



# Kala Point News & Views

July 2010

*Serving our Community with Information*

## kpoa annual member meeting july 11<sup>th</sup>

### Meeting Purpose Much Broader Than Announced

The official meeting notice from the KPOA board names only three purposes for the calling of the meeting, when in fact, that is really only a small part of the truth. The annual meeting is a MEMBER meeting, as opposed to a board meeting, and it's annual setting is a requirement of state law and of our governing documents. As a MEMBER meeting, matters to come before the meeting are determined by the attending members, and need not be limited to the purposes stated by the board, or limited by any other board practice or policy requiring any other process.

*It is the board, not the members, that is required to provide advance notice of matters the board wishes to bring to the annual MEMBER meeting. Members have no such advance notice restrictions. Any member, in person or by proxy, may bring any matter of their interest or sponsorship before the MEMBER annual meeting by action of a simple resolution and second. In fact, this MEMBER annual meeting is the only formally recurring opportunity where members enjoy that right without board approval.*

**Over the years successive boards have tried to illegally limit** the bringing of member business before the annual MEMBER meeting by restricting the agenda; setting unreasonable time limits, and even, in past years, by blocking the bringing of new business before the meeting absent advance board vetting and approval, shouting down members as "being out of order".

**Today the board has established a process purporting to limit** the ability of a member to bring a matter before the annual MEMBER meeting unless the member has followed a board-mandated process of advance submission, written support and endorsement by other members. Actually, the board has no power to control, manage or limit members bringing matters to the floor at their own MEMBER meeting.

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##### **Managing Editors:**

Jay Burcham  
Don Meister

*Contributing writers include other named and unnamed individuals, all owners within the community, expressing their own viewpoints in this forum. Articles without a byline are presented by the editorial staff.*

*Please feel free to participate in any way, from submitting articles and/or opinions to volunteering in some capacity. Thanks and we look forward to your input. Email us at [contact@ttnewsletter.com](mailto:contact@ttnewsletter.com).*

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So, if you have any matter of concern or interest to you, bring it to the MEMBER annual meeting in any form you want, ask to be recognized, and advance your resolution for discussion and ballot by the membership right then and there. That is the exact purpose of the meeting.

**KPOA BYLAWS ARTICLE V  
MEETINGS OF MEMBERS**

**Section 2. Annual Meetings of Members.** The annual meetings of Members shall be held on the second Sunday of July... **The Members may also transact such other business of the Association as may properly come before them at such annual meetings.**

**board elections?**

It's that time of year again; we get to elect three new members to the Kala Point Board of Directors. Normally we would read and study the proposed candidates' qualifications and vote for the ones we considered the best qualified to serve. But in this case, (three candidates running for three positions), we have no choice other than the write-in option. We would encourage anyone dissatisfied with any of the proposed candidates to use their write in option or only vote for the person(s) they support. You don't have to vote for three but only one or two is fine.

**If you are UNABLE to attend the Annual Membership Meeting on July 11, 2010,** where new business may come up, it is strongly encouraged that you designate another person (your "proxy-holder") who would exercise your voting rights on new business that arises at the meeting. Your proxy-holder must attend the meeting (use form below).

Cut Here

**Kala Point Owners Association  
Proxy-holder Designation Form**

**Unit #** \_\_\_\_\_ **Owner(s):** \_\_\_\_\_

Last name, First name(s)

I/We the undersigned, as a member of the Kala Point Owners' Association, hereby constitute and appoint:

[ ] The following person \_\_\_\_\_ whom I/we designate, as my/our true and lawful proxy-holder, to exercise my/our voting rights in the upcoming Membership Meeting, and all adjournments thereof.

My/our proxy-holder is further authorized to vote on all issues that may arise at the Membership Meeting on July 11, 2010, and all adjournments thereof, unless the following is marked

[ ] whereby I/we direct my/our proxy to abstain from casting a vote in any matter not covered by the written ballot.

Signed: \_\_\_\_\_

Signed: \_\_\_\_\_

Dated: \_\_\_\_\_ 2010

Dated: \_\_\_\_\_ 2010

## from michelle at evergreen fitness center

### Weight Loss and *under eating*



Exercise, eat right, get plenty of rest, take a high quality daily multivitamin and by all means, drink plenty of water. We/I hear these things all the time, but personally it still 'wows' me every time I experience 1<sup>st</sup> hand someone who has made some of the above changes

and by golly, feels better!

Robin, a life time local resident started our Evergreen Fitness weight management program, 'Apex' last week.

I truly enjoy working this program with people of all ages that are serious (finally) about losing weight and keeping it off. A huge part of the start of the program is food journaling and learning caloric content of the foods one typically eats. Robin came in today after a week of journaling and said, 'I don't think I'm eating enough.'

Now remember; she's trying to lose weight.

Robin & I had made a plan of realistic exercise over the next week as well as eating an average number of calories per day as designed by the APEX program.

Looking over her food diary, she commented that she was making healthier choices, was feeling more energetic, and she was definitely getting her exercise in as planned, but as we

added up the calories, she was short about 400 calories average per day.

Then she got on the scale. It hadn't budged; same weight, How frustrating right?

How did she feel? Robin said she has had more energy, wasn't feeling as 'drained' and was sleeping better at night.

Awesome! She was happy with that.

However, she wants to lose the weight.

It is not new to me that many people have a really hard time grasping that if we under eat, and under eat on a regular basis, one can actually slow down their metabolism (our metabolism determines how quickly we burn calories). I'm pretty sure this is Robin's case.

Our bodies are wondrously made; they mend & heal from the inside. Our bodies/brains out smart us!

When we under eat, it takes roughly 72 hours, or about 3 days for our brain to go 'Ah-ha! Reduction in calories has gone on too long...slow everything down...and our metabolism drops (slows down and burns calories at a conserved paced, after all, it wants us to survive!).

Robin & I sat down and discussed how she could add extra calories into her daily diet eating healthy & nutritious foods.

This can be a hard concept for many people to understand, but it happens often. Are you or someone you know carrying around an extra 20, 30 even 40 pounds and friends wonder why because you/they hardly eat at all?

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Now I'm not saying this is always the case; there are many other factors. Maybe the little that is eaten is very calorie dense; maybe the activity level is extremely low; perhaps they carry very little muscle (which is where we burn our calories...fat sits there...the more muscle one has, the higher their metabolism), perhaps there is a thyroid problem...

I'm excited that Robin is feeling more energetic and sleeping better; 2 very cool side effects to a healthier lifestyle of eating and exercise. I am, however, looking forward to watching the pounds drop. I'll keep you posted!

If I can be of any assistance in helping you get more information on this topic or other articles I have submitted, please give me a call at 360-385-3036, or email: [evergreenfitness@qwestoffice.net](mailto:evergreenfitness@qwestoffice.net) or stop in at Evergreen Fitness Center... we're just around the corner!

Michelle West

## clubhouse expansion consideration continues

### **Town Hall Reaffirms Member Opposition: Voting Preference**

More than 90 persons attended the board-organized evening "Town Hall Meeting" at the clubhouse June 24<sup>th</sup> expressing, yet again, widespread opposition to



the concept and almost unanimous insistence that the matter be placed before the membership to vote on whether or not, particularly in this economy, members want to pay even higher assessments for the questionable idea, lacking definition on scope and cost. Even KPOA's Social Plus Committee,

sponsors of many clubhouse events year around, expressed opposition to clubhouse expansion.

*A few others expressed their desire for larger storage areas, more parking, a larger meeting room, and similar wish list items, but all without broad support or well defined cost vs. value calculations for the overall membership that would be required to fund a possible half-million-dollar cost.*

**Avalon**  
Hair Design

*Gail Dahlman*

260 Kala Point Drive  
Port Townsend, WA

1-360-385-2640  
[gahlman@cablespeed.com](mailto:gahlman@cablespeed.com)

*Continued from previous page*

**No building permit is likely to be issued for simple space expansion** in Jefferson County without full consideration of code-mandated infrastructure improvements, septic issues, stormwater control, and the ever-present parking shortage, all part of a comprehensive architectural and engineering design and permitting process mandated by State and County Regulations. All of these factors present very challenging and expensive hurdles to facility expansion investments to satisfy very infrequent facility inadequacy to accommodate events.

**Board Member Don Wright restated his incredulous position**, mirroring that of Board Member Bill Lindeman, that “members should not be allowed to vote on the matter because they will vote it down.” Wright particularly advocated disenfranchising the time-share membership and “those that don’t live here full time” as though this groups assessment obligations and voting rights don’t count.

There was, however, no mention by attending board members of the overwhelming recent opinion poll mailing organized by this publication that formally notified the board in writing of member opposition, by an overwhelming tally of 72-5 units. This mail-in correspondence direct to the Board Secretary, in the form of a ballot expressing either support or opposition, appears to be ignored by the board to date, in any public forum.

**Kala Point News and Views would like to express our gratitude to the board** for responding to the members of Kala Point, when in a survey conducted by **News and Views**, the members expressed deep concern about the board planning an expansion of the Clubhouse without consulting the Kala Point members.

Since this survey was conducted and the results presented in **News and Views**, the board decided to hold a meeting where members were able to express their opinion on the expansion of the club house.

While **News and Views** thinks the meeting was a great idea, it **recommends that any plan for an expansion of the clubhouse should be put to a vote by the Kala Point members.**

**comments made  
in the year 1955!**

**That’s only 55 years ago!!**

I’ll tell you one thing, if things keep going the way they are, it’s going to be impossible to buy a week’s groceries for \$20.00.

Have you seen the new cars coming out next year? It won’t be long before \$2,000.<sup>00</sup> will only buy a used one.

If cigarettes keep going up in price, I’m going to quit. A quarter a pack is ridiculous.

Did you hear the post office is thinking about charging a dime just to mail a letter?

## preparing your pets for an emergency



Previously we talked about preparing for an emergency, geared for older americans. This month is about preparing for your pet.

**Your pet is an important member of your household.** The likelihood that you and your animals will survive an emergency such as a fire or earthquake, or terrorist attack depends largely on emergency planning done today. Some of the things you can do to prepare for the unexpected, such as assembling an animal emergency supply kit and developing a pet care buddy system, are the same for any emergency. Whether you decide to stay put in an emergency or evacuate to a safer location, you will need to make plans in advance for your pets. Keep in mind that what's best for you is typically what's best for your animals.

**If you must evacuate, take your pets** with you if possible. However, if you are going to a public shelter, it is important to understand that animals may not be allowed inside. Plan in advance for shelter alternatives that will work for both you and your pets.

**Make a back-up emergency plan in case you can't care for your animals yourself.** Develop a buddy system with neighbors, friends and relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so. Be prepared to improvise and use what you have on hand to make it on your own for at least three days, maybe longer.

This information was developed by the U.S. Department of Homeland Security. For more information go to [www.ready.gov](http://www.ready.gov).



## Cooks Night Out

*Oak Table in Kingston*

**You rushed to make the ferry in Edmonds, got to Kingston, and realized you are starving.** Try the Oak Table in Kingston! If you are a fan of the original Oak Table in Sequim, then you will like this one- it has the same menu.

**The restaurant specializes in breakfast and lunch** and are open every day from 7am to 3pm. They offer hearty breakfasts including many varieties of pancakes, omelettes, crepes, waffle, and more! Their deli sandwiches are also superb and the pies are homemade with generous slices and a scoop of ice cream at no extra charge. They also offer a kids menu. The large dining area is in the old Kingston firehouse and there is even an outdoor patio for dining.



A little research on the history about the restaurant reveals that it

was started by the Nagler family back in 1981 in Sequim. Then their daughter Nikki McCurdy and her family searched for a new location and decided on Kingston as the place for their business and to raise their family. Several generations of the Nagler family shown above.

### **The Oak Table Cafe**

11171 Highway 104 NE, Kingston, WA 98346  
360-881-0554

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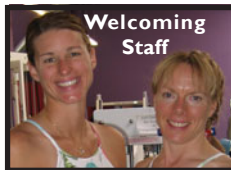
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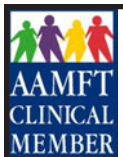
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## Kala Point News & Views



### *kala point hiking club*

**Enjoy Big Timber,  
Rivers, and Views!**

**The Olympic National Park has nearly a million acres and the Olympic National Forest over 600,000 acres.** Here you can find large tracts of old-growth forests, crystal clear lakes, some of the last free-flowing rivers in Washington, a temperate rain forest, and alpine meadows.

**Hiking with a small group is safer plus fellow hikers are good companions and can also come to each others' aid if necessary.**

Contact Allen Vaa at [allenvaa@hotmail.com](mailto:allenvaa@hotmail.com) to be put on the hiking email list and receive hiking schedules and information .

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



Many of our hikes are "dog friendly"