



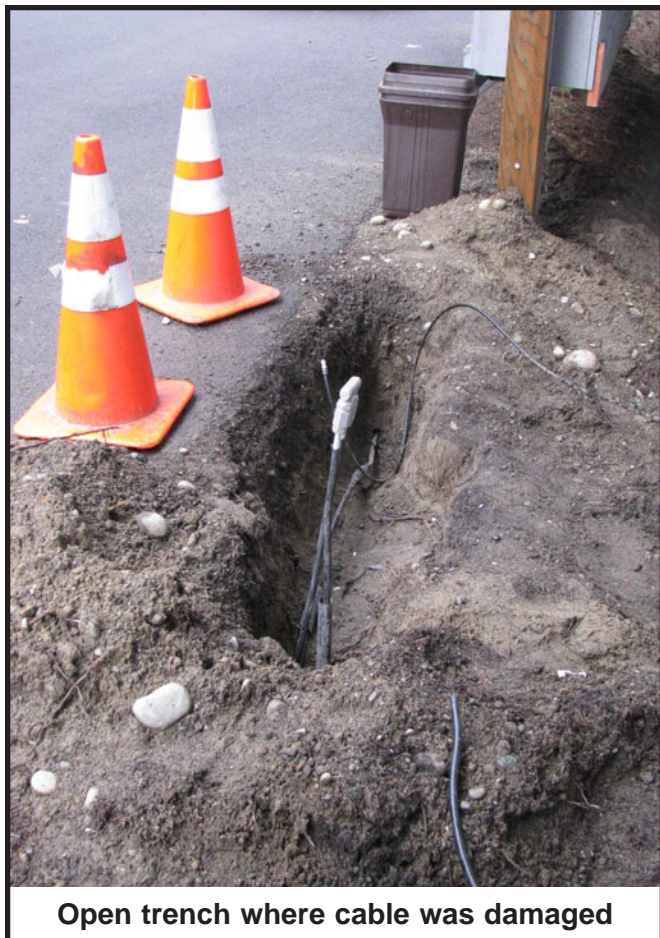
mailbox relocation damages kala point cable tv line

Multi-Day Outage; Call Before You Dig!

Traffic cones marked the open hole where Broadstripe Cable technicians made temporary repairs to restore cable video and Internet connections to all of Kala Point following damage to underground coaxial cables on Thursday, February 11th.

Workers digging while relocating the main entrance KPOA mailboxes, apparently damaged the main coaxial feeder line for all cable-based TV and Internet sometime Thursday.

The damage did not immediately fully sever the cable, but did result in poor picture quality and unreliable cable modem Internet access for scores of KP residents from Thursday, Feb. 11 through Sunday, February 14th.



Open trench where cable was damaged

Restoration of full service was delayed while technicians tried to find the exact point of damage, dispatching repair crews over several days before finally making full repairs over the weekend, resulting in four days of limited or poor quality service.

Temporary repairs, including laying a cable over the

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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@tppnewsletter.com.

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ground to a nearby service pedestal, were first attempted, with limited success.

Locating the exact site of damaged underground cables, whether for communications or electrical service is an often-difficult and time consuming task. Failure to arrange for location and route-painting of such buried utilities before digging in easement areas is not only disruptive and expensive, but is actually illegal in

Washington State, even on private property, for excavations deeper than 12-inches. Mailbox, fence and similar post construction is a very common cause of underground utility damage.



*Know What's Below
Call Before you dig*

avalon hair design

Located In Business Park By The Kala Point Gate



Hello! My name is Gail Dahlman and I'd like to welcome you to Avalon Hair Design.

As a hairstylist in Port Townsend for over twenty five years, I have seen many trends come and go. My specialty

Kala Point Professional Building, next door to Kelly Shields Inc. The salon is homey with a touch of elegance. I work on one client at a time, which enables me to give my full attention to each client.

I enjoy cutting and styling both women and men's hair, working with the individual's hair texture and aligning with the natural growth pattern. Thru the years I have attended advanced hair cutting classes in Seattle and San Francisco. It is a rewarding career, one where I can utilize

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has always been to create the most flattering and natural look with easy upkeep. I love working with Redken Shades, a semi permanent color system that is advertised as the hair color that thinks it's a conditioner. They have a large selection of colors that give a natural look and tremendous shine. I also do highlights, deep conditioning treatments, and shampoo, blow dry and styles. Avalon Hair Design is conveniently located in the

Avalon
Hair Design

Gail Dahlman

260 Kala Point Drive
Port Townsend, WA

1-360-385-2640
gdahlman@cablespeed.com

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my creative talents, and help people to both look better and feel better about themselves. It is also nice to be working next door to Kelly Shields who built our new home two years ago.

My days in the salon are Monday, Tuesday, and Thursday and Friday. I sell Redken and Matrix products. For an appointment please call me at 385-2640.

kala point mail service

Have You Been Experiencing Problems? How To Report.

We have been experiencing problems lately with incorrect deliveries of mail here at Kala Point.



problem, resulting in some cases late fees for some recipients.

The Post Master said that the solution is to return incorrectly delivered mail to the Post Office rather than delivering the mail to the correct address. This way he will know of the problem and attempt to correct it. - Doug Lee

I returned a stack of incorrectly delivered pieces of mail to the Port Townsend Post Office recently and talked with the Post Master.

He indicated that this was the first he had heard of such a problem and yet many here at Kala Point have experienced this

pickleball for seniors kick-off meeting

Friday April 16th at 6pm

Kala Point Pickleball For Seniors will be holding a special kick-off event for the start of the season.



If you are a senior, are interested in learning about pickleball, and would like to consider playing

this year, come and enjoy dessert and coffee at Don & So Sae Meister's house for an evening filled with fun for everyone. If you would like to attend please RSVP by contacting Don or So Sae at 379-1880 or dsmeister@q.com.

We will determine the playing schedule based on feedback from the kick-off meeting. Typically we play early evening once a week and maybe on a weekend morning. There will be an email roster that we will use to send out updated information on play times and "good weather" spontaneous games.

The first day of play will be determined by the weather but we will shoot for the end of April.

This is much easier than tennis and no experience is necessary! If you have never played pickleball, that is not a problem. We enjoy teaching the "newbies".

We will have pickleball equipment at the kick-off meeting for you to check out. If you are one of the "regulars", you can bring your paddle for show & snowbirds can share their pickleball experiences they had during the winter.

If you would like to watch a video about pickleball, check it out on YouTube at: www.youtube.com/watch?v=WYAFvpjaptE

from michelle at evergreen fitness center

Commandment #7: Thou shall drink no less than 64 ounces of good ole Water every day.

Drinking water is so important for good health. When you were a kid in school, you learned that each molecule of water is made up of two hydrogen atoms and one oxygen atom. Ok, I really didn't remember that...I had to look it up... You may also have learned that it was great fun to fill up your squirt guns with water, at least until the principal caught you. What you may not have learned, however, was how much water you needed in order to be a healthy human being.

Why You Need to Drink Water

Your body is estimated to be about **60 to 70** percent water. Blood is mostly water, and your muscles, lungs, and brain **all** contain a lot of water. Your body needs water to regulate body temperature and to provide the means for nutrients to travel to all your organs. Water also transports oxygen to your cells, removes waste, and protects your joints and organs.

Signs of Dehydration

You lose water through urination, respiration, and by sweating. If you are very active, you lose more water than if you are sedentary. Diuretics such as caffeine pills and alcohol result in the need to drink more water because they trick your body into thinking you have more water than we need.

Symptoms of mild dehydration include chronic pains in joints and muscles, lower back pain, headaches and constipation. A strong odor to your urine, along with a yellow or amber color indicates that you may not be getting enough water. Note that riboflavin, a B vitamin, will make

your urine bright yellow. Thirst is an obvious sign of dehydration and in fact, **you need water long before you feel thirsty!**

How Much Water do You Need to Drink?

A good estimate is to take your body weight in pounds and divide that number in half. That gives you the number of ounces of water per day that you need to drink. For example, if you weigh 160 pounds, you should drink at least 80 ounces of water per day. If you exercise you should drink another eight ounce glass of water for every 20 minutes you are active. If you drink alcohol, you should drink at least an equal amount of water. If you live in an arid climate, you should add another 16 ounces per day. As you can see, your daily need for water can add up to quite a lot.

Twenty percent of your water need will come from the foods you eat. The rest of your water need should come from the beverages you drink.

Water is the best choice. Sodas have a lot of sugar in them, so if you drink sodas, you may take in more calories than you need. Soda's also a bad idea because your teeth get a 'sugar bath' and unless you floss after each one, this can lead to dental decay. A lot of soda's have caffeine in them as well, which is a diuretic...wait a minute; we learned about caffeine a couple weeks ago! Herbal teas that aren't diuretic are fine. Sports drinks contain electrolytes and may be beneficial, just look out for added sugar and calories that you don't need. Juices are good because they have vitamins and nutrients.

Drink Enough Water

It may be difficult to drink enough water on a busy day. Be sure you have water handy at all times by keeping a bottle for water with you

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We're just a stone's throw away from Kala Point! Stop by and see!

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when you are working, traveling, or exercising. I keep water jugs everywhere; the office, the front desk, the truck, and the living room...the more I see them the more likely I will drink more. If you get bored with plain water, add a bit of lemon or lime for a touch of flavor. There are some brands of flavored water available, but watch for extra calories. Ok, I want each of you to get up, go get a glass of fresh water and have a drink. Cheers!

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 or stop in at Evergreen Fitness Center...we're just around the corner! - Michelle West



kala point hiking club

Come Explore The Olympic Peninsula!

Spring is in the air! Shake off the winter blues and let's go hiking!!

Some of the most spectacular scenery can be found on the Olympic Peninsula. In Spring the forests explode in more shades of green that you can imagine.

Isolated for eons by glacial ice, and later the waters of Puget Sound and the Strait of Juan de Fuca, the Olympic Peninsula has developed its own distinct array of plants and animals. Eight kinds of plants and 15 kinds of animals are found on the peninsula but no where else on Earth.

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.



A recent hike on Little River Trail close to Hurricane Ridge.

kala point owners face multiple planned power outages

PSE Contractors Testing Failing Underground Cabling

Workers with POTELCO, contracted by Puget Sound Energy for electrical system service and testing, canvassed Kala Point on

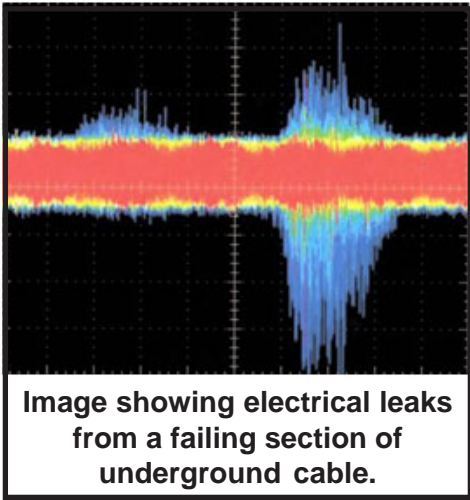


Image showing electrical leaks from a failing section of underground cable.

Feb. 15th and 16th, warning owners that Wednesday and Thursday of that week they would experience electrical service disruptions.

Homes where owners could not be personally contacted were left door-hangar notices directing questions to Mr. Bill Wyckoff, area representative for service firm POTELCO.

The purpose of the planned disruption was to conduct what engineers call “partial discharge” stress testing of aging buried electrical primary cabling supply transformers throughout the community. These transformers supply, in turn, main electrical service panels in each living unit. This testing procedure involves pulsing very short duration high voltage, controlled energy level signals into the buried underground cables extending under our streets and common areas.

In order to assure accurate test results, helping to pinpoint specific sections of failed or failing cable, workers turn off the power and

then subject the cables under test to the pulses. Cable faults are indicated by computer images showing energy leaking. These images, and related technical data, are used to help PSE schedule replacement of sections of underground cabling that have failed; or may soon fail. These replacement activities will, of course, result in further planned outages over coming months and years.

While the notice warned of possible outages for the better part of two days, from early morning to late afternoon,

the actual outage duration experienced by most homes was more limited, typically less than an hour in duration, limited to one period during the two day window; for some there was greater disruption and no outage at all for some.



Business & Service Directory

What Lurks Under Your Home? Moisture problems? Wet crawl space? Make your home healthier, warmer, cleaner. For a free estimate or more information call **"Clean Space Northwest," 1-877-698-0260.**

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The Village Barber- "...Because life's too short for a bad haircut!" 741 Ness' Corner Rd, Port Hadlock. Brad Garrison Gray & Mike Clark. Tues thru Fri-9-5, Sat-9-4. Call **385-6865.**



Kevin Tuuri "Your Home Navigator"
(360) 385-9344 x 18 bus.
(360) 643-3087 cell
YourHomeNavigator.com
KevinTuuri@Windermere.com

Windermere
1220 Water Street
Port Townsend, WA
(Kala Point Resident)

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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Weekly Meal Preparation For Seniors. Want An Easy Way To Enjoy Balanced Meals? Customized menus, including personalized recipes and grocery shopping. Call **Heidi's Taste of Home** for a free consultation! - **360-732-0482.**

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Kala Point News & Views



kala point travelogue

**April 24th at 5:30pm
at the Clubhouse**

Would you like to share your travels with your neighbors? We are having a travelogue at the Clubhouse where you can share your experiences. We will provide the equipment to project your digital images on to a large screen for easy and dramatic viewing. We will have beverages and appetizers to snack on during the presentations.

We are looking for one or two more people to share their travels. Just let us know if you have a trip you would like to share. It could be exotic, odd, fun, or exciting. We have “tech support” if you need help getting your images off of your camera or computer.

So far we have: *Travel Trailer Treasures on the Olympic Peninsula and Beyond.* Find out tips and ask questions from seasoned travel trailer campers. Contact Suz at 344-3361 if you would like to share your story for this event or one in the future.