



Kala Point News & Views

May 2010

Serving our Community with Information

split kpoa board advancing major clubhouse expansion

Lindeman Leading The Charge; Says Members Should Not Be Allowed to Vote On It.

Up to \$5,000 in member funds are being expended now for engineering and architectural services to support a plan to expand the clubhouse kitchen and general use areas by some 445 square feet. Preliminary cost estimates obtained by Board Member Bill Lindeman from just one contractor (KSI, Inc.) and with "extra" to cover unknowns recommended by Board Member Schulte, indicate costs in the area of \$150,000 (\$337 per square foot). The expansion would add about 45 square feet in kitchen area, with new countertops, sink and appliances, and about 400 square feet of additional general purpose gathering space.

Let Your Board Hear From You!
See Enclosed Postcard

Members familiar with construction note that a County Building Permit will be required, and that the newly adopted statewide International Building Code, with all the requisite architectural design, engineering for electrical, plumbing, structural and civil, likely driving up the cost well beyond the

contractors initial "construction estimates". Storm water issues alone, on any waterfront site, will be very costly, and the expanded capacity will likely drive mandatory expansion of lavatory facilities and likely review of the existing septic facilities; all with substantial costs not even being currently considered.

The board is split on the issue; Members Rogers, MacNair, Edgecombe, McClure, Lindeman & Wright overriding 6-3 the dissenting votes of Members Bondurant, Schulte & Williams who did not support moving the project forward in its present form.

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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.

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Another vote was 5-3 (Rogers abstained) on spending up to \$5,000 for architectural and engineering fees before adequately defining the work and gathering competitive contractor participation. Both board votes were based on funding the project from reserves rather than operating funds. However, on April 13th the newly appointed CFO informed the board that funding for the proposed clubhouse expansion could not come from reserves; but only from the operating fund.

Dissenting board members, particularly Member Jim Williams, strongly and repeatedly suggested, during the March 9th Board Meeting, that standard contracting procedures should be followed with proper construction documents and open competitive bidding for the work, rather than the “insider”

award to local contractor Kelley Shields, managed by longtime business associate, Board Member Bill Lindeman. Dissenters also advocated a direct member vote on an expansion like this, which was met with Lindeman stating that if a vote was held it would fail, and that “It has not been our practice” to seek such member approvals.

Continuing at the March 9th board meeting, Lindeman stated that “out-of-town” owners “would vote it down” if allowed to vote their preferences. Reminded that these “out-of-town” owners have the same rights and fee exposure as those residing here full time, Lindeman stated...“we will have a town meeting where they can come up here and voice their opinion, but no vote will be taken. We have tried four times during thirty years to get this done. If the members don’t like what we do they should just vote us out.”



kala point hiking club

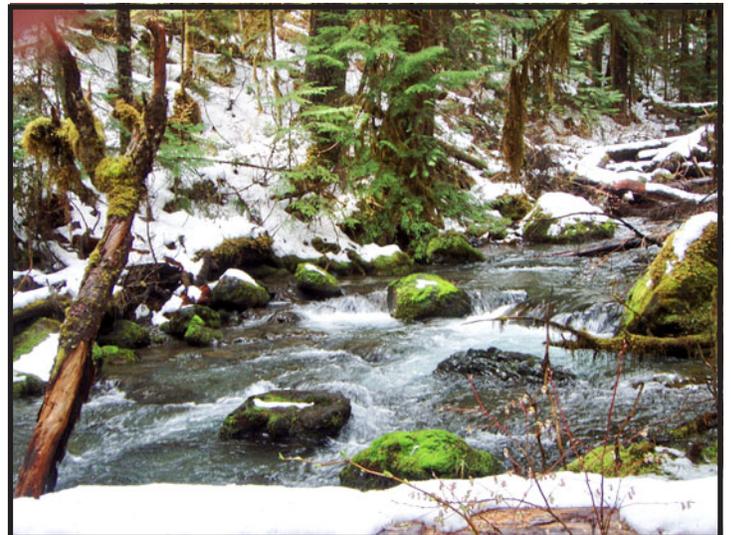
Come Explore The Olympic Peninsula!

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. 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 in April on Lower Big Quilcene

history of mother's day



The history of **Mother's Day** is centuries old and the earliest Mother's Day celebrations can be traced back to the spring celebrations of ancient Greece in honor of Rhea, the Mother

of the Gods. **During the 1600's, the early Christians in England celebrated** a day to honor Mary, the mother of Christ and was later expanded in its scope to include all mothers, and named Mothering Sunday.

In the United States, Mother's Day was loosely inspired by the British day and was first suggested after the American Civil War by social activist Julia Ward Howe, who wrote the words to the Battle hymn of the Republic. She was horrified by the carnage of the Civil War and the Franco-Prussian War and so, in 1870, began promoting the idea of a "Mother's Day for Peace", honoring peace, motherhood and womanhood. Howe failed in her attempt to get the formal recognition of a Mother's Day for Peace but to acknowledge Howe's achievements a stamp was issued in her honor in 1988.

Then Ann Marie Reeves Jarvis, a young Appalachian homemaker who, starting in 1858, had attempted to improve sanitation through what she called "Mothers Friendship Day". She organized women throughout the Civil War to work for better sanitary

conditions for both sides and in 1868 she began work to reconcile Union and Confederate neighbors. Ann was instrumental in saving thousands of lives by teaching women the basics of nursing and sanitation.

It was Jarvis' daughter, Anna Jarvis, who finally succeeded in introducing Mother's Day in the sense as we celebrate it today. Anna had spent many years looking after her ailing mother. When her mother died in Philadelphia on May 9, 1905, Anna missed her greatly. Anna felt children often neglected to appreciate their mother enough while the mother was still alive. Now, she intended to start a Mother's Day, as an honoring of the mothers. In 1907, two years after her mother's death, Anna decided to dedicate her life to her mother's cause and to establish Mother's Day to "honor mothers, living and dead." She started a letter-writing campaign to urge ministers, businessmen and congressmen in declaring a national Mother's Day holiday. Following this, it gained a widespread popularity across the nation. Anna's dream came true when on May 9, 1914, the Presidential proclamation declared the 2nd Sunday of May to be observed as Mother's Day to honor the mothers. Nine years after the first official Mother's Day, commercialization of the U.S. holiday became so rampant that Anna Jarvis herself became a major opponent of what the holiday had become.

Today, Mother's Day is a day honoring mothers, celebrated on various days in many places around the world. It is the day when you acknowledge your mothers contribution in your life and pay a tribute to her, often with flowers and gifts.

from michelle at evergreen fitness center

Commandment #9: Thou shall get proper rest...



Sleep; why is it important? As I began to think about the importance of sleep and what it does for us, I also began to think of several common myths on sleep;

'losing an hour or 2 is no big deal', or 'as we age we need less sleep'.

Now I know I need to keep these articles at a fairly decent length or I'll lose you, right? That in mind, I will briefly go over some of the reasons for a good night's sleep so that I can take a few minutes of your time to go over a couple myths as well. I will simply list a few other reasons or myths with no in-depth explanation; as always if you would like a little more information, please feel free to contact me (see below).

[Sleep Helps the Body Make Repairs](#)

Sleep is a time for your body to repair damage caused by stress, ultraviolet rays and other harmful exposures. Your cells produce more protein while you are sleeping. These protein molecules form the building blocks for cells, allowing them to repair damage. Sleep is more than simply a period of rest; it is an essential time for your body to perform routine maintenance, creating long-term memories and repair damage from your day.

[Sleep Keeps Your Heart Healthy](#)

Heart attacks and strokes are more common during the early morning hours. This fact may be explained by the way sleep interacts with the blood vessels. Lack of sleep has been

associated with worsening of blood pressure and cholesterol, all risk factors for heart disease and stroke. Your heart will be healthier if you get between 7 and 9 hours of sleep each night.

[Sleep Reduces Stress](#)

When your body is sleep deficient, it goes into a state of stress. The body's functions are put on high alert which causes an increase in blood pressure and a production of stress hormones. Higher blood pressure increases your risk for heart attacks and strokes. The stress hormones also, unfortunately, make it harder for you to sleep. Learn relaxation techniques to counter the effects of stress.

[Sleep Makes You More Alert](#)

Of course, a good night's sleep makes you feel energized and alert the next day. Being engaged and active not only feels great, it increases your chances for another good night's sleep. When you wake up feeling refreshed, use that energy to get out into the daylight, do active things, and be engaged in your world. You'll sleep better the next night and increase your daily energy level.

[Sleep May Help You Lose Weight](#)

Researchers have also found that people who sleep less than seven hours per night are more likely to be overweight or obese. It is thought that the lack of sleep impacts the balance of hormones in the body that affect appetite. The hormones ghrelin and leptin, important for the regulation of appetite, have been found to be disrupted by lack of sleep. So if you are interested in controlling or losing weight, don't forget to pay attention to getting a good night's sleep.

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[Naps Make You Smarter](#)

Napping during the day is not only an effective and refreshing alternative to caffeine, it can also protect your health and make you more productive. A study of 24,000 Greek adults showed that people who napped several times a week had a lower risk for dying from heart disease. (I think we should all move to Greece.) People who nap at work have much lower levels of stress. Napping also improves memory, cognitive function and mood. Do time your naps, however and do not take them too late in your day, which could interrupt that night's sleep!

Other theories for a good night sleep include:

- **[Sleep May Reduce Your Risk for Depression](#)**
- **[Sleep May Prevent Cancer](#)**

[Myths on Sleep](#)

[Losing an Hour of Sleep is No Big Deal](#)

If you get less sleep than you need, your ability to do certain cognitive and physical tasks is decreased. If that sleep loss builds over time, it can interfere with the hormones that monitor appetite, changing your mood and increasing your risk of some chronic illnesses. Get 7 to 9 hours every night for good health.

[You Adjust to Sleep Changes Easily](#)

Your body gets on schedule based on your activity and exposure to daylight. When you travel across many time zones or work night shifts, you confuse body's sense of time, making sleep difficult and inhibiting some necessary sleep functions. For every one- to two-hour time change, it takes your body 1 day to adjust. That means it could take your body 6 to 12 days to adjust to a trip from New York to China.

[Extra Sleep Helps Fatigue](#)

Some people assume that if they feel tired during the day, then they should sleep longer at night. This is not necessarily true. If a person is getting 7 to 9 hours of sleep each night, then he or she should seek another source for their fatigue. Some sleep disorders decrease sleep quality, even though the person is getting enough sleep. Many medical conditions can cause fatigue. If you are sleeping long enough but are still tired, try some exercise and daylight exposure during the day. If that doesn't help, see your doctor.

[Insomnia is Caused by Worry](#)

While worry and stress can interfere temporarily with sleep, insomnia is often caused by other factors. Medications and medical conditions can keep a person from falling asleep. These conditions include depression, anxiety, asthma, arthritis and other conditions which worsen at night.

Other sleep myths:

- **[Children With a Sleep Deficit Will be Tired](#)**
- **[You Can 'Catch Up' During the Weekend](#)**

[Next month: #10....Thou shall be active for at least 30 minutes a day; choose to move more!](#)

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

Ticks and Tick-borne Diseases



In Washington

With the summer just around the corner and our activities expand outdoors; it is a good idea to become familiar with ticks and tick-borne disease. **We had a reader inquire if ticks even existed in Washington and the answer is yes!** It is not common but the diseases they can transmit can result in severe and sometimes life-threatening symptoms.

What are Ticks? Ticks are blood-feeding parasites. Most perch on the edges of low-lying vegetation and wait for an unsuspecting animal host to brush against them. Once aboard, ticks crawl until they find a suitable spot to feed, then burrow their mouthparts into the skin for a blood meal. Ticks feed anywhere from several minutes to weeks depending on their life stage, type of host, and species of tick. Amazingly, their bodies slowly enlarge to accommodate the amount of blood ingested. Engorged ticks can be many times their original size. It is during feeding that infected ticks can transmit disease to their hosts.

Ticks commonly found in Western Washington belong to two genera of ticks, *Dermacentor*, *Ixodes*.

- *Dermacentor* prefer habitats such as woodland areas, medium height grasses and shrubs between wetlands and woods, and sunny or open areas around woods. Immature ticks feed primarily on small mammals, particularly rodents, while the adults feed on deer, livestock, dogs, and humans.

- *Ixodes* species live in heavily-forested or dense brushy areas, but not open areas. Preferred hosts for immature ticks are birds and small mammals, primarily rodents. However humans and dogs serve as good substitutes. For adults, common hosts include livestock, dogs, and humans.

What diseases can ticks spread? Close to 300 cases of tick-borne disease were confirmed in Washington from 1989 to 2000. The tick-borne diseases recognized in Washington are:

- **Rocky Mountain Spotted Fever:** Sudden fever, Headache, Muscle pain, Reddish-to-black rash. In Washington, one to two cases of Rocky

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Mountain spotted fever occur each year.

- **Tick Paralysis:** Fatigue, Leg numbness, Muscle pain, Difficulty standing or walking. Six cases of tick paralysis have occurred in the state during 1989 through 2000.
- **Tularemia:** Fever, Headache, Swollen lymph nodes, Skin ulcer near bite. Two to four cases of tularemia occur each year in Washington.
- **Babesiosis:** Fever Chills, Fatigue, Muscle pain, Anemia. Babesiosis is rare; only two cases have ever been reported in Washington.
- **Lyme Disease:** Fever, Headache, Stiff neck or neck pain, Fatigue, Slowly expanding “bull’s-eye” rash. In Washington, an average of 15 cases occur each year.
- **Tick-borne Relapsing Fever:** Sudden fever, Headache, Nausea & vomiting, Muscle & joint pain, Reoccurring fever in 2-4 days. 4 to 8 cases of relapsing fever occur each year in Wa.

Early symptoms of most tick-borne diseases mimic the “flu” with fever, headaches, tiredness, and muscle pain.

How can I avoid getting bitten? When working, camping, or walking in a tick habitat - wooded, brushy, or grassy places - a few simple precautions can reduce your chance of being bitten.

- ◆ Wear long pants and a long-sleeved shirt. Tuck your pant legs into socks or boots and shirt into pants. This can help keep ticks on the outside of your clothing where they can be more easily spotted and removed.
- ◆ Wear light colored, tightly woven clothing

which will allow the dark tick to be seen more easily. The tight weave makes it harder for the tick to attach itself.

- ◆ Use tick repellent when necessary, and carefully follow instructions on the label. Products containing DEET or permethrin are very effective in repelling ticks. Take special care when using repellents on children.

- ◆ Check yourself, your children and pets thoroughly for ticks. Carefully inspect areas around the head, neck and ears. Look for what may appear like a new freckle or speck of dirt.

What to do if I am bitten? If you find a tick attached to your skin, promptly remove it. Grasp the tick using tweezers as close to the skin as possible. With a steady motion, pull the tick straight out. Do not twist or jerk. If tweezers are not available, grasp the tick with a piece of tissue. Wash your hands and apply antiseptic to the bite.

Occasionally, mouthparts of the tick stay attached to your skin. The mouthparts will not cause disease. If this happens, consult with your physician about their removal.

If you have pets, you can apply a topical flea and tick control (like Frontline Plus with Tick Control) which kills fleas and ticks on your dog or cat and prevents re-infestation.

Monitor any bite and be alert for early symptoms of tick-borne disease particularly “flu-like” symptoms or rash over the next month or so. If you develop symptoms, contact your physician. For additional information, please contact [Liz Dykstra](mailto:Liz.Dykstra@doh.wa.gov) of the Washington State Department of Health at 360.236.3388 or elizabeth.dykstra@doh.wa.gov.

wrecked ship on kp beach

Have you seen the remains of the shipwreck on Kala Point beach that can be seen at very low tide and ever wonder what the story is behind the wreckage?



Photo courtesy of the Jefferson County Historical Society

The Southern Chief was built in Maine in 1857 and over her lifetime (187 feet by 38 feet) ship hauled illegal immigrants, coal, lumber, and grain.

In 1867 the Southern Chief made her first trip to Port Townsend. There was a disagreement between the Captain and crew over wages. The crew hired a lawyer but when the lawyer settled for the crew on terms dictated by the captain, the crew threatened to kill him. The lawyer went across to Victoria, where he bought a shotgun. When he returned, he ended up shooting and killing two of his clients during a dockside brawl. The lawyer was acquitted and left the country to avoid being lynched.

It was no secret that the Southern Chief was poorly maintained being described as

“rotten from stern to stern”. In 1894, during a storm, she was grounded on the rocks off of Cape Flattery near Victoria, B.C. after leaving from Tacoma bound for Australia. Detail from *Lewis and Dryden’s marine history of the Pacific Northwest*, describes her demise:

In December (1894) the venerable bark Southern Chief, from Tacoma for Port Adelaide, Australia, with 970,000 feet of lumber, saved the lives of those on board by failing to pieces off Cape Flattery, instead of getting so far seaward that her crew could not reach shore.

She was towed out by the tug Wanderer and squared away before a fresh southeaster, which twenty-four hours later increased to a moderate gale, in which she labored very heavily, straining every timber in her frame. A big leak was soon started, which the pumps were unable to keep down, and thirty thousand feet of the deck load were jettisoned. Two hours later the stern quarters were carried away, every seam appeared to open, the decks bulged up, capsizing the donkey-engine and boiler, heavy seas swept the decks, the steering gear was adrift and the vessel perfectly helpless. She was at this time about fifty miles southwest of Cape Flattery.

On the third day out the crew were rescued by the barkentine Skagit and afterward

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landed at Port Townsend by the tug Sea Lion, which with the Holyoke and Pioneer started after the derelict. The Holyoke sighted the abandoned vessel forty miles west of Cape Flattery, and, when she got alongside, found Second Mate Hayes of the barkentine Retriever in charge. The Holyoke was the first to put a hawser aboard, the Sea Lion did so a few hours later, and together they towed her into Port Townsend. She held together until she reached port, but on examination it was found that, instead of the ship carrying the cargo, it was carrying the ship, as the vessel was crumbling to pieces.

The wreck was then condemned, towed to Kala Point (aka Kuhn's spit), and burned as described in the San Francisco Call on June 23, 1895:

Hulk of the Southern Chief Burned- Port Townsend, Wash., June 22: The hulk of the well-known Sound lumber carrier Southern Chief was burned last night at Kuhn's spit, near here. The conflagration was witnessed by hundreds of people and occasioned an impromptu steamboat excursion. The Southern Chief fell to pieces off Cape Flattery last, winter in the storm in which the Montserrat, Keweenaw and Ivanhoe were lost.

So as you stroll down our beach and see the remains of the Southern Chief, a colorful past of smuggling illegal immigrants, dockside brawl, beach burning, or Cape Flattery storm may cross your mind.

english just ain't easy

- 1) The bandage was wound around the wound.
- 2) The farm was used to produce produce.
- 3) The dump was so full that it had to refuse more refuse.
- 4) We must polish the Polish furniture.
- 5) He could lead if he would get the lead out.
- 6) The soldier decided to desert his dessert in the desert.
- 7) Since there is no time like the present, he thought it was time to present the present.
- 8) A bass was painted on the head of the bass drum.
- 9) When shot at, the dove dove into the bushes.
- 10) I did not object to the object.
- 11) The insurance was invalid for the invalid.



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Gail Dahlman

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kala point travelogue May 15th at 5:30pm at the Clubhouse

Come join us as fellow neighbors share their travels and experiences. We have two locations that we will be traveling to:

Having Fun in Sweden:

Sweden is a fun place to visit during the summer months. It is about the same latitude as Anchorage, Alaska, and has much to offer in the way places to visit. Stockholm is surrounded by water, so if you like boating or just enjoying colorful water scenes, it is worth the trip. Sweden is located on the Baltic Sea, which in itself is a very interesting area to visit.

This tour of Sweden will run from Stockholm, north to Ostersund and the village of Ottsjo, near the Norwegian border. The high speed train is a fun trip in itself. The people of Sweden are very friendly with American tourists and make one feel welcome and comfortable. The food is delicious and the many sights are wonderful to visit; so much to see.

We will also be enjoying **Travel Trailer Treasures on the Olympic Peninsula and Beyond:** Come find out tips and ask questions from seasoned travel trailer campers and also view some very special locations that many have never heard about. We will also have a discussion on RV & Travel Trailer Equipment & Systems Maintenance, Repair, and Replacement with plenty of time to take questions.

We will have beverages and appetizers to snack on during the presentations. Please contact Suz to RSVP: 344-3361 or Jay.Suz@cablespeed.com.

are you ready for an emergency?

Part of planning in advance is as easy as thinking through the details of your everyday life.

Last month we talked about considerations in preparing in the event of an earthquake. But in reality, those important steps apply to any kind of emergency. Individuals need to evaluate their own personal needs when making an emergency plan.

This month, we have provided information that is geared for older americans, since we have such a high percentage of retirees that live in Kala Point. The information was developed



in partnership with the Red Cross, Homeland Security, AARP, and several others. (See enclosed insert).

While there are many things that might make you more comfortable, think first about fresh water, food, and getting a basic kit of emergency supplies put together. Part of planning in advance is as easy as thinking through the details of your everyday life!

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Kala Point News & Views

pickleball for seniors

Easy To Learn, Good Exercise



Kala Point Pickleball For Seniors will be starting this month.

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 typically we play early evening from 4pm to 6pm, once a week and maybe on a weekend morning.

There will be an email roster that we will use to send out on play times and “good weather” spontaneous games. The first day of play will be determined by the weather but we plan on starting Thursday, May 13th.

Did you know that pickleball equipment is available to check out for use at the Clubhouse? If you don't have paddles but would like to try out Pickleball without having to purchase equipment, that would be a good option.

If you are a senior and are interested in playing non-competitive pickleball, contact Don or So Sae at 379-1880 or dsmeister@q.com.