



Kala Point News & Views

January 2010

Serving our Community with Information

the survey results are in!

See How Kala Point Residents Responded Survey Results:

1. Do you have a marine view controlled by the BMAC committee?

YES- 84% NO- 16%

2. Do you think 3 years between opportunities to address a view maintenance issue is excessive given that fir trees can grow in excess of 5 ft in one year?

YES- 84% NO- 13% No Answer- 3%

3. Do you think that one year of bureaucratic processing for a view maintenance request is excessive?

YES- 87% NO-10.5% No Answer- 2.5%

4. Do you think that a routine rejection rate of approximately 50% for maintenance request is excessive?

YES- 81% NO- 15% No Answer- 4%

5. Do you think that a home owner's ability to maintain their view per the CC&Rs is critical in maintaining their property value?

YES- 95% NO- 5%

6. When buying into Kala Point did you believe (and rely on that belief in your purchase) the CC&Rs would protect your property value by providing you the ability to maintain your view?

YES- 87% NO- 13

7. From your experience in Kala Point do you feel that has been true?

YES- 24% NO- 71% No Response- 2.5% Not Sure- 2.5%

8. Knowing what you know now would you buy view property in Kala Point again?

YES- 26% NO- 63% No Response- 5.5% Not Sure- 5.5%

Results compiled from this publications membership opinion survey regarding satisfaction with policies and actions of The KPOA Board, acting through it's tree and bluff committees,

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indicates broad dissatisfaction. More than eighty-percent of survey respondents reported that their view was controlled by the BMAC, with only sixteen-percent responding that their view was not BMAC-Controlled; thus the results clearly express the views of those most impacted by committee decisions affecting home values. *The full survey results are found on an adjacent page in this edition.*

Almost all respondents (95%) believe that an owner's ability to maintain views in accord with language of the owner-association contract (CC&Rs) is critical to the maintenance of homeowner values. Similarly, almost all (87%) of survey respondents reported having relied on the view-protective governing document terms when buying into Kala Point. Despite this reliance, nearly three-quarters of respondents (71%) replied that they have not experienced view value protection from the policies and actions of KPOA.

Better than three-fourths of respondents (ranging from 76% to 87%) found that committee decision-making was too slow, too

bureaucratic, too restrictive in filing opportunities (once every three years) and generally designed to discourage applicants. Owners of view properties, who pay a premium in property tax assessments fixed every few years, are clearly unhappy with KPOA actions that prioritize the tree preservation agenda ahead of contracted individual owner rights to view maintenance; rights mandated by the governing documents to be "preserved to the greatest extent practicable."

Association refusal to enforce the provisions of governing documents, thus impacting view property owners contract rights, affects more than just those directly impacted owners. Similar board actions in numerous other Western Washington waterfront communities have resulting in very expensive litigation as such owners last resort opportunity to enforce the contract and recover lost marine view asset value. Such litigation typically imposes hundreds of thousands of dollars in legal defense fees on ALL owners, whether or not directly affected by view-restrictive policies.

the importance of walking

◆ Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$7000 per month.

◆ I have to walk early in the morning, before my brain figures out what I'm doing.

◆ I like long walks, especially when they are taken by people who annoy me.

◆ The only reason I would take up walking is so that I could hear heavy breathing again.

◆ I joined a health club last year, spent about 400 bucks. Haven't lost a pound. Apparently you have to go there.

◆ Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate...

◆ If you are going to try cross-country skiing, start with a small country.

◆ My grandpa started walking five miles a day when he was 60. Now he's 97 years old and we don't know where he is.

from michelle at evergreen fitness center

Commandment #5: Thou shall keep lunch and dinner as small meals, having a snack 2 hours prior to each of those meals.

The Benefit of Small Frequent Meals

If you've ever researched any type of diet, you've likely seen the many medical studies proving that small frequent meals boost your metabolism and aid in digestion.

Think of your body as a fire. When sparking a fire you add a little tinder to get it going. Soon the fire consumes the kindling, with it needing more fuel to keep from burning out. So you add



one or two logs until you have a crackling fire. At this point, all your fire needs is a log every hour for it to keep burning brightly throughout the night.

Then again, people have a tendency to pile on logs, sometimes five or six at a time. As a result, the fire flares up into a big, out of control blaze. Burning hotter the timber is quickly spent, and before you know it the flames fade into embers needing more logs. So what did you accomplish? You wasted a bunch of wood unnecessarily. Didn't know you were going to get wood burning advice this month, did you?!

Analogies aside, the moral is the same for dieting. The more food you put in, the harder your

body works to digest it. Our bodies have a very clever way to handle too much food by putting the excess into storage. Translation: **fat**.

Smaller, more frequent meals kick starts your metabolism, allowing your body to burn calories at a constant rate. This allows the body to process food more efficiently and more effectively as energy instead of fat. A bonus effect is eliminating that bloated, stuffed feeling that follows a large meal.

Imagine how much more enjoyable Thanksgiving would be if we savored the meal over 3 hours instead of wolfing it down in one 20 minute sitting. Who says we have to eat it all at once? What would be wrong with having your salad at 12:00, some side dishes at 1:00, turkey and mashed potatoes at 2:00, with dessert at 3:00? Even better, you could have that second taste of Mom's famous stuffing at 4:00 and a turkey sandwich at 5:00! Not a bad idea considering all the time it takes to prepare the meal in the first place.

Small frequent meals can help show you how to lose weight without ever being too hungry or too full. After a two week period the concept of small frequent meals becomes a way of life. You feel better, your body works more efficiently, and you lose weight, while taking back control of your body.

Don't wait another day, start with your next meal. As we all know, the hardest step to take is the first. When you begin today you won't have to stress or think about it anymore, you will have taken that hard first step!

If you like to talk about more information on this subject or joining a fitness center, you can reach Michelle West at: 385-3036, evergreenfitness@qwestoffice.net, or visit the Website at: www.evergreenfitness.net Evergreen Fitness Center, "We're just around the corner!"

this means you!

Some of us are currently living alone and it is with certainty that YOU, too, will eventually lose your partner. When that occurs, you could find yourself in a predicament when it comes to getting to medical appointments, particularly surgeries. By law, you MUST be accompanied by a person to drive you home. You will be asked to name that individual before you obtain your procedure.

We will continue to attempt to provide a viable list of persons within our community to provide rides for you if commercial means do not supply your needs. Enclosed in this issue is an updated list of providers of rides and other services that is meant to be clipped from the newsletter and kept for your use. It will be updated each Fall. Please contact us at: kparticles@live.com if you wish to be added to our list of drivers.

We also are considering starting a group that might assist our neighborhood in things other than rides for a short period of time. This support could be things such as providing meals, feeding pets, getting your mail and/or watering your plants. Please write us your thoughts on this matter, because this "service" could be cumbersome and is sometimes offered by others in the larger community. We are wondering if it would be worthwhile to pursue something more than just rides.

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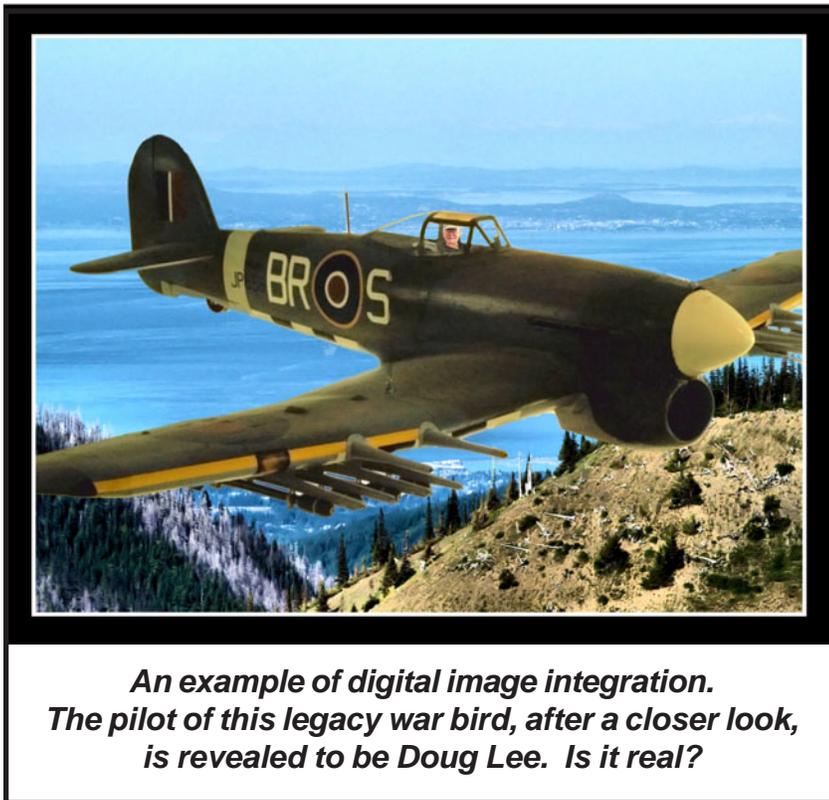
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our interesting neighbors

Doug Lee

The Kala Point Community reveals, with little effort and many pleasant surprises, some highly interesting personalities with world-class experiences, skills and often hobbies.

One such interesting personality is 14-year Kala Point resident Doug Lee, who, with wife Eleanor, is one of many from Southern California that fell in love with The Great Northwest after introduction to Kala Point from a fellow Californian Ex-Pat.



An example of digital image integration. The pilot of this legacy war bird, after a closer look, is revealed to be Doug Lee. Is it real?

Doug, an accomplished expert in military and government radio frequency (RF) technologies, now retired, has worked for more than 45 years worldwide in support of military and government communications programs and installations. Many such programs

to which Doug contributed have, in fact, proven to be vitally important in establishing technology-based advantages enabling decades of USA superiority in electronic gathering, protecting, analysis and detection using radio spectrum and data processing.

Much of Doug's work was performed as an expert resource to private, government and military organizations through the prestigious Stanford Research Institute (SRI) in Menlo Park, the worlds leading "think tank" on all those secret things so vital to quietly protecting our country and way of life through the invention, perfection and deployment of what began in World War I to be defined as "invisible signals", evolving into the government missions with assets "listening" across the planet from land and space based platforms.

If you see a large antenna (dish) aimed at space (like the 150 ft. diameter deep space antenna at Stanford) or note the bristling array of antennas on the bridge of a modern naval vessel moored at Indian Island, you can be sure that Doug Lee has had a hand in some form of it's history, design, deployment and perfection.

Today Doug's passion is anything but invisible. Kala Point residents have enjoyed his photographic contributions, including the digital integration of images like that accompanying this article. The entire photo set for this year's KP Calendar distributed in connection with this publication, are from his broad collection.

overgrown community property harboring predators

Is Your Pet Safe...Or Among The Missing?

Despite strong requirements in the governing documents mandating continuous effective clearance of brushy overgrowth on all



property units (including common property) there remain many overgrown areas under KPOA

maintenance that have not been cleared, and which are inhabited by predators.

Coyote and Raccoon droppings are evident in these common (as well as other undeveloped lot) areas, along with remains of small prey animals, even in very close proximity to The Clubhouse and nearby private units. Residents have noted numerous coyote sightings at these un-maintained areas; including a breeding pair with pups denning in brambles just west of the Clubhouse, that roamed the neighborhood, hunting owner's pets. Raccoons in and around homes; pose significant risk of pet loss and of spreading rabies and other



Overgrown Community Property Just West of the Clubhouse Where a Breeding Pair of Coyotes Den with Pups

diseases, as they frequently attack small pets.

While it is expected that there will be some Coyote sightings

due to the proximity of nearby wooded buffers as well as DNR and State Park lands, those are factors not under our control. What is under our control are the factors encouraging predators to build dens and raise families in our midst as they react to rising pressure on their historic habitat. Failing to clear large brambles and similar overgrowth, along with the feeding of raccoons (principal prey of the Coyote) are problems. Cougar are attracted by the large deer population, with Cougar also attacking Coyote, whom they perceive as competition.

What can YOU do? Firstly, don't feed raccoons. Secondly, don't allow large overgrown areas to develop on your property, and thirdly, require the KPOA Grounds Committee to enforce brush management, in accord with CC&Rs, on nearby units and common property areas.



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Kala Point News & Views



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If you would like to be put on the hiking email list to receive hiking schedules and information, contact Allen Vaa at allenvaa@hotmail.com.

Hikes are usually on Wed. at 9am but longer hikes can start at 8am so you will need to check for different start times.



*Crossing the new bridge across the
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