



# COMMUNITY FORUM

Kala Point

News, Views, & Opinion

Feb. 2007

Your Independent and Uncensored Resource



## D. Rules and Regulations Definition Resolution

**Resolved that the CC&Rs and Bylaws be amended to more accurately define the Rules and Regulations and be consistent with RCW 64.38.**

**Issue:** This is a documentation issue. The CC&R definition for "Rules and Regulations" conflicts with its use within the CC&Rs. This resolution is one of documentation and does not change the rules and regulations within KPOA.

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### Misrepresentation: Won Owners: Lost

**Congratulations fellow KPOA members.** By a super majority you have condoned the past illegal practices of the KPOA Board. You have authorized it to control essentially every aspect of the management, maintenance, utilization and enjoyment of your Kala Point real property. Passage of the resolution met all of the criteria required to make it a valid change to the CC&Rs. The yes vote was about 68.9% of the quorum. But about 200 unit members did not bother to cast a vote. Viewed in perspective, less than 44% of the total members committed all of us to more control by the Board than many of us agreed to when we became members of KPOA. Thanks a lot!

**The heading of this article is a replica of the description of the resolution presented to the membership.** This resolution was not a documentation issue. The CC&Rs and the Bylaws limited the authority of the Board to only develop rules and regulations applicable to the common

areas and a very few specific private property restrictions associated with the safety of the community. Approval of the resolution essentially gave the Board carte blanche to promulgate rules and regulations for all property, common and private, within the community.

**The resolution was defended as being a means of bringing the CC&Rs into compliance with past practices of the Association.** Instead of decrying the continuous disregard by previous Board's of the legal limits on Board authority some of the membership has endorsed the actions. That's like deciding that since stealing is common it should be made legal!

**It was implied that passage of the resolution would not allow the Board to create new rules and regulations** on private property without the members amending the CC&Rs. The problem is the CC&Rs is a constitution-like document necessarily subject to interpretation. The Board not only makes the rules and regulations but also decides if they conform to its collective interpretation of the CC&Rs. A majority of the nine Board members, five members, eight tenths percent, (0.8%), of the total Association members, can legislate, enforce and judge for the community, without a feasible means of restraint by the Association's 597 other members. The resolution effectively removes the last vestiges of control from the members and gives it to the Board.

*Approval of the resolution essentially gave the Board carte blanche to promulgate rules and regulations for all property, common and private, within the community.*

Continued on page 2

## Continued from Front Page

**Rules and Regulations Definition Resolution:**  
Misrepresentation: Won / Owners: Lost

**Contrary to the voting information pamphlet the resolution was not required in order for the CC&Rs to be consistent with RCW 64.38,** the state law which addresses homeowners' associations. The law allows but does not require the Association to adopt rules and regulations. The CC&Rs allowed the Association to establish rules and regulations applicable only to the common areas except for a few specific community safety concerns.

**It was stated in the voting information pamphlet that Resolution D did not create new deed restrictions.** The CC&Rs require all Kala Point property owners to agree to be bound by the CC&Rs. The CC&Rs are a deed restriction and the resolution changes the CC&Rs. It greatly increases the legal power of the Board to include control of private real property. How can this not be a new deed restriction? Rhetorical question: Are current owners bound by the rules and regulations or do they only apply to owners agreeing to the revised CC&Rs from this date forward?

**The CC&Rs, state, (paraphrased), upon delivery of a copy of the rules and regulation to each owner,** the rules and regulations shall have the same force and effect as if they were set forth in and were a part of the CC&Rs. There is no provision requiring that the members approve rules and regulations promulgated by the Board. The Board now has the power, in effect, to alter the intent and scope of the CC&Rs, without the consent of the members. It is of interest that Bylaw amendments, which are created and approved by the Board, require the approval of the members at the next annual meeting following their adoption. Why shouldn't the rules and regulations have the same approval requirement?

**Concern was voiced that passage of Resolution D would adversely affect property values.** Kala Point was already perceived as a greatly over regulated community. With the Board

having the legal right to impose ever increasing, perhaps onerous restrictions on private property what must the perception be now? The intelligent buyer will take into consideration the potential restraints imposed by Resolution D and adjust his willingness to buy and the price he is willing to pay accordingly.

**The paradox is that one of the reasons many owners chose Kala Point** was because it had a strong homeowners association and restrictions as established specifically by the CC&Rs. Now it is an unnecessarily over-regulated community which is not controlled by the members. Knowingly or not, the member's approval of resolution D gave away their control to the Board.



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## Membership Has Its Benefits...Doesn't It?

### Part II - How Social Pressure Works As a Form of Discrimination

Previously we discussed how the term “gated community” can be a code word for “discrimination”. One of the reasons Homeowners’ Associations were created was to enforce religious and racial discrimination. Understanding homeowner association history and how such discrimination worked may help in understanding how social discrimination works now.

#### History on Social Discrimination in a Homeowners’ Association:

Homeowners’ associations have a long history of discrimination. Why was it so effective and how did it work? Psychologists studying discrimination find that a person identifies with the group and follows their behavior even though he may not agree. An individual displays the social behaviors associated with the social role even when the situation does not call for it. He then internalize the attitudes and beliefs consistent with that social role.

A good example of this takes us back to the 1900’s when white real estate brokers and homeowners rarely did business with non-whites (despite a strong economic incentive to do so) because of the social norms associated with their roles as members of homeowners’ associations or real estate boards.

**Why do some people lose their individuality and merge their personal identities with social roles?** Psychologists identify two basic categories of social incentives allowing people to merge their personal identity:

**First, people are more likely to merge their identities** if they are expected and rewarded by group members for doing so, or conversely punished if they do not. Group members will

confer or withhold esteem on the basis of whether a person works to benefit the collective. From the perspective of the group members, this reward system is effective and rational. The group members gain the benefits of the individual’s work for the collective and the individual’s behavior becomes easier to predict and control.

**Second, people are more likely to merge their identities when doing so improves their self-esteem.** Merging personal identity with collective identity

serves several functions. Following the collective norm reduces uncertainty when perceiving one’s environment—a person spends less time wondering what to do. In addition, merging identities helps one feel better about himself. Some people can enjoy being part of

a high-status group, or satisfy a fundamental need to be included as part of a distinctive group, the survival instinct of being part of the pack.

**Finally, a person who has merged his identity** with the collective is far more likely to do the work of monitoring and enforcing their behaviors.

#### Social Discrimination in Kala Point:

**Does social discrimination exist here in Kala Point?** Many feel that it does and have been on the receiving end of discriminatory behavior. Everyone suffers the consequence of such behavior, both individually and the community at large with barriers that prevent the development of healthy neighborhoods, relationships, & life-styles. If a specific group does not feel you fit in or if you do not follow the “party line” you may be on the receiving end!

*How can we be inclusive and tolerate each other? Psychologists explain that social pressure is very powerful and it takes vigilance and self-awareness to not buckle under its pressure.*

## Continued from Page 3

### How Social Pressure Works As a Form of Discrimination

**How does social discrimination manifest itself in Kala Point?** There are many tactics used:

- Telling a resident to move, either directly or with anonymous threatening letters.
- Shunning or ignoring residents, even when that resident speaks directly to them.
- Spreading untrue rumors.
- Scowling, scolding, or glaring at residents on the street or in a meeting.
- Harassing a resident with confrontations about untrue allegations,
- Excluding residents from certain activities in the community.
- Making residents feel unwelcome in any venue.

**Imagine being a senior, retired and looking forward to new relationships** and a life of leisure. Now imagine the fear you might feel if you were left out of social gatherings, shunned, and isolated. As a result, that senior may be very motivated to endure and support discriminatory behavior even though he may not support it. The fear of being a social outcast can be too much to endure. An older person could be extremely vulnerable particularly because Kala Point is somewhat isolated. The potential that a senior would be seriously affected by social discrimination is very real.

**This type of social discrimination has been evident in Kala Point for many years.** As many as 30 families have moved out of Kala Point in the last few years due to some of these tactics. How many more may have moved for the same reasons but never said why? Fortunately, younger residents are moving in to the neighborhood and Kala Point is becoming less vulnerable to these tactics. The average age at Kala Point is younger than it was 30 years ago. In the context of social discrimination, this is a good thing. Younger people are less likely to be affected because many are still in the work force with an active and healthy social life outside Kala Point, thus social isolation is less likely.

**What role can each of us play so that we do not facilitate or encourage** “social discrimination”? How can we be inclusive and tolerate each other? Psychologists explain that social pressure is very powerful and it takes vigilance and self-awareness to not buckle under its pressure. We can avoid falling into the “social discrimination” trap by monitoring our individual behavior. We can ask ourselves if we are following the path of least resistance by furthering the agenda of a few or are we staying true to our own values and beliefs. The leaders of our community can greatly assist this process by setting a good example and resisting this type of ugly discrimination. When Kala Point becomes “socially” healthier we can experience the positive effects of greater participation and inclusiveness, both on a social level and governance level.



*Community Forum* is produced for Kala Point by a volunteer group of Kala Point residents that are **committed to reporting the news of the community**. Sometimes the news regarding the governance of Kala Point is controversial but you can count on *Community Forum* to be your independent and uncensored resource!

**If you are interested in participating or would like to express an opinion on a Kala Point issue**, you are welcome to contact us. As always, we welcome all communications, and will happily print the writer’s name, if desired.

Please email us at [contact@tpnewsletter.com](mailto:contact@tpnewsletter.com) or write: KIN publishers of *Community Forum*, P.O. Box 816, Port Hadlock, WA 98339

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## Volunteerism, Stagnation, and Renewal - Part II

### Incentives & Reasons for Volunteering and Reasons for Not Volunteering

Why is volunteerism so important and why is it a problem in Kala Point? The essence of our community spirit is at stake. And that IS important! There is one aspect of volunteerism that is sometimes overlooked. It is so essential but so simple: the art of taking care of our most

valuable asset- the people. After all, it is the people that make up the community and it is important that each person have the opportunity to feel a sense of belonging, a connection.

**So how do we do this?**  
Let's look at some of the incentives and the reasons why people volunteer:

***There is one aspect of volunteerism that is sometimes overlooked. It is so essential but so simple.***

#### ***Incentives and reasons for volunteering:***

- The importance of achievement
- Recognition and appreciation
- Personal growth
- Giving something back to the community
- Bringing about social change
- Family ties
- Friendship, support, bonding and a feeling of belonging
- Altruism
- Belief in the cause
- Professional contact and networking
- To learn a new skill or new knowledge
- To increase self-esteem
- Safety needs

#### ***Why People Don't Volunteer:***

- Disorganization or red tape that can waste the volunteer's time
- The commitment will take too much time
- Lack of board or committee support
- Indifferent attitudes to new ideas
- Not all volunteers treated with respect
- Member does not feel welcome
- The board does not set a positive example
- Limited training and orientation
- Lack of contact and support
- The wrong assignment for the person
- Lack of recognition for contributions
- The potential to be ostracized

**Another reason members may be reluctant to volunteer** for committees are the new and demeaning requirements that must be submitted by a potential volunteer, including a resume and an interview before the committee members, followed by a final vote by the board to accept or reject the applicant.

**Without the people who live in Kala Point, the streets would have no life, no energy.** The buildings and trees merely occupy space. It is only with the involvement of our **most valuable asset**, we, the people, that brings life into the streets and creates a neighborhood. It is all of us- your next door neighbor, the man down the street, the woman at the other end of the road. It is all of us who embody the spirit, passion and vitality that create the sense of community and creates a neighborhood. It is the people who help create a cohesive and cogent community. It is the people in Kala Point who provide the caring and nurturing that creates a sense of comfort, a sense of safety, a sense of being "associated", and a sense of belonging.

***Next month:*** *The steps that need to be taken to renew our volunteerism, create a sense of belonging, and what a volunteer needs to succeed once he does volunteer.*

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## Galatea Café and Tapas Bar Expands its Horizons



**Galatea Café and Tapas Bar, located at 842 Washington Street**, in the heart of downtown Port Townsend, adjacent to the Haller Fountain, has just added an 850-square-foot sleek and stylish Lounge to its existing four-year-old restaurant.

Featuring an 18-foot Spanish Quartz bar flanked by wrought iron and leather barstools, the passionate red walls, dark wood and leather furniture, chrome and stainless accents all work together to lend an ambience of warmth and sophistication that blend beautifully into the successfully established café. The expansion not only allows for more customers to enjoy the unique and intimate dining experience the café is now famous for, but also provides much needed additional space for guests to relax while waiting for a table, having an after-dinner or after-movie nightcap and dessert, even the full dinner menu as well as the entire tapas' menu is available to enjoy throughout the evening.

The already extensive Martini Menu is in the process of being expanded to satisfy customer requests and exclusive single-malt scotches and premium sipping Tequilas are being added weekly. Exciting Happy hour events and theme nights are in the works, as well as a special menu for late night bar food, which owner, Lora Wood plans to introduce shortly.

The café menu which specializes in 'tapas' or small plates meant to be shared, is also renowned for their entrees, such as the grilled-to-perfection 10-ounce Rib-eye Steak Platter, succulent Lamb Kebabs with Rioja-wine infused figs or Northwest Seafood and Spanish Chorizo Paella. Nightly specials keep the continually evolving and enticing menu bold and energetic.

**Champagne Sunday Brunch is a revelation**, featuring order-from-the-menu selections such as Wild Salmon Benedict, Crème Brulee French Toast, Omelet's, Frittatas, gorgeous fresh, seasonal fruit on every plate, and their famous 'endless champagne' glass. In addition, there's a 48-inch flat panel TV in the new Lounge for game watching and special events and is a real boon for Sunday Brunch customers who don't want to entirely miss their favorite sporting events.

**Galatea Café and Tapas Bar is open for dinner**

at 5 pm Wednesday and

Thursdays until 10 pm ,

Fridays and Saturdays until 11 pm.

Champagne Sunday Brunch is served from 10:30 am til 2:30 pm.

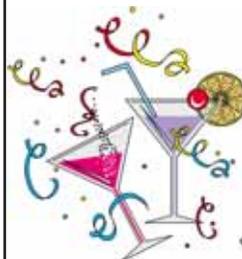
**For more information or reservations call 385-5225 or log onto [www.galateacafe.com](http://www.galateacafe.com)**

**Owner, Lora Wood and her staff:** Head Chef Justin Swanson, Manager Danelle Greer, Prep Cook Adam Smith, Servers Shelley Mills, Sally McClure and Kitchen Assistants. Midori Bowen and John Houck invite you to stop by...

### **GALATEA CAFÉ & TAPAS BAR**

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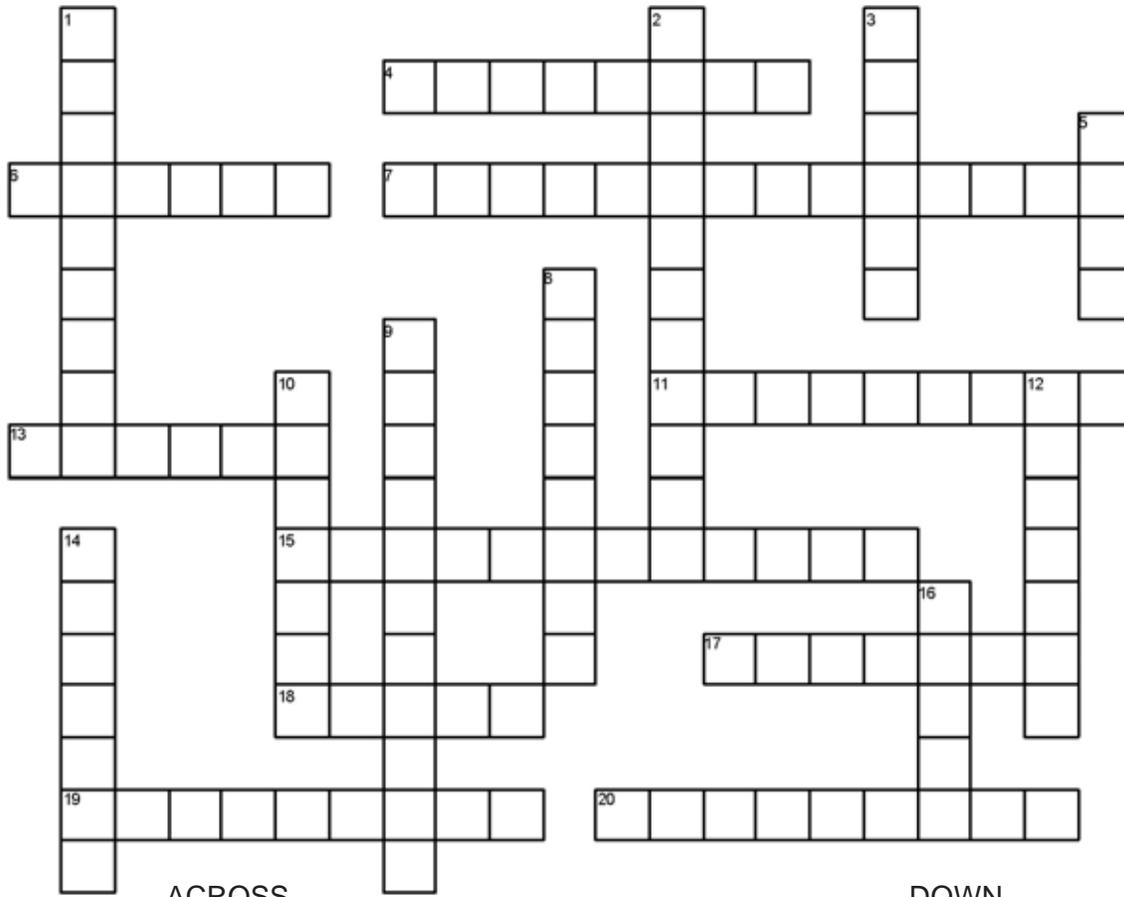
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# COMMUNITY FORUM

Kala Point Crossword Puzzle (Hint: Look in previous month's issue)



ACROSS

DOWN

- 4 The Water Street Brewery had its 2nd annual \_\_\_\_\_.
- 6 The Monroe Street Medical Clinic puts on a motivational group that addresses \_\_\_\_\_ management.
- 7 Is a membership in a HOA worth forfeiting diversity and living with \_\_\_\_\_?
- 11 \_\_\_\_\_ of flowers and plants are awaiting you at the NW Flower & Garden Show.
- 13 Lady Wind Gypsy does small engine \_\_\_\_\_.
- 15 A sign that stagnation has occurred with \_\_\_\_\_ is that the same people serve on the board and committees year after year.
- 17 The Fabulous Fifties event was a chance to wear your \_\_\_\_\_ favorites from the fifties.
- 18 For Feb 11th, Two \_\_\_\_\_ Before The Mast will be discussed.
- 19 You may be from the Pacific \_\_\_\_\_ if you can use the words "sun breaks" correctly in a sentence.
- 20 The Newcomers TGIF Party is a chance to meet your new \_\_\_\_\_.

- 1 It is not the passing of years that is a problem but a passive \_\_\_\_\_.
- 2 The Governors HOA task force has key \_\_\_\_\_ recommendations evolving.
- 3 To get started \_\_\_\_\_ dancing at the Clubhouse you must love exercise & music.
- 5 The membership fee for the PLGC is \_\_\_\_\_ \$12.
- 8 This \_\_\_\_\_ course moves you from a beginner to basic user.
- 9 Some outcomes of the election were within a window of 23 \_\_\_\_\_ ballots.
- 10 Call Window Scapes for fade, glare, heat, and \_\_\_\_\_ solutions.
- 12 \_\_\_\_\_ is the most fun and relaxing form of exercise.
- 14 The \_\_\_\_\_ club meets every Monday morning at 9am.
- 16 The Gulbranson \_\_\_\_\_ for sale is in excellent condition.

Be the first to send in with the correct answers to: KIN, P.O. Box 816, Port Hadlock, WA 98339  
**Win a \$20 gift certificate for The Elevated Ice Cream Co.**

Name \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

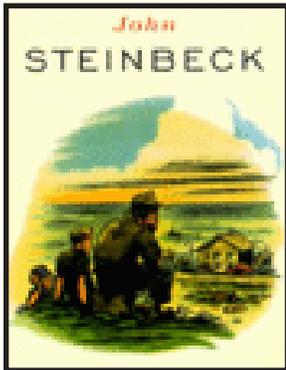
## Classic Book Club

Classics Book Group meets at 2pm at the Library in Port Hadlock every 2nd Sunday of each month.



For February 11th we will be discussing *Two Years Before The Mast* by Richard Dana.

For March 11th, *Cannery Row* by John Steinbeck will be discussed. Based on his memories of real inhabitants of Monterey, Steinbeck interweaves the stories of Doc, Henri, Mack, and his boys, in a world where only the fittest survive, in a novel that focuses on the acceptance of life as it is — a story at once humorous and poignant.



You are welcome to come join in discussion of any selection that is of interest to you.

## Port Townsend Orchestra's Winter Concert

Mark your calendars for an All-Beethoven Program with the Port Townsend Orchestra Winter Concert on February 24th at 7:30pm. Special Guests will be the Peninsula Singers and Sandy Rawson on piano.



All of the regular season's concerts are held at the Chimacum High School. The orchestra has been active on the Quimper Peninsula since 1987. They consist of your friends and neighbors, and the people you see and work with every day in your community. They are also musicians who volunteer their time to play together each week, and their goal is to give you beautiful music to enjoy.

The concerts are free so everyone has the opportunity to attend. Contact Pat Kenna, orchestra board president: 385-2048 or visit [www.olympus.net/community/ptorchestra](http://www.olympus.net/community/ptorchestra) for more information.

## Neighbor-to Neighbor Classified Ads

**For Sale:** 1950's vintage Gulbranson piano, studio style. Bench included. Excellent condition. \$500 or best offer. See picture below. Call Cindy at 379-0901. **Pick up only.**



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## Game Night Sat. Feb 24th Lots of Fun At The Clubhouse!

Game tables will be set-up and ready on Saturday, Feb 24th from 5pm-7pm. Mexican Train Dominoes, Rummikub, and Port Townsend Monopoly will be supplied. Whether you are a first-timer or an experienced player, these are easy to learn for all ages and several open-handed games can be played to aid in learning. And of course, the ping-pong table is always set up and ready to go!

So bring the entire family and come as you are for good old-fashioned GAME NIGHT fun! Be sure to bring the kids, bring grand-ma, bring your out-of-town guests or your neighbor. Bring an appetizer, something to drink & your favorite game. There will be enough to consider it dinner!

Watch for these great FUN 'N GAMES events each month! If you have any questions contact Carol at 385-6428.

## 55 ALIVE Drivers' Ed

### Can Save you \$ on Car Insurance

AARP Driver Safety classes are designed to help drivers understand the effects of aging on driving skills, discuss compensating behaviors for changing abilities and the most common types of crashes caused by older drivers.



Talks on assessment of driving skills and identifying signs of unsafe driving help drivers look at their own driving issues and options. Changing patterns on the highway, such as cell phone use and road rage, are also covered.

Car insurance companies in the State of Washington are required to give an "appropriate" discount on car insurance to drivers 55 years and older upon completion of a certified Traffic Safety Course.

The eight-hour AARP course is divided into two four hour class sessions.

The cost is \$10 for materials. Classes are scheduled at the Port Ludlow Beach Club from 10:00am-2:30pm on February 22-23 (360-379-1782), Port Townsend Community Center on March 19-20 from 9:30am-1:30pm (360-385-9007) and Tri-Area Community Center on March 5-6 from 10:00am-2:30pm (360-732-4822).

With prior arrangements, day one of the class can be taken at a different location than day two. For more information, contact Linda Pfafman, Jefferson County Sheriff's office at [lpfafman@co.jefferson.wa.us](mailto:lpfafman@co.jefferson.wa.us) or 385-3831 ext. 521.

Jefferson and Clallam County classes are at [www.drive2survive101.com](http://www.drive2survive101.com). Just click on "Education and Awareness" and then AARP class schedule.

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**Westbay Auto Parts** - Over 150 years of combined experience, our experts can help with automotive problems. Come in. We will install wiper blades or refill with purchase. 8 great locations to help you. **385-3476.**

**Professional Roofing, Cleaning & Repair:** C & M Roofing has worked for builders & residents in Kala Point for years. For reroofing, roofing repairs or cleaning of any type of roof, call Mike Perillo, **437-7935.**

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## Looking Back: KP Headlines From One Year Ago: 2006

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### Words Of Wisdom:

#### Reminding Us Of How Lucky We Are To Be Americans!

##### **STATUS: Community Pressure to Discriminate Still Exists**

See article on page 3 of this issue on how social pressure is still used as a form of discrimination in Kala Point. Unfortunately CF can only report that this type of tactic continues. The quote from Stalin a year ago was actually made by a current KP Committee Member, who will remain unnamed. The intention of this quote was to be a reminder of how lucky we are to be Americans. A year ago, however, a few people chose to use it as a smear tactic and took it out of context to discredit CF.

“It’s not who votes that counts. It’s who counts the votes.” — Joseph Stalin

We are glad to see how many readers enjoy the newsletter and find the quotes thought provoking. CF continues to be your uncensored resource! Please continue to send in your quotes to: [contact@TTPnewsletter.com](mailto:contact@TTPnewsletter.com).

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## Renaissance Auto Design

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## Selective Committee Purging

### Long-Time Finance Committee Member Removed

##### **STATUS: Community Pressure to Discriminate Still Exists**

A committee member was removed in a kangaroo court setting where smear tactics were used. The removed member supposedly made an error and information was selectively used to discredit her. The current CFO openly admits past errors that he made but with no consequences. This is an example of using smear tactics, social pressure to discriminate, and inequality that goes on in Kala Point.

Read the article in this issue on page 3 to become more aware of how we can work towards improving this problem. Is it any wonder that committees are having a hard time finding volunteers?

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## A Special Valentine TGIF: Appetizers Provided By The “COOKS Club”



### Friday, Feb. 9th 5:30 At The Clubhouse

Originally The “COOKS Club” gourmet chefs were gong to be providing the appetizers for a special Valentine TGIF. This special event has been postponed.

Instead, you’re invited to wear your finest red clothing to the Valentine’s TGIF at the Clubhouse at 5:30 p.m. on February 9th and bring a plate of hors d’oeuvres and your own beverage.

## SU-DO-KU

Instructions: Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

Level of Difficulty - Hard.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 1 | 2 |   | 7 |   |   | 3 |
| 3 |   |   |   |   |   | 6 | 4 | 2 |
|   | 4 |   |   |   |   |   |   |   |
|   |   |   |   | 3 | 6 | 2 | 9 |   |
|   |   | 9 | 1 |   | 4 |   | 5 |   |
| 1 |   |   | 7 |   |   |   |   |   |
| 8 | 1 |   |   |   | 5 |   |   |   |
|   |   | 3 |   |   |   |   | 6 |   |
| 5 |   |   |   | 9 |   |   | 1 | 4 |

## SU-DO-KU Puzzle: January's Solution

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 5 | 8 | 6 | 7 | 2 | 4 | 9 | 1 | 3 |
| 9 | 3 | 4 | 8 | 5 | 1 | 6 | 2 | 7 |
| 1 | 2 | 7 | 9 | 3 | 6 | 5 | 4 | 8 |
| 2 | 7 | 5 | 4 | 8 | 9 | 3 | 6 | 1 |
| 3 | 1 | 9 | 6 | 7 | 2 | 4 | 8 | 5 |
| 4 | 6 | 8 | 5 | 1 | 3 | 2 | 7 | 9 |
| 7 | 9 | 3 | 2 | 6 | 8 | 1 | 5 | 4 |
| 6 | 5 | 1 | 3 | 4 | 7 | 8 | 9 | 2 |
| 8 | 4 | 2 | 1 | 9 | 5 | 7 | 3 | 6 |

## Tides of March Benefit Auction!



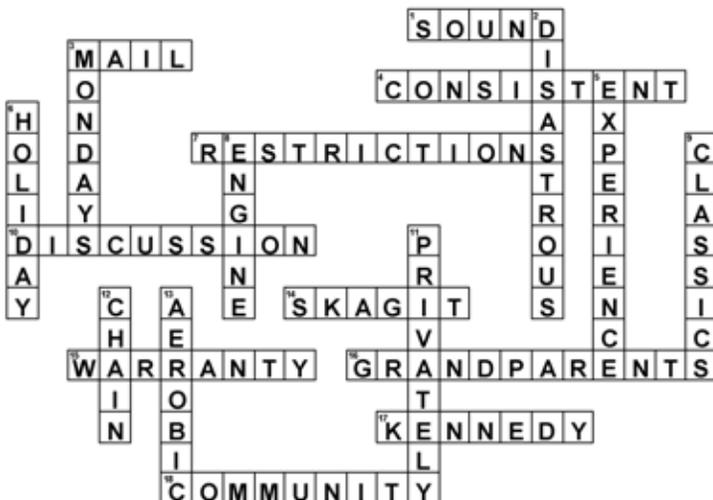
Wow! Twenty-five

years of education and conservation is a lot to celebrate! The Port Townsend Marine Science Center (PTMSC) invites you to join the party **Saturday, March 3, 5:30 p.m.**, as it celebrates its 25th Anniversary At the Tides of March Benefit Auction at the Jefferson County Fairgrounds.

**Last year's auction was a roaring success** and this year's should surpass it in every way. There will be a wide array of exciting, unusual, one-of-a-kind items to bid on—everything from unique experiences in travel and adventure to services, art, dinners and a myriad of very cool stuff. Top it off with an evening of excellent food, drink, entertainment and shopping opportunities you can't find anywhere else, and you've got a great way to celebrate 25 years with the PTMSC!

**Save the date and sign up early** as pre-registration is \$20 per person or \$25 at the door. Go to [www.ptmsc.org](http://www.ptmsc.org) for more information or call 385-5582.

## Kala Krossword Puzzle: Jan.'s Solution



## Walking Club Meets Monday Mornings at 9am



### Benefits Of Walking For Health And Fitness

It's not the passing years that's a problem—it's a passive lifestyle. By their 50's more than 40% of males and 80% of females are sedentary. They spend too much time sitting. A sedentary lifestyle is now considered so bad for you that the American Heart Association lists it as a major 'risk factor' on par with high blood cholesterol and cigarette smoking. Begin a habit that could change your life.

**The Walking Club** meets on Monday mornings at 9am. Come when you can and the walk sounds right for you. You can depend on the support system of the group to help motivate each of us to get out and get walking.

**Bring your ideas and favorite spots.** We love new ideas! Various local trails will be used and maps provided when available. If you want to exercise, learn new trails and get acquainted with the beautiful area where we live come join us! Come for the camaraderie and exercise! Remember, 10, 000 steps a day!

**Bring water, good walking shoes, and a walking stick if you have one.** With the wetter weather some of the inclines can be slick. And bring your dog for a nice walk too!

**Everyone is welcome to join in and we encourage you to bring a friend!** Come join us and explore new destinations as well as some of our old favorites. Emails are sent out each week announcing where the next walk will be. For more information contact Michael at 385-2041 or [mctaylor@infionline.net](mailto:mctaylor@infionline.net).

## Port Ludlow Garden Club

### Do's & Don'ts Of Pruning

On Wednesday,  
February 14, Bob

Hoyle, Master Gardener and owner of the firm, Bob's Lawn and Garden Service in Chimacum, will give a talk about the Do's & Don't of Pruning.

**Hoyle will discuss and illustrate what, when, and how to prune.** Having provided gardening services to residents for years, he is well acquainted with what sorts of plant material grow here and how it should be pruned to maximize plant health, flower and foliage production and attractiveness in your landscape. Bob will be bringing some plant material to demonstrate pruning techniques.

**The social hour begins at 11:00 a.m. at the Beach Club,** then a brief business meeting followed by the speaker. Members and guests should bring a brown bag lunch. Beverages and desserts will be provided. Contact Dee McConnell at 437-7648 for any additional information.

**Annual membership dues are only \$12** and may be paid at this meeting or by mailing a check to the PLGC, P. O. Box 65235, Port Ludlow, WA 98365. Please note that at least three events a year are for members only—the June Garden Tour, the November Holiday Shopping bus tour, and December's Holiday Tea. Additional charges are made for non-members.



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## Movie Makers

**MovieMakers** heard the reading of *The Case of the Ruby Heart* and now the work for the writers' group

begins. The group will write a story around what was heard and create a film that will be fun to watch. "Fun" is a priority along with succeeding in making great productions.

**To be part of the writers' group**, part of the fun group making video movies from start to finish, or just to see what they're like, join them at their regular meetings, **the first Friday of each month**. The meetings start at 10:00 a.m. and held at the Inn at Port Hadlock. Also future movie projects are discussed and ways to achieve better communication with the entire Peninsula community.

**For more information please contact** Maureen Poole at [moviemakersvp@AOL.com](mailto:moviemakersvp@AOL.com) or 437-2165 and Matt Wallace at 437-2071 or [moviemakers@earthlink.net](mailto:moviemakers@earthlink.net). Be sure to mark your calendars for first **Fridays**.

## Red Wine & Chocolates Tour Two Weekends in February

The annual "Red Wine and Chocolates" tour including Wineries of Port Townsend, Sequim, Port Angeles, Whidbey and Bainbridge Islands will be held over two week-ends in February: 11th & 12th and 18, 19 & 20th.

**You can start your tour close to home** by first starting with the Sorensen Cellars and FairWinds Winery in Port Townsend. Afterwards, catch the Port Townsend ferry to Keystone on scenic Whidbey Island. Enjoy the wines at Greenbank Cellars just off Highway 525 on Day and Bakken Roads. Continue south to savor the wines of Whidbey Island Winery. For more information and where to buy tickets contact Richard Sorensen at [sorensenclrs@olympus.net](mailto:sorensenclrs@olympus.net), 1-800-785-5495, or [www.northsoundwineries.org](http://www.northsoundwineries.org).

## A Realtor's Life

Submitted by Mabel Campbell

**"TELL YOU A SECRET...** you know the best way to see a place, to see part of the country you never been to?"

**"Catch a cab?"**

"Nah! Not all cabbies know the points of interest. No, what you do is, you get yourself a real estate agent. No one knows an area like your real estate agents do. You drive around with one of them, you know everything about a place in no time."

**"But you have to look at property."**

"Well, sure. You don't like houses? I do. I like seeing how folks live. And you can pick your life-style, too. You like Boca Raton, you cruise around there."

**"Where's Boca Raton?"**

"Florida. I was there just last year. Did I hire a cab? Heck no. Why pay an arm and a leg? I got me a real estate agent."

**"But, what if you'd rather lie in the sun than view properties?"**

"Well, you don't go around with the guy all day. Couple hours-three maybe. They do all the driving, the points-of-interest patter, you just sit and rubberneck. Listen, I got this down pat. I read up on where I'm going, call up some agent in Baltimore and say I'm re-locating and to get me an agent in wherever. They're nice to travel around with, these agents. They're chatty, enthusiastic. I think real estate agents really like their jobs. And if you wanted, you could even get a free lunch out of it. And if you get out in the wide open-Wyoming, like, or Montana, or Colorado, some place really scenic-it's great. You drive around and around, check out a house, drive around some more. I saw Aspen, Colorado and Jackson Hole that way. Something else, let me tell you!"

.....**From THE HORSE YOU CAME IN ON**  
**by Martha Grimes**

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## Would You Like To SQUARE DANCE At The Clubhouse?



Would you like to exercise, have fun, enjoy the music, and learn to dance? In the

1980's, we danced in the Clubhouse. During our 38 years, we have square danced on wood, cement grass, vinyl, asphalt and carpet floors.

**How about dancing here, in Kala Point?** We need 12 or 16 couples so we can hire a Professional Caller after we get organized, but we can start with less.

**Fill out the form below** and return to Fran Shelton at 270 Pinecrest Dr. or call 385-1651. Let's see if we can start Square Dancing at the clubhouse!

**Here is how to get started:**

- ◆ Must love exercise & music.
- ◆ Couples only (two people, any size or shape)
- ◆ Willing to have a good time once or twice a week until you learn 60 calls.
- ◆ Will get a printed instruction book, so if couple misses a lesson or two, they can learn what they missed and resume.
- ◆ Able to use your mind and feet at the same time. It's called DANCING.
- ◆ Wear "slick" shoes. Men wear long-sleeved shirts. Involves about 2 hours exercise.
- ◆ Willing to act and feel like they are 30 to 60 years young. (We don't ask)

Names \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Can you come twice a week? yes no Can you come once a week? yes no

What hours of the day is best for you? \_\_\_\_\_

What days of the week is best for you? \_\_\_\_\_

Any questions? \_\_\_\_\_

Any comments? \_\_\_\_\_

Don't have a partner? Send in slip anyway. We'll try to match you up!

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## Swing Your Partner Around And Around!

### Exercise, Have Fun, and Relax

Of all forms of exercise, dancing is the most fun, the most relaxing. For long time exercisers, dancing emphasizes smooth moves, with low impact and joint-friendly workouts.

**It's easy- If you can walk, you can square dance!** Attending a dance costs \$3.00 a person. Participants do not drink alcohol before a dance. Families and singles are welcome.

**Active Clubs on the Olympic and Kitsap peninsulas** are located in Gardiner, Sequim,

Forks, Silverdale, Gorst, and Gig Harbor. The first class is FREE, so come for the fun and exercise.

**How about dancing here, in Kala Point?** In the 1980's, we danced in the Clubhouse! Send in the from above if you are interested!

**If you don't have a partner,** send in the slip on the back page anyway. We'll try to match you up with someone. Two woman can dance together too! For more Information call: Fran & Norm Shelton, 385-1651.



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# COMMUNITY FORUM

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## When Is A Person With A Cold Contagious?

Ever wonder when you see someone sneezing and coughing, if they are contagious? Do you know whether you remain contagious after the primary symptoms disappear? When should one avoid others who have colds, or when should one stay isolated at home when one has a cold?



The common cold can be caused by any of more than 200 viruses which attack & multiply in the cells that line the nose and throat.

Colds are often spread through touch, so if you shake, contact, or hold the hand of an infected person, and then touch your eyes or nose, you are likely to infect yourself with the virus. This is true even if the infected person does not have apparent symptoms. In addition, you can “catch” a cold if you touch your eyes or nose after touching a hard, nonporous surface, such as a telephone or doorknob, shortly after an infected person touched it. The best way to prevent a cold’s transmission is to wash your hands frequently with soap and warm water. Don’t rub your eyes or nose if you don’t have clean hands.

Viruses can also be transmitted in small airborne particles produced by a cough or a sneeze, but this requires very close contact. Whether or not you come down with a cold once you’ve been exposed to the virus depends on a variety of factors, including your age, genetics, type and amount of exposure, whether or not you smoke, and whether you’ve developed antibodies to that particular virus. Studies show that, you can transmit a cold to others one or two days *before* your symptoms appear, and up to four or five days *after first being exposed to the virus*. According to the National Institutes of Health, colds are most contagious 2 to 4 days after original exposure, when there is plenty of the virus present in nasal secretions.

Some of the symptoms of a cold are caused by the virus. For example, destruction of cells lining the throat can cause a sore throat, cough, and runny nose. Other symptoms are caused by the body’s immune reaction to the virus. When the body recognizes the viruses as foreign immune cells, our bodies in an effort to combat the virus can cause fever, aches, and fatigue.

The old, tried and true remedies for a cold, as we all know, are to stay in bed and get plenty of rest, drink lots of fluids, have some chicken soup and a little TLC.

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**IN THIS ISSUE:**  
• **Membership Has Its Benefits...Doesn't It?**  
How Social Pressure Works  
As a Form of Discrimination  
• **Game Night: Saturday, Feb. 24th**  
Mark Your Calendars!