to have it all.” Her drive to succeed and compete ruled the day. “I couldn’t believe the money I was making,” she declares, “It was insane.” But to stay on top, Allison had to charge hard and compete, often against those in her own company. Things began to get dicey after she joined a software startup in Seattle that evolved into two businesses, a structure that pitted one division against another. “Lots of toxicity,” she says.

Against this backdrop, Allison and her husband Erik were raising a family in Bellevue. They had been married since 1992, had their first child in 1996 and by the time she began working at the Seattle software startup were looking to have a second child. It could only come by adoption, which in 2008, it did, amidst the stress and dysfunction at the startup. And then, wham! Here comes the Global Financial Crisis and the company reacts to its loss of revenue in 2009

by cutting loose high-paid employees, including Allison. “I was just shocked, and I felt cheated. Even after I began to feel liberated, my thoughts went back and forth between the shock and the freedom. It was unsettling. And then, finally, I realized—the ‘golden handcuffs’ were off!”



Cut loose from the stressful and demanding work environment she’d become addicted to, Allison changed gears. She now understood that in her prior work environment she’d become inured to the combined stresses of work and family and had finally landed outside her ability to function effectively. With the freedom to choose something new, she could make a change that would help her with the new family challenges facing her. Allison discovered that a meditative outlook would mark the way, and took training in Purna Yoga, became a Yoga instructor, and then found a job with a company that would fit her new identity.

In 2015 Allison faced a significant health issue. Even though Purna Yoga aims at a holistic approach in its practice and includes transformational healing elements, Allison felt her new challenge required something new and more powerful. She discovered the Ren Xue system developed by the Qigong master Yuan Tze ([renxueinternational.org](http://renxueinternational.org)). This “wisdom system” includes a practice with nine methods; six of them focus on body and energy (Qi or life force). The other three are centered on thought, behavior patterns and consciousness, some of the method derived from findings in modern psychology and social science. This combined practice, developed by Yuan Tze and marketed as “Yuan Gong,” promised to help Allison with her health, her relationships, and her outlook. So, she made the choice, and in 2018 after institutional training, Allison became a Yuan Gong instructor in Qigong.

If you meet Allison Leonard, you might be struck by the cherubic smile she seems to wear habitually. It transmits a peaceful sense of being and might lead one to think that this is evidence of a transformation that came from practicing



Qigong. “No,” she told me, “I’ve always had this expression. The transformation has come to my inner self!”

You can find more information about Qigong and Allison’s classes at [facebook.com/InnerJoyQigong/](https://www.facebook.com/InnerJoyQigong/) or on the Bay Club’s “This Week at the Club” page: [www.sbca.club](http://www.sbca.club).

## Memorial Day Do’s and Don’ts

by Carol Riley, Staff Writer

*Editor’s Note: This article originally appeared in the May 2023 edition of the Voice and is being reprinted at the request of a reader.*

Memorial Day, May 26, has a specific purpose – to honor and remember America’s fallen. It was established in 1868 by Gen. John Logan who declared the day for “the purpose of strewing with flowers or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village, and hamlet churchyard in the land.”

Originally known as “Decoration Day,” a day to honor those who died in the Civil War, the name was changed to Memorial Day, a day to remember all men and women who died serving in the United States military. It was declared an official federal holiday in 1971. The date was standardized as well to the last Monday in May.

**Don’t** wish anyone a Happy Memorial Day. This is not a joyous holiday, but a solemn remembrance of the thousands of men and women who have given their lives in pursuit of freedom.

**Don’t** thank the current troops—at least don’t thank them because it’s Memorial Day. Our troops deserve our respect and gratitude every day, but Memorial Day is set aside specifically for America’s fallen from every war.

**Don’t** forget its importance. You may have been waiting months to take advantage of the Memorial Day discounts on a new mattress and that’s fine but just don’t forget the true meaning of the day. Take a few moments to reflect and honor those service men and women who gave the ultimate sacrifice.

**Don’t** let politics get in the way of showing respect for the purpose of the day. Even if you disagree with the idea of war or the reasons for going to war, people have defended the interests of America for over 200 years, and we can disagree with the reasoning that took us to war and still honor our troops.

**Do** enjoy the day. Maybe the weather will cooperate, and you can have a backyard barbecue – just remember to raise a glass to the true meaning of Memorial Day.

## Free Life Care Planning Zoom Seminars

Join Tony Hinson on **Tuesday, May 13**, at 11:30 a.m. as he explores estate and life-care planning solutions that preserve wealth, minimize taxes, and ensure your legacy.

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

These seminars occur once a month on Tuesdays at 11:30 a.m. They are held live on Zoom so you can ask questions. To register, visit [compassandclock.com/](https://compassandclock.com/), or call 206-627-0790.

## The Nuns Are Back!!

by Kate Marshall, Artistic Director, Ludlow Village Players

The Ludlow Village Players are proud to bring you *Nunsense II: The Second Coming!* on **Fridays, June 6 and 13, Saturdays, June 7 and 14**, at 7 p.m., and on **Sundays, June 8 and 15** at 2 p.m. All performances will be held at the Bay Club. If you missed the first *Nunsense* in 2024, then here is your chance to get in on all the action. The original actresses are back, reviving their roles as the kooky, zany Little Sisters of Hoboken. Even if you did miss the first *Nunsense*, we will quickly catch you up on all the important stuff.

This show takes place six weeks after the sisters have staged their first benefit. The sisters are back presenting a “thank-you” show for all the people who supported them in the past. But now, they’re a bit slicker, having been “bitten by the theater bug.” Things get off to a rousing start, but before long chaos erupts. From the riotous bingo game run by Sister Amnesia, to the hilarious duet *What Would Elvis Do?*, to the rousing finale *There’s Only One Way to End Your Prayers and That’s to Say Amen!*, this show will have you rolling in the aisles!

Please visit our website at [LudlowVillagePlayers.org](https://LudlowVillagePlayers.org) to purchase tickets. We hope to see you there!

# Features & Stories

## When Home Becomes Too Big: Helping Senior Parents Downsize

by Jim Vogel, Guest Writer

A house is never just a house. It's a memory bank, a time capsule, a monument to everything that has ever mattered. So, when your aging parents start to consider downsizing, the decision is never just about square footage or property taxes. It's about loss, about transition, and about confronting the inevitable passage of time. As their child, you're not just helping them pack boxes – you're helping them navigate an emotional minefield. And let's be honest, you're probably wading through some of your own complicated feelings, too.

### The Weight of a Life Well Lived

When seniors start thinking about downsizing, they're not just considering a move – they're confronting the sum of their entire lives. Every object in their home has a story, and letting go isn't as simple as dropping things into donation bins. That chipped coffee mug might have been a gift from a long-gone friend. The attic filled with dusty books might hold the echoes of the person they once were. As their child, you have to tread carefully. You may see clutter, but they see a lifetime. Your job is not to rush them through the process; it is to honor what their belongings represent.

### The Unspoken Grief of Letting Go

Downsizing is a practical decision, but it often brings an undercurrent of grief. Moving to a smaller place might make sense physically and financially, but emotionally it can feel like a surrender. It's an acknowledgment that time is moving forward, that independence might be slipping, that this could be the last home they'll live in. If your parents seem resistant, understand that they're not just holding onto a house – they're holding onto a version of their lives they don't want to leave behind. Patience and empathy go further than logic ever will.

### The Logistics are Exhausting for Everyone

Even if your parents are on board with the idea of downsizing, the actual process is daunting. Where do you even start? Sorting through decades of accumulated possessions can feel like an insurmountable task, especially when energy levels aren't what they used to be. Decisions about what to keep, sell, or donate can quickly become overwhelming. It helps to break the process into manageable steps – one room at a time, one item category at a time; and don't be surprised if you need to

assist more than you expected. What starts as “helping” often turns into “doing.”

### The Emotional Toll on You

No one tells you how heavy a weight it is helping your parents downsize. On the surface, it's a logistical challenge, but deeply personal underneath. You'll come across old birthday cards you made as a child, photos of your parents when they were younger than you are now, the chair your dad always sat in to read the paper. You might find yourself grieving a past you didn't realize you'd lost. Watching your parents make peace with change forces you to acknowledge your own mortality, and that's not easy. Give yourself grace. It's okay to feel the weight of it all.

### Letting Go of a Legacy by Selling Their Business

Helping your senior loved one sell their business isn't just about financial transactions – it's about honoring the years of effort, sacrifice, and identity they've poured into it. Whether they built it from the ground up or carried on a family tradition, stepping away can feel like losing a piece of themselves. Approach the process with sensitivity and recognize that they may struggle with the idea of handing over control. To ensure a fair and informed decision, getting a professional business valuation can provide an objective perspective on its worth, helping them see the financial reality while also validating the legacy they've built.

### The Question of Where Next

Once your parents decide to downsize, there's the question of where they'll go. A smaller house? A condo? An independent living community? The choices can be overwhelming, and each option comes with trade-offs. Many seniors resist the idea of assisted living because it feels like an end rather than a beginning. And while some are eager for the convenience of a low-maintenance lifestyle, others fear the loss of autonomy. Your role isn't to dictate where they should live – it's to help them find a place that feels like home, even if it's different from what they've always known.

### The Conversations No One Wants to Have

Downsizing inevitably leads to tough conversations about the future. What happens when they need more care? What should be done with family heirlooms? How do they want to handle finances in their later years? These aren't easy topics, but they become even harder when avoided for too long. The sooner these discussions happen, the better. Approach them with kindness, not



pressure. The goal isn't to take control, but to ensure that their wishes are heard while they still have the power to make decisions.

### **Redefining What Home Means**

At the heart of downsizing is a profound question: What makes a home? Is it the walls, the things inside, or the people who fill it with love? For your parents, moving into a smaller space might feel like they're losing something, but the truth is, home isn't a structure – it's a feeling. It's the people who visit, the stories that are told, the love that lingers in the air. And if you remind them of that, if you help them see that a new chapter doesn't erase the past, you might just make this transition a little bit easier for everyone.

When moving day finally arrives, it will be bittersweet. Walking through those empty rooms one last time will stir up memories, and there will be tears – maybe more than you expect. But there will also be quiet relief and a sense of readiness, a feeling that difficult as this was, it was the right decision. Because in the end, downsizing isn't about losing something; it's about making space for what's next. And that, more than anything, is something worth embracing.

Here are some links to further reading on the processes in downsizing:

*becomingminimalist.*

*com/12-reasons-why-youll-be-happier-in-a-smaller-home*

*mylifesite.net/blog/post/overcoming-mental-obstacles-emotional-barriers-downsizinghousebeautiful.com/lifestyle/organizing-tips/advice/a3173/never-throw-out-when-downsizing*

*zenbusiness.com/close-sell-business/*

*humangood.org/resources/senior-living-blog/choosing-senior-living-community-next-home*

*familytreemagazine.com/preservation/heirloom-handoff-handling-family-treasures*

## **The Monster and the Mouse**

*by Evie Maxwell, Staff Writer*

First, a warning:

This is not a children's story.

It is, however, a story about children: How they grow; how they learn; how they thrive ... and what happens when they don't. As you might imagine, that 'don't' can add up to a great deal of bad news not just in terms of personal and societal problems, but also in hard, cold cash. That's as true here in Jefferson County as it is in almost any metropolis

you can name. Fortunately, here we have a gleam in the gloom. It comes in the form of a (spoiler alert) mouse that can face down the monster.

For far too many children, the monster is something that child development specialists call adverse childhood experiences (ACEs). ACEs encompass a wide range of frightening things that can happen to children including, but not limited to physical abuse, neglect, spousal abuse, substance abuse, divorce and abandonment.

These factors are negative for any individual, no matter what age. But for children, whose brains are still developing, they can, and do, lead to life-long problems. Consider these findings from a recent study by the Montana State University Nursing School: Children with an ACE score of 1 (i.e., one traumatic experience or situation) are 19.6% more likely to develop chronic conditions requiring extra health care services than children with no such experiences. For children with an ACE score of 2, that number jumps to more than 36.1% more likely. And this is just the beginning as extra ACEs add up to ever higher likelihoods of severe physical and mental problems.

Our society bears a heavy toll in terms of dollars and cents, as noted by California's Office of the Surgeon General who said, "In California alone, annual state costs of substantiated child abuse and neglect cases are estimated at \$919 million for education, \$787 million for welfare, \$545 million for criminal justice, ..." and on and on.

But now for Jefferson County's good news. Peter Geerlofs, Board Treasurer of Jumping Mouse Children's Center says, "The monster under the bed (for children experiencing ACEs) is the huge societal cost, both in dollars and human suffering. But when we can help these kids, the potential return on investment is outrageous."

Founded nearly 25 years ago by renowned child therapist Dott Kelly, the iconic institution known as Jumping Mouse offers child-centered play therapy (CCPT) to children ages 3 to 12 who have suffered trauma, grief, or chronic emotional distress. With roots in the work of noted American psychologist Virginia Mae Axline, play therapy began taking form as a child-directed exercise in the mid-1900s. In 1991, Garry Landreth's book, "Play Therapy: The Art of the Relationship," emerged as a cornerstone for play therapy practices.

The basic idea behind the therapy is both deceptively simple and painfully obvious: Adults process the world by talking; children process by play. Or, as noted by the Jumping Mouse's Clinic Director, Dr. Mel Rose, PsyD., "As adults we have language to help us understand the world; for children, play is their language."

As much as possible, Jumping Mouse works to ensure that children can get treatment without a need for their caregivers to take time off work. For example, since the Salish Coast elementary school is located next door to the Jumping Mouse clinic, therapists are able to walk children directly from school to the clinic and back. In addition, Jumping Mouse therapists also work with students in three elementary schools (two in Chimacum, WA and one in Brinnon, WA), in rooms that are set up exactly like those within the clinic itself.



In many ways, the therapy rooms are magical places. Each features a sizable sandbox located alongside shelves upon shelves filled with hundreds, more likely thousands, of small figurines. Here you have princesses and toads, pirates, giraffes, soldiers, cats, dinosaurs, scuba divers ... you name it, odds are it's there. During their sessions, children are encouraged to take charge by choosing to play in the sandbox, draw, or do more physical activities.

Says Rose, "Our driving philosophy is that each child inherently has the capacity to heal him- or herself. Thus, the therapist must stand back, allowing the child to use play as a means to work through issues. This can be very challenging."

It is also very effective as enumerated by dozens of studies, comments from parents and a long, long waiting list. At its peak, the Jumping Mouse employed 15 part-time therapists who conducted 129 therapeutic sessions per week. Then Covid hit Jumping Mouse, as it did so many other things, with a battering ram. Today the center has just seven therapists who serve 66 children.

"Today we have 300 people in our regular donor base," says Geerlofs, "and we're enormously grateful for their support. But the need for these services far outstrips our current capacity." Thus, the group has been forming plans for a fundraising campaign which it hopes will eliminate its backlog of children actively awaiting care, while boosting its capacity to be able to serve a minimum of 120 children.

Given the fact that Jefferson Public Health estimates that 14 percent of local children younger than fourteen have

been exposed to multiple ACEs, the need is clear as are the benefits.

Consider the words of Port Townsend native Samantha Stromberg, who spent several years working with a therapist at Jumping Mouse: "I guess I started the program when I was about three, or maybe four. My parents were unwell at the time, so I started living with my grandparents and they enrolled me. I don't remember everything, but I do recall that it was fun. Looking back, I know there's a lot more to it, but at the time it was just a good, playful way to express what I was feeling. It was the perfect balance about having fun and talking about what's hard." When asked if she'd ever considered becoming a therapist for children, Stromberg laughed and said, "I've thought about it. But really, today, I feel like I'm sometimes a free therapist for all my friends."

For those who might be interested in supporting Jumping Mouse's drive to expand its services, and/or in touring its facility, the Port Townsend clinic can be reached at 360-379-5109 or by visiting their website at [jumpingmouse.org](http://jumpingmouse.org).

## Hawaiian Humpback Whales

by Milt Lum, Staff Writer

*The Hawaiian Humpback is the name given to the Humpback whales who are transient winter residents of the warm ocean waters surrounding the Hawaiian archipelago.*



*These winter denizens of the deep are like their human counterparts who escape the frigid weather of the Pacific Northwest and Alaska for the more salubrious warmth of the Sandwich Islands. Though residents of these waters from the days of the ancient Hawaiians who revered their presence in stories and chants, they were of little commercial interest during the heyday of the whaling industry during the mid-19th century. Though Lahaina, Maui, was a major refueling stop for whaling ships in the 1850s, the Hawaiian Humpback was not prized among the whalers for its commercial value.*

There was little interest in the Hawaiian Humpback until 1977 when James Hudnall, a freelance photographer, published underwater photos of his experience swimming with a Humpback in the national magazine,



*The Audubon*. The Pacific Whale Foundation, established in 1980 on Maui by Greg Kaufman as a nonprofit conservancy promoting research and responsible whale watching, was instrumental in bringing global attention to Humpback Whales. Today, whale watching from shore and on tour boats has become an integral part of any visit to the Hawaiian Islands.

The clear blue waters and relatively shallow ocean shelves, less than 600 feet deep, surrounding the islands provide the ideal nursery conditions for the Humpbacks to raise their young. They migrate from their feeding grounds at the end of the summer in Alaska and arrive in the Hawaiian waters beginning in October. As the gestational period of the Humpback is ten to twelve months, the waters around the Hawaiian Islands are most likely the area where the whale calves are conceived and born. On March 5, 2021, off the coast of Lahaina, Maui, whale researchers provided the first video evidence of a Humpback calf being born (see *Witness a humpback whale birth caught on camera in Hawaii* | National Geographic in Google videos).

A Humpback calf is fully able to move about on its own with all of its senses intact and fully engaged once it is delivered. The mother establishes contact with the infant immediately and gently pushes it to the surface for its first breath. She then positions it toward one side of her head above her pectoral fin as they continue underwater. They remain close to shore where the water is clear and shallow allowing the mother to monitor the environment for any predators. During this time the calf nurses frequently for brief intervals limited by its ability to remain underwater. The mother's milk contains more fat and protein than other mammals and is highly nutritious, allowing the calf to grow a foot a month, doubling its length in a year. The mother's milk is produced exclusively from the stores she had amassed from feeding in Alaska as she does not feed while in Hawaii. The mother-calf pair are usually solitary or may be seen traveling with a male escort cruising along the shoreline of the islands of Hawaii, Maui, and Molokai.

This social relationship provides for the most interesting behaviors I have seen watching whales from the shore. My favorite spot on the Big Island is Kapa'a Beach Park off Highway 270. A covered beach pavilion located on a bluff provides shelter from the sun and a 180-degree pure line of sight of the Pacific Ocean. Whale watching from this site is free but requires patience and an uncluttered schedule. Some days are productive with multiple viewings of a variety of activities, and other days have a few or no sightings.

Pec slap, tail slap, peduncle slap, and breach are behaviors exhibited by males as displays of their masculine superiority. The clue that this might be happening is when one sees

multiple large blows in the distant blue water or several big blows in the proximity of a mother and calf. These indicate that adult males are competing to be an escort to mother and calf or to mate with a fertile female. The baby blows are closer to shore, more frequent, and less vigorous.

I heard my first peduncle slap before seeing it. It was midway to the horizon, about 2 to 3 miles from shore. The sound carried by the trade winds resounded like a drum-beat and splash. There were about twelve or more repetitive slaps from a tail raised high out of the water. It was an amazing display of power.

A mother nursing her calf was my interpretation of a behavior I observed close to shore. A mother's and calf's blows and backs were seen traveling parallel to the shoreline. Then only the mother's back was seen languishing on the surface ... something I had not seen before. She was so still I thought she might have been ill, but when I noticed a mother and calf moving away from me toward the deeper water, I realized she had been nursing her calf.

Breaches are what most people long to see from the shore. Whales expend a great deal of energy to execute a breach using a mighty thrust of its tail to propel itself out of the water. Naturalists say it is the equivalent to a human's energy expenditure in completing a marathon. Therefore, breaches are not the most common behavior observed. For resident retirees who are daily whale watchers, it still elicits a cheer. There is little to signal a breach and being able to photograph one is a stroke of good luck. It is spectacular to see this display albeit fleeting. Sometimes with a pod the adult males engage in competitive breaches which demonstrates their raw power.

The dive usually signals that the whale will be going deep and remaining there for an extended period of time. It is like a slow wave with an arching of the back and the gradual emergence of the tail until it is fully exposed and vertical to the surface of the water before gradually disappearing. It is a graceful display and a signal for me that the show is over for now.

Travelers to Hawaii during the months of November through March, interested in seeing the Hawaiian Humpback, will have the best shore viewing opportunities on the islands of Hawaii, Maui, and Molokai. All of the major islands offer 2- to 3-hour whale watching tours for a tidy sum. Instead, you can pack a bento lunch, fill your water bottle, lather on the sunscreen, grab a comfortable beach chair, and cruise the shoreline until you find a group of silver-haired peers who are staring out at the ocean. That will be your best bet in getting to see the Hawaiian Humpbacks.

## Porch Talk with Cathy Thomas

by Donna Geer, Staff Writer



Cathy with one of her watercolors at the Port Ludlow Art League Gallery

Submitted photo

I walked into her house expecting to be wowed by the view, and I was. It's hard to ignore the allure of the sea, harbor seals sunning on sea stacks, the sun peaking over the mountains. But the paintings on the wall behind me were what really caught my eye. Cathy Thomas is a prolific watercolor painter of ethereal landscapes, and her art dots the walls in her home.

Art is an expression of the divine for Cathy, something that early Quakers found as frivolous as music, dance, and reading fiction. But Cathy's parents recognized her passion and talent for art when she was a child, so they always let her paint. Now she paints from her studio downstairs—mountains, the sea and sky when they're washed with rain, the sun spilling over the water. There are paintings of almost every place she's ever lived or traveled, and some of them have been featured at the Port Ludlow Art League Gallery.

Cathy creates art in many ways. During the Covid pandemic, she went through boxes of photos, organizing them by year and subject matter. She gathered articles and wrote stories, including detailed descriptions of the pictures, and had them made into books. There must be almost fifty lined up on the shelf, like an encyclopedia of her life.

Cathy didn't grow up in America. Her family lived all over Asia because her father was an accountant for Standard Oil. She said she learned to walk as a one year old on the boat to China in 1947. During the Chinese Revolution in early 1949, she and her mother left China for safety and stayed with her grandparents in New Jersey. They rejoined her father in Seoul, Korea, that fall but had to evacuate again in June 1950. She remembers being woken up at 1:30 in the morning, her family instructed to report to the American consulate by 3 a.m. She remembers her father's flashlight bobbing goodbye in the dark as the bus of women

and children headed for the harbor. She remembers the freighter to Japan crammed with 650 women and children. Her family lived in Japan from 1952 - 1958, and that's when Cathy began taking art lessons. It wasn't until high school that she permanently moved to New Jersey.

It seems like her family has always had a connection to war. For six months in Hong Kong, her father, a civilian, was held in an internment camp by the Japanese, but she said he never harbored any animosity to his captors. Maybe that same empathy is why she and her husband Rick hosted two Vietnamese refugees for six months when they lived in Takoma Park, Maryland. It was her Quaker Meeting that sponsored the refugees and helped them learn English, get an apartment, jobs, and medical care.

Cathy went to Goucher College in Baltimore, Maryland, and Rick was at Johns Hopkins University when they met. Their schools used to put on joint theater productions, and when Cathy and her friend were walking to a cast party one evening, he "came skipping down the street and grabbed both of their hands, and the other girl let go," but not Cathy. It's not surprising that the Ludlow Village Players is the first club they joined when they moved here. Cathy still volunteers as a board member.

In addition to her prolific artistic flair, she also has a thing for numbers, volunteering with the *Port Ludlow Voice*, where she keeps track of business ads and manages the magazine's expenses and donations. She'd love to see the *Voice* flooded with cash contributions – no amount is too small. And if you want to assist with the ads, she'd welcome the help.

Cathy has a PhD in Analytical Chemistry, and she worked for the US Geological Survey for ten years as a research chemist doing computer-aided spectrographic analysis. The Mars rock samples, collected by Viking landers I and II launched in 1975, were chemically analyzed remotely by her lab.

Both Cathy and Rick moved to New Jersey to work for Bell Labs in 1980. By then, they had two little girls, so Cathy switched to computer database design because it worked with her schedule. Rick was a software engineer at Bell Laboratories.

When she retired from Bell, she worked for the Quakers United Nations Office in New York. In addition to designing a common website interface for the New York and Geneva, Switzerland offices, she also oversaw the refurbishment of the brownstone house where diplomats and Quaker lobbyists stayed for important discussions.

*continued on page 32*

# Arts & Entertainment

## Port Ludlow Art League

### Artist of the Month – Fran Bodman



Three Chickens, by Fran Bodman

Fran majored in art during high school and later attended the American Academy of Art, a commercial art school in downtown Chicago. Fran's first commercial artist position was with R.H. Donnelly, the country's third largest print and online Yellow Pages publisher. Fran was responsible for creating ads, including drawing and lettering by hand. After retiring, Fran renewed her passion for art and began taking classes in various media, including stained glass, acrylics, and watercolor.

Fran's art exhibit will feature artwork in oil, watercolors, and acrylics. She finds working in acrylics easier than oils, which often take more consideration and patience. However, Fran has found that watercolors require the most patience of all. During May, you can enjoy Fran's artwork at Sound Community Bank and online at [portludlowart.org](http://portludlowart.org).

### Jeweler of the Month – Georganne Muse

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



Necklace by Georganne Muse

Submitted photos

During the month of May, Georganne's jewelry will be on display at the Port Ludlow Art League Gallery, Sound Community Bank, and online at [portludlowart.org](http://portludlowart.org).

### Meet the Artists

The public is invited to attend a reception for Fran and Georganne on **Wednesday, May 14**, from 4 - 5 p.m. in the lobby of the bank and 5 - 6 p.m. at the adjacent Port Ludlow Art League Gallery. The bank and gallery are located at the corner of Oak Bay Road and Osprey Ridge Drive in Port Ludlow. The gallery is now open Tuesday through Saturday from noon - 4 p.m. For more information, please email [info@portludlowart.org](mailto:info@portludlowart.org) or visit [portludlowart.org](http://portludlowart.org).



**52 Village Way  
Port Ludlow WA**

**Open Everyday  
11-8**

**360-745-5054**



## Bay Club Art Exhibit - The Great Outdoors



PLAL Bay Club exhibit, Nature's Realm.  
Submitted photo

life moves artists out of the studio to study landscapes, focusing on how light and shadow interact with objects in particular places.

The art exhibit is sponsored by the Port Ludlow Art League. Be sure to stop by the Bay Club to vote for your favorite piece.

The Bay Club is located at 120 Spinnaker Lane in Port Ludlow. For more information on art exhibits at the

## Port Ludlow Art League Classes

**Watercolor Class – Friday, May 2, 10 a.m. – noon**



Down to the Beach, by Pamela Raine.

From May through June, Port Ludlow Art League members share their artwork inspired by nature and the outdoors. With this wide-ranging theme, artists often paint Plein air, named from the French for open air. The form of painting from

Join us for a class with artist Pamela Raine to complete the *Down to the Beach* watercolor painting. All supplies and instructions are provided for a fee. To register, please email [info@portludlowart.org](mailto:info@portludlowart.org).



Wildflowers, by Shirley Bomgaars

Submitted photos

**Acrylic Paint Class – Saturday, May 10, 9:30 a.m. – noon at the Bridge Deck**

Join us for a fun class with artist Shirley Bomgaars to complete the *Wildflowers* acrylic painting. All supplies and instructions are provided for a fee. To register, please email [info@portludlowart.org](mailto:info@portludlowart.org).

## Northwind Art Exhibits and Classes

The Jeanette Best Gallery continues to delight viewers with these exhibits:

- *A Closer Look* exhibit at the Jeanette Best Gallery pairs genre-bending art by Elissa Greisz with unusual sculpture by Maxwell Yakush. *A Closer Look* runs through **May 19**.
- Opening **May 22** at the Jeanette Best Gallery, Patricia Hagen's paintings will immerse her viewers in local landscapes.

- *The Ars Poetica* project continues to run through **May 12**. This exhibit combines the work of local poets that inspired paintings by Northwind Art School participants.
- *The Showcase 2025* exhibit at the Jeanette Best Gallery continues through **May 12** and unveils a new exhibit from 14 artists on **May 15**.



Artist at Tamanowas, by Patricia Hagen.  
Submitted photo

The Jeanette Best Gallery is located at 701 Water St. in Port Townsend. Gallery hours are Thursdays through Mondays from noon - 5 p.m. For more information about the Jeanette Best Gallery exhibits, visit [northwindart.org](http://northwindart.org).

### Northwind Art School Classes

Northwind Art School at Fort Worden State Park offers a wide variety of classes for beginner to advanced level attendees. Classes in the month of May include:

- Intermediate Watercolor Painting with Suzanne Lamon, **Wednesdays, May 7 - 28**
- Mosaic Mirror Design with Barbara Henderson, **May 9**
- Intro to Digital Art with Michelle Hagewood, **May 10**
- Open Sew & Quilt with Barbara Ramsey, **May 11**
- Exploring Acrylics with Beth Herrild, **May 24**
- Paint Like the Old Dutch Masters with Acrylic with Wayne Jiang, **May 31 - June 1**



Wayne Jiang, painter of this piece, will teach "Paint Like the Old Dutch Masters with Acrylic" at Northwind Art School May 31-June 1..

Submitted photos

Fort Worden State Park is located at 200 Battery Way in Port Townsend. For information about class dates, times, teachers, and curriculum, visit [northwindart.org](http://northwindart.org) and select "Take a Class."

## Upcoming Key City Playhouse Shows

### Carmelita – Through May 11

Welcome to the Museum of the History of Women and Underrepresented Genders in Washington State. Meet Carmelita Colon, determined to break out of her assigned dry and lacking narrative. Carmelita's story emerges from gold rushes, wars, outlaws, and tamale recipes-- challenging us to acquaint ourselves with assumed history and to re-imagine what it means to reclaim our stories. At 6:30 p.m., join a celebration of powerful women and dress as your favorite female hero. Draw inspiration from iconic female figures, from legendary historical leaders to fictional superheroes.

### My Home's Across the Blue Ridge Mountains – May 16 and 17 at 7 p.m.

Coming all the way from the Blue Ridge Mountain region of southwestern VA, award-winning Appalachian Folk Singer-Songwriter Ash Devine weaves an evening of song, story, and traditional tunes from the Appalachian regions. Her music celebrates Maybelle Carter & the legendary Carter Family band, country blues master Leslie Riddle, and ballads collected by traditional bearers of the southern Appalachian region. Throughout the show, Devine discusses the historic folkloric contributions from song collectors in the southern Appalachian region such as Cecil Sharp, Maud Karpeles, Bascom & Lunsford, Olive Dame Campbell, the Carter Family, Leslie Riddle, and later, contemporary folklorists such as Mike Seeger, Jean Richie, and Sheila Kay Adams.

The Key City Playhouse is located at 419 Washington Street in Port Townsend, Washington. For more information and tickets, please visit [keycitypublictheatre.org](http://keycitypublictheatre.org).

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**4-6 PM | OPENING RECEPTION**

The opening reception is free to the public, complimentary Bubby & Bites will be served.

**6-8 PM | DINNER WITH THE ARTISTS**

Join us for the opportunity to mingle with the exhibiting artists and enjoy a buffet provided by Spirits Bar & Grill for \$75 per person.  
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Irene Graham,  
Madrone Moment,  
pastel

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from May 4<sup>th</sup> - June 25<sup>th</sup>

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# Village News

## Bay Club / South Bay

### South Bay Community Association Update

by Carolyn O'Keeffe, President, SBCA Board of Directors

Welcome to May and warmer weather! April gave us snippets of Spring and opportunities to get out on longer walks and enjoy time in our yards. Plus, the days are getting longer, which is always a welcome relief from the short, darker days of winter.

SBCA Board of Directors welcomed two new Board members in April to fill the two open positions. We welcomed back Christine Spagle, former Board member and President to our Board. She has been appointed as the Vice President and brings a level of stability and insight that is much appreciated by all. Donna Colosky has been newly appointed to the Board and will fill the other two-year position left open. Donna and her husband Bill live in the Olympic Terrace II Village. She brings knowledge and expertise in school leadership, retiring after forty years in education, and supporting Bremerton School District as their interim superintendent this school year.

The SBCA Board of Directors approved the 2025-2026 Budget and 5-Year Budget Planning Forecast tool at their April 10 Board meeting. Prior to the meeting, two committees, Facilities and Finance, provided support for the development and refinement of both documents. Facilities Committee reviewed our Reserves Study Components List, ensuring the inclusiveness of the components list and accuracy of the useful life of each specific component, including where we are in repair and/or replacement of any of these items. Once the Facilities Committee completed this task, the Reserves Study Component List went to the Finance Committee in support of developing and refining the 2025-2026 Budget for the South Bay community.

As a Board, we participated in a Board workshop/study session with the purpose of establishing a proper context to look at revenue and expenditures, our goals to be fully funded in the future, and to replenish our Rainy-Day funds. In our budget planning process, we remind ourselves that first and foremost, SBCA is a non-profit corporation, the Master HOA of South Bay required to meet Federal, State, and Local laws and guidelines. As the Master HOA, we have a common asset of care to

### SBCA Important April Dates

**Friday, May 2**, 8:30 am. - Pancake Breakfast, benefiting Jefferson Fire Rescue

**Thursday, May 8**, 9:30 a.m. - Monthly Board Meeting \*\*

**Friday, May 9**, 5 p.m. - Member Social, Taste & Toast

**Monday, May 26**, 10 a.m. - Memorial Day Ceremony

**Friday, June 6**, 8:30 a.m. - Pancake Breakfast, benefiting Ludlow Village Players

**Friday, June 6**, 6:30 p.m., - Ludlow Village Players, *Nonsense II*

**Saturday, June 7**, 6:30 p.m. - Ludlow Village Players, *Nonsense II*

**Sunday, June 8**, 2 p.m. - Ludlow Village Players, *Nonsense II*

All Wednesdays 4 p.m., Members' Lounge  
All SBCA members are welcome.

To keep informed of meeting dates and times, please visit [sbca.club](http://sbca.club)

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

\*\* Unless there are changes to county requirements, meetings are in-person

follow, required HOA administrative duties to fulfill, rules enforcement, and financial management responsibilities to perform. Our work includes recognition of these duties and required functions and balancing them with providing activities and opportunities to our members. We also take into consideration requests from the greater Port Ludlow community wishing access to our South Bay facilities. It's a challenging and complex context in which we plan our budget and helps us as a Board when we consider how to increase revenue while still meeting the requirements of various governmental agencies.

Mark your calendars! Our Annual HOA meeting will be on July 16. Stay tuned as more information will be coming your way!



# Beach Club / North Bay

## Update from the Manager

by Brian Belmont, General Manager

On April 19 the Ludlow Maintenance Commission (LMC) held its 57<sup>th</sup> Annual Member Meeting. The results of this year's Annual Meeting voting have been posted on the LMC website.

I would like to thank Rob Wall for his three years of service on the LMC Board of Trustees. During his time on the Board, Rob has also served on the Greenbelt and the General Manager Search Committees. Rob has been a valuable contributor at both the Board and committee level. Thank you, Rob.

Karen Davis and Paul Maxwell's terms on the Board ended this year too, but both ran for re-election at this year's member meeting.

While I am thanking our volunteers, I want to thank BJ Luce who has served on the LMC Operations Committee for more than 10 years, most of which as our committee chair. BJ will be leaving the Committee in April to pursue other interests. Thank you, BJ, your leadership has been invaluable.

Following the Annual Meeting, the Board met to elect Board officers for the upcoming year. The outcome of this election has been posted on the Board of Trustees section of the LMC website.

Our members will be happy to hear that the outdoor pool will be opening for the season on **Friday, May 23**, and will remain open through September.

On **Saturday, May 24**, from 9 – 2 p.m., we will hold the North Bay garage sale in the Bay View room of the Beach Club. If you are an LMC member wanting to reserve table space for the garage sale, contact our front desk staff at the Beach Club for details. Space is limited, so I encourage you to act quickly. This year we should have a good turnout because the Port Ludlow Village Council has organized a similar event on the same day in the Yacht Club parking lot so we can expect a lot of bargain hunters in our community.

And finally, I want to encourage all community members on both ends of the bay to attend the LMC Emergency Preparedness Committee's **May 3** presentation: Emergency Power Sources and Solutions. This event will be held in the Bay View room of the Beach Club from 2 – 4 p.m. The PUD (Jameson Hawn) will be our featured presenter, teamed up with Frederickson Electric and Power Trip

### LMC and the Beach Club

Phone: 360-437-9201

Email: [GM@LMCBeachClub.Org](mailto:GM@LMCBeachClub.Org)

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Visit [LMCBeachClub.org](http://LMCBeachClub.org) for more information about your North Bay HOA

Energy. The first hour is a presentation and the second hour will be open to attendees to visit several vendor and/or emergency organization tables.

As always, if you have questions or comments about this article or the on-going work at the Beach Club, I can be reached at 360-437-9201 or by email at [GM@LMCBeachClub.org](mailto:GM@LMCBeachClub.org).

## North Bay Homeowners Mexican Potluck Dinner

Come join the North Bay homeowners for a delightful Mexican potluck dinner on **Saturday, May 17**, at 5:30 p.m. at the Beach Club. The evening promises to be fun, engaging, and full of delicious food. Feel free to bring along friends and neighbors to share in the festivities.

To contribute to the potluck, sign up at the Beach Club and indicate the Mexican-inspired dish you plan to bring, and please bring your own drinks and tableware, too.

An exciting trivia contest will follow the dinner, so brush up now on your general knowledge and get ready to compete for prizes. Don't miss this opportunity to enjoy great food, lively conversation, and a chance to win the trivia contest. We look forward to seeing you there! For more information, please call Fran Bodman at 360-437-5110.

### Being Safe While Walking

**Pedestrians:** Walk facing oncoming traffic. Wear light-colored or reflective clothing so that you can be seen easily in the dark.

**Drivers:** Watch out for walkers. Remember, they can't always see you coming.

# Village Council

## Port Ludlow Village Council: Committee Updates

by John Goldwood, President, Port Ludlow Village Council

Although we encourage our residents to attend Village Council Board meetings and workshops, much of the work of the Council is invested in our committees and subcommittees focused upon specific areas of interest. Our residents are encouraged to participate in Village life by joining one of our active committees or volunteering to help out with committee projects. Contact information is provided below for each committee, and more details can be found on each committee's webpage. Our new website will be updated regularly as committee contacts or other pertinent information changes.

### Administration

Mission statement: The focus of the committee is periodically monitoring the status of the Village Council's financial position and the adequacy of our insurance coverage. Additionally, the Committee will periodically review and compare the consistency of the Articles of Incorporation, Bylaws, and Policies and Procedures, and lead whatever effort is necessary to amend these documents when required. Tam McDermid notes the following: "The Administration Committee has been very busy reviewing our Bylaws and making suggestions to be reviewed by the full board. Once consensus is reached, our recommended changes will be posted on our website. A special eblast containing the proposed revisions will be sent to our community from the Village Council, as well as from LMC and SBCA."

Chair: Tam McDermid

Normal meeting day/time : TBD

Contact: [Administration@PortLudlowVillageCouncil.org](mailto:Administration@PortLudlowVillageCouncil.org)

### Communications

Mission statement: The committee facilitates communication between the Village Council and our residents by fostering creative ideas and exploring new avenues to increase public awareness about the Village Council and the Port Ludlow community. Tools used include eblasts, the Village Council website, *Port Ludlow Voice* articles and management of virtual meetings. Current working groups include web updates, social wellness, community engagement, donor appreciation, town halls, Holiday Lights at the Village Center, the tree lighting ceremony at the Village Center, and the Community Opportunity Fair every other year. A note from the Co-Chairs: Come see

## Village Council Meetings

### PLVC Board Meeting

Thursday, May 1

3 - 5 p.m., Beach Club

### PLVC Workshop

Tuesday, May 20

3 - 5 p.m., Beach Club

[plvc.org](http://plvc.org)

our new website, [PortLudlowVillageCouncil.org](http://PortLudlowVillageCouncil.org), where we will post updates, such as meeting dates, minutes, upcoming events, volunteer opportunities, our virtual suggestion box, email subscriptions, and community resources. Please share your thoughts with us: [info@PortLudlowVillageCouncil.org](mailto:info@PortLudlowVillageCouncil.org).

Co-Chairs: Tracy Geipel, Geoff Lang

Normal Meeting Date/Time: Last Wednesday of the month, 3 p.m.

Contact: [Communications@PortLudlowVillageCouncil.org](mailto:Communications@PortLudlowVillageCouncil.org)

### Emergency and Wildfire Preparedness

Mission statement: To educate and prepare residents for potential disasters that may affect the community and the region, coordinate communication in the event of a disaster, and to organize and facilitate self-help efforts in the wake of disaster.

Port Ludlow Emergency Committee

Chair: Jason Wright

Normal meeting day/time: 3rd Monday, 3 – 5 p.m., Zoom.

Contact: [PLEM.Chair@gmail.com](mailto:PLEM.Chair@gmail.com)

### Finance and Fundraising

Mission statement: To ensure the financial stability and growth of the Village Council by providing accurate, timely, and transparent financial reporting; to diversify our funding streams and build a strong foundation for long-term financial sustainability through strategic fundraising and donor engagement.

Chair: John Cacho

Normal meeting day/time: TBD

Contact: [Finance@PortLudlowVillageCouncil.org](mailto:Finance@PortLudlowVillageCouncil.org)

### Government and Business Relations

The Government and Business Relations Committee is established to act as a liaison between the Village Council and local businesses, county, and state government entities to advocate for the interests of Port Ludlow residents.

Chair: Howard Weiner

Normal meeting day/time: TBD

Contact: [Relations@PortLudlowVillageCouncil.org](mailto:Relations@PortLudlowVillageCouncil.org)

### Land Use/Trails

Mission statement: The committee's mission is to preserve, promote, and protect Port Ludlow's trails and natural resources. The committee also advocates for and informs residents of their role in enhancing, nurturing, and protecting the natural resources of the MPR.

Port Ludlow Trails Committee

Chair: Larry Scott

Normal meeting day/time: 1st Tuesday of the month, 9 a.m. Alternates between Beach and Bay Club

Contact: [Trails@portludlowvillagecouncil.org](mailto:Trails@portludlowvillagecouncil.org)

### Utilities

Mission statement: The committee monitors developments with the electric, water, sewer, solid waste (including recycling) and other utilities serving the Port Ludlow community, makes recommendations to the Village Council Board about utility-related issues, and facilitates communications with the Port Ludlow community about utility matters. The committee may also address issues relating to the Port Ludlow Drainage District in the North Bay area and to other storm water drainage facilities in the South Bay area, as well as issues relating to the Port Ludlow Marina.

Chair: John Cacho

Normal meeting day/time: TBD

Contact: [Utilities@PortLudlowVillageCouncil.org](mailto:Utilities@PortLudlowVillageCouncil.org)

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



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in a village in the woods by the bay*



# Recreation & Sports

## Port Ludlow Niners' News

by Kathleen Traci, Niners' Publicity Chairperson



Niners at the PLGC Sand Trap Cafe for a pizza party

Submitted photo

The 2025 All Niners' Golf Handbook was distributed at the Lady Niners' luncheon at the Sand Trap Café on March 27. The Niners' Pizza Party at the Sand Trap Café on April 3 was well attended by men and women members. Niners' Captain Barbara Burke, has planned many interesting Thursday Games—some games will be played from the new “closer to the hole” Red Ludlow Tees allowing members to practice their short games. The format of these games allows members to post their scores for their handicap, while still using the scores to determine Thursday Play Day winners. Members should continue to use *Golf Genius* to sign up for play. The 2025 Niners' Officers are as follows: Captain, Barbara Burke; Co-Captain, Linda Haskin; Treasurer, Elaine Girard; Social Chairpersons, Diane Germain and Turney Oswald; and Couples Chairpersons, Barb and Mike Burke.

The first Couples Golf event was held on April 24. The game was Alternate Strokes – Criers (players were able to throw out their two worst holes) and it was played from the “closer to the hole” Red Ludlow Tees. On **May 22**, the second couples' event will be Mexican Omelet,

featuring four-person teams, and the lowest net team score will be the winner. Niners' Couples Chairpersons, Mike and Barbara Burke, have announced multiple couples' golf game formats for the 2025 Season. Membership in the Men's Niners or the Lady Niners is required for participation in these monthly couples' events. If a member does not have a partner, they can still sign up, and a partner will be found for them. Details regarding a “play-away day” scheduled for **May 29** will be announced on *Golf Genius*.

Captain Burke invites prospective league members to play nine holes with the group any Thursday morning. To sign up to play with Niners, please contact the Port Ludlow Golf Course Pro Shop at 360-437-0272. Special note: PLGC Membership is no longer a requirement for joining the Niners.

## PLWGA (Women's 18's) League News

by Kathy Traci, PLWGA Publicity Chairperson

The Port Ludlow Women's Golf Association's (PLWGA) 2025 Opening Day on April 8 was great fun. Unfortunately, the golf portion of Opening Day was rained out, but Chairpersons Peggy Selby and Mandy Whipple provided a wonderful luncheon at Sue Fechner's home. Everything was delicious. A brief business meeting was followed by the hilarious white elephant golf-related gift exchange. The PLWGA 2025 Handbook, created by Linda Haskin with the assistance of Diana Smeland, was distributed at the luncheon.

PLWGA Captain Sharon Russell welcomed both old and new members to the 2025 season and introduced the new slate of officers: Co-Captain: Linda Aho; Secretary: Carole Fett; and Treasurer: Linda Haskin. Captain Russell then turned the meeting over to Handicap Chairperson Linda Aho who reminded members that they need to enter scores on the same day that play occurred, and they need to enter their scores hole by hole. In April, Diane Germain sent an email to members with scores that they posted in March 2025, and she promised to send out members' scores monthly via *Golf Genius* for peer review. Members can download the GHIN app to their cell phones. On league play days, scores will be entered for participants by the PL pro shop.

Turney Oswald is the 2025 Tournament Chairperson. She has met with PLGC Pro Jim Mancill and received the MGA's dates. This helped her coordinate their dates with those of the PLWGA. Dates for the Spring Fling



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Tournament: **May 12 and 13**, and for the Captain's Cup Match Play Tournament: **June 3, 5, 10, 12, and 17**.

The Ladies Invitational will take place on **June 24** and will be open to all Washington Women League members. Captain Russell reminded the membership of the need to provide raffle items or raffle baskets for the Ladies Invitational.

Members Bonnie Vahcic and Lucinda Thompson highlighted the coming 2025 Washington State Public Links Association (WSPLA) tournament season. PLWGA Members were reminded that they must qualify to play in the WSPLA Championship by playing in previous WSPLA events. Women golfers from the entire state will participate in this exciting event.

Casual Friday Golf is being organized by Linda Haskin. PLWGA Members need to contact Linda to be placed on the Golf Genius "Friday Casual Golf" email list. Captain Russell invites prospective league members to play 18 holes with the group any Tuesday morning. To sign up to play with either league or to join one of the leagues, please contact the Port Ludlow Golf Course Pro Shop at 360-437-0272. Special note: PLGC Membership is no longer a requirement for joining the PLWGA.

## The Flowers of the Sea

by Gail Wellenstein, Kitsap Beach Naturalist



Painted Anemone

Photo by Gail Wellenstein

Take a walk along any dock in our area and look beneath to observe a glorious garden of sea anemones. These are colorful invertebrate animals that resemble flowers like the terrestrial anemone plant. When they are fully submerged in water their body resembles a stalk, and the tentacles that surround their central opening, or oral disc, can be likened to petals. If they are uncovered at low tide, they don't resemble flowers at all. They conserve water by retracting their tentacles and pulling into themselves. The result is either pendulous blobs hanging from the undersurface of

rocks and logs, or small circular depressions in the sand that are easy to walk on if you aren't aware.

Anemones are related to jellyfish and corals and share a similar and very simple body plan. They don't have organs like we do and only have two layers. The body contains a central cavity that acts as the stomach with a single opening that functions as both the mouth and the anus – a fact that children love! They have a loose net of nerve cells as well as primitive muscle cells that allow them to flex and twist. Surrounding the oral disc are the tentacles that contain structures called nematocysts.

Most anemones attach to surfaces with an adhesive foot. I used to think that anemones were permanently stuck in place until I watched an anemone in a tide pool detach its foot and drift to a new location. It turns out that many anemones can also move slowly by gliding on the foot. They move if there is too much competition for food or the environment changes.

Now onto the fun stuff. Anemones are predatory carnivores, think Audrey II in the Little Shop of Horrors. They can eat small species of fish and shrimp but mostly eat plankton. Their harpoon cells, called nematocysts, are triggered by touch, shooting a poison dart which is retracted by the attached line. Luckily for us, our skin is too thick to feel much more than a little roughness if you brush a local anemone, unlike some species in S.E. Asia which can harpoon your skin!

In our area you can find plumose anemones, having a crown of tentacles, on the underside of floating docks and large rocks. They often occur in groups and will attack anemones of a different species by using a longer specialized tentacle to attack the encroacher, causing injury or even death. Another common anemone to see on large rocks at low tide are the painted anemones seen in the photo, also known as Christmas anemones due to their red and green color. The tide pools at Salt Creek County Park

*continued on page 30*



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near Port Angeles contain the giant green anemone, one of the largest species in the world. Its vivid green color in the bright sunlight is due, in part, to the presence of algae peacefully coexisting in its gastric cavity.

On the beach at low tide, you will commonly see large clusters of small anemones on boulders or even buried in the sand. These are the aggregating anemones that reproduce asexually by cloning. Each member of the cluster is identical and is produced by one anemone elongating sideways and then pinching into the center to form two anemones. The ones on the outside of the cluster protect against invading anemones of another clone. Moonglows are also seen on the beach and are usually solitary with beautiful green or blue tentacles with white bands.

We can't discuss anemones without mentioning Nemo. Clownfish in warm waters, and the little painted greenling in our area, do not react to the anemone toxin. The anemone shelters these fish from predators while the fish clean the anemone and provide nutrients via feces. It's a win-win situation.

## Shaft Lean

by Jim Mancill, PGA Head Professional, Port Ludlow GC



Jim Mancill, PGA Head Professional, demonstrating 'shaft lean.'  
Submitted photo

This month we are going to talk about one of the most misunderstood parts of the golf swing, "shaft lean," and what it really means. Distance with any club comes down to the combination of clubhead speed, impact position on the clubface, angle of attack, and effective loft of the club being used. Shaft lean is what determines the effective loft at impact and will have a tremendous effect on the height and distance the shot travels.

Let's look at some examples and then discuss how you can work on getting more distance without swinging any

harder. In the attached pictures, you will see three different positions at impact and the relative shaft lean of each.

- In the first picture, the lower body has not shifted any weight prior to impact and the body is actually leaning back to help get the ball airborne causing the shaft to lean away from the target at impact. This action will cause the ball to be impacted on the bottom of the club leading to a weakly hit shot due to the excessive loft added to the club.
- In the middle picture, the lower body has shifted the weight slightly resulting in the shaft being in a neutral position at impact. This action will bring the impact up the face slightly but will still result in a shot that may not achieve maximum distance for the club being used.
- In the third picture, we have full weight shift and the left hip is moving back creating an impact position with the shaft leaning toward the target. The result will be a true "center" hit that will produce a lower and more penetrating ball flight and maximizing the distance based on clubhead speed.

How can we best work on getting the most out of our swing? Learning to use our big muscles, not just our arms and hands, to swing is the most important component. For all of us, this goes back to stretching, which allows us to get the most speed into our swings. Secondly, focusing on balance during the swing and finishing with our weight over our front foot at the finish of the swing. This is the key to creating the strongest impact position in our swings. Shaft lean will be relative to the individual and with a more consistent turn to the finish, the better your strike will be.

Just remember this: the ball has no idea who or what club is being used and only reacts to the speed and angle at which it is hit! Go out there to have fun, and I'll see you on the trails!

## Port Ludlow Hiking Club

by John Nuerenberg, Port Ludlow Hiking Club

Hikers meet at the Bridge Deck in Port Ludlow on the day of the hike at 8:15 a.m. to get directions to the trailheads, arrange carpools, and depart at 8:30 a.m.

Those on the hiking email roster receive an update the week of a scheduled outing. If you would like to be added to the email roster, send a note to [plhikingclub@yahoo.com](mailto:plhikingclub@yahoo.com), or go to the club's website at [portludlowhikingclub.com](http://portludlowhikingclub.com) and click on "Contact" to send a message. Anyone may join in the hikes; you don't have to be a member of the email roster or club.

## Friday, May 9 – Eby’s Landing

We will take the 9:30 a.m. Port Townsend ferry. Once on Whidbey Island, we will take a short drive to Eby’s Landing State Park and then explore the National Historic Reserve. Expect an easy walk of approximately four to six miles. Ferry reservations required both ways. A Discover Pass is not required. Restrooms are available at the trailhead. Hike leader: Sarah Schuch, 765-776-6839.

## Friday, May 23 – Tamanowas/Peregrine Rocks

The hike begins at HJ Carroll Park’s parking lot. After walking on streets to get to the trail, we will begin our trail walk toward Tamanowas Rock Sanctuary. We will spend some time there before we continue north to the Crack ending up at Peregrine Rock. We will return the way we came. This hike is about 3.5 miles long with more than 400 feet of elevation gain. It is rated at E2.

Tamanowas Rock has been a sacred site of the S’Klallam Tribe and other tribes for at least 10,000 years. It is currently owned and maintained by Jefferson Land Trust. There is a restroom in HJ Carroll Park. No parking pass required. Hike leaders: Sally Nuereberg, 623-229-4257; and John Nuereberg, 623-229-4657.

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

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

For more hiking information, map of the Port Ludlow Trails, and descriptions and pictures of previous hikes and other destinations, go to [portludlowhikingclub.com](http://portludlowhikingclub.com).

## Port Ludlow Yacht Club Opening Day 2025

by Fred Ensman, PLYC Port Captain

What an exciting time to live in Port Ludlow! Spring is definitely in the air! In addition to the streaming sunshine and blooming flowers, spring means the beginning of boating season! At the Port Ludlow Yacht Club (PLYC), we highlight this exciting time with a celebration we call Opening Day, and it is our official opening of the yachting season. Opening Day is open to the public, and this year it will be held **Saturday, May 10**, beginning at 10 a.m. at the Port Ludlow Marina office flagpole.

Opening Day is one of our club’s most important events of the year. There is more ceremony and tradition involved in

Opening Day than any other PLYC event. You can expect to see all of our club officers in full uniform, as well as visiting dignitaries. There will be numerous flag raisings, and we will have an invocation, remembering those who have passed. We even fire a cannon! All of this is followed by boat christenings and a boat parade with a Scottish Bagpiper leading the way! At 11 a.m., in true PLYC style, our Activities Committee and volunteers will be hosting a wonderful meal at the Wreck Room including barbecue chicken sandwiches, homemade salads, and dessert! The bar will also be open at 11 a.m. Hope to see you there!

If you have been considering joining PLYC, Opening Day is a great place to start! My wife and I have really enjoyed the cruising, boater education classes, social activities, and great camaraderie PLYC has to offer. When you are ready to take that next step, we would love to host you at one of our club’s social functions. Complete the inquiry form found on our website at [plyc.us/visit](http://plyc.us/visit), and we’ll be in touch!

## Trail Mix

by Larry Scott, Trails Chair



One of many directional signs by Trails’ premier sign maker John Fillers,

Photo by John Fillers

It’s a short article this month for Trail Mix because it is time for spring maintenance with mowing, weed whacking, side growth management, etc., and how do you make that exciting or interesting for readers? Well,

you just can’t; but it is part of Trail’s undertaking as defined in our mission statement. So, what can be offered here for more interesting reading?

We didn’t get a “Grand Opening/Ribbon Cutting,” but at the risk of repeating the announcement in last month’s Trail Mix, the newest (and already receiving comments as “the best”) Port Ludlow trail is open for business. The Creek View Loop is a 1.7-mile route along both sides of Ludlow Creek. Along the way there are interpretive signs, multiple seating benches at overlook locations, and two benches purposefully located to view Ludlow Falls from the side opposite our traditional view from the Interpretive Loop. April’s *Voice* pictured the entrance sign (and new steward), which is just beyond the bridge that crosses the feeder ravine. From there, just do like NASCAR and keep

turning left. Like many of our loops, trails are shared in route planning, and this one is no different. CVL meets and joins McCormick Rail Trail, and further on joins the Interpretive Loop also. The complete CVL will also take you across Port Ludlow's two new bridges and bring you back to your starting point, probably the Interpretive Garden Entrance parking lot. So, just make like NASCAR (the first time at least), and to paraphrase a quote attributed to Horace Greeley (1851), "Go left young man ..." and everybody else, too.

If you would like to help, send me an e-mail. "Let's Keep Improving our Trails" [mclgscott@cablespeed.com](mailto:mclgscott@cablespeed.com)

**Reminder to Dog Owners**

So we all can enjoy our walks, please carry a plastic bag and clean up after your dog, large or small!



There have been Quakers in her family since the 17<sup>th</sup> century, so Cathy's religion is important to her. "It's a 24 hour, seven-day-a-week religion," she says. Quakers believe there's a bit of "the divine in everyone," so she does a lot of listening and reflection through open-ended queries. Listening is the most important thing about being a Quaker, because it's the only way to understand different perspectives. She reminds me that we all have more in common than we think, if we'll only listen to each other.

It's what she does with her watercolors. She observes with intention, painting what she sees, rendering soft fluid colors onto simple cotton paper. Sometimes the spark of the divine really is expressed through art.

Got a story you want to share? Let's sit on the porch and share a cup of tea, or coffee if you prefer. You can reach me at [sports@plvoice.org](mailto:sports@plvoice.org) to start the conversation. Looking forward to hearing from you!



Port Ludlow came out to say HANDS OFF! on April 12.



# Classifieds

The monthly cost of classified ads is \$17 for less than 25 words and 60 cents per word thereafter. 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](mailto:classified@plvoice.org).

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

- 1. Ludlow Maintenance Commission (LMC).....\$300
- 2. South Bay Community Association (SBCA).....\$300
- 3. Port Ludlow Village Council (PLVC).....\$200
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**Subscriptions:** Per year \$42; \$3.50 per month. Gift issue, \$5


**This issue proofread by:** Paula Berman, Ellen Betit, Carol Riley, Mary Small and Dana Steward.

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L to R: David Schwartz, DO, Kelsea Peterman, DO, Caitlin Lund, DO, Erica Tirado, DO, and Jay Lawrence, DO, FACOS | photo: Sarah Wright, RN

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