



# Kala Point News & Views

September 2010

*Serving our Community with Information*

## talk to benefit both history and animals Thursday, September 30th



Author Garth Stein and his dog Comet.

If your dog could talk, he would ask you to mark **Thursday, September 30** on your calendar to hear Garth Stein, author of *The Art of Racing in the Rain*, do a benefit lecture for the Humane

Society of Jefferson County and the Jefferson County Historical Society. The talk will be in the historic Port Townsend City Council Chamber at 7:00 p.m.

Stein's New York Times bestseller is narrated by Enzo, a remarkable lab-terrier mix mutt. On the eve of his death, Enzo looks back at his life and chronicles the trials and tribulations of his race car driver owner, Denny Swift. Enzo faces his demise optimistically because he once watched a *National Geographic* television special about reincarnation and believes he will return to earth as a man and, unlike a dog, he will have thumbs.

Stein has authored three novels and a play. After receiving his B.A. from Columbia College and M.F.A. from Columbia University, School of the Arts, he worked as a documentary filmmaker and directed, produced or co-produced several award-winning films. Born in Los Angeles and raised in Seattle, Stein's ancestry is diverse: a combination of Alaskan Tlingit, Irish and Jewish. He lives in Seattle with his wife, three sons, and his dog, Comet.

Tickets to the benefit lecture are \$20 and can be purchased at either the Jefferson County Museum at 540 Water Street, Jefferson County Animal Services at 112 Critter Lane, or online at [jchsmuseum.org](http://jchsmuseum.org).

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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@ttnewsletter.com](mailto:contact@ttnewsletter.com).*

## from michelle at evergreen fitness center

### The Skinny on Weight Loss: How is Robin doing?



Here we are again, talking about Robin and the Apex Weight Management Program she is on. Last month I left you with the fact that people can actually be carrying extra weight due to under eating; eating too little, trying to lose weight and actually sabotaging their efforts. How does one figure out how much to

eat and what balance of carbohydrates, protein and fats are suitable for themselves to lose weight and not feel totally deprived?

The calorie part is the simplest; one can Google (my son still says 'Google' is not a verb!) 'Calories needed for weight loss', and you can find many sites that will ask you a couple questions like gender, age, height and current weight, then it will calculate the approximate number of calories you would need to maintain and or lose weight. There is validity to this method, but then where do you go? Surprisingly, most people have no clue to how many calories they currently eat or how many calories are in the foods they eat.

Well, now you can go to one of many other very creative sites and input your foods and how much you ate and it will calculate your calories and keep a total for you. Some of them cost, but I did find a nice site, 'about.com, calorie count'. But it is a bit of work...

So now many an individual, time & time again, have turned to yet another very popular method of dropping weight: purchasing the latest best selling diet book. I prefer the one I mentioned before that I was going to write...the one called 'Move more, eat less'. It's a lot quicker read and the bottom line is the same. Only the types of foods change in these books; they are all low calorie and pretty darn nutritious foods; a great way to lose weight. But after eating the specified 1/2 grapefruit, 1/2 cup cooked oats cooked with water and splenda to sweeten, along with a piece of whole wheat dry toast for breakfast...blah blah blah for 12 weeks, yes we lost some weight and now you can stop eating this food you don't particularly like and go back to eating the same way. Guess what happens 12 weeks later? You got it; weight is back AND usually a couple more pounds too. Not good.

Last month Robin found herself not eating enough; at least according to what the program required. She was eating the foods she likes; the foods she chose, just not enough. So what happened? Robin followed the Apex program recommendations, ate 400 calories a day *more* and LOST weight. How cool is that? Robin is down 6 pounds now. She also has been exercising more and feels more tone & 'tightened' up she says.

Robin is doing a very cool thing; figuring out a lifestyle of eating that she can maintain because she's making her choices. She's moving more (that ugly 'exercise' word) feeling better and losing weight. The "Apex Program" helped her see how much protein/carbohydrates/fats to eat to have energy to get through her busy day of work and family. Does she have to work at it? Yes, of course, but didn't our parents tell us that anything worthwhile in life takes work? But that

*Continued from previous page*

is also why Robin chose to do this program with me; help when needed and lots of accountability. We're figuring it out together, but she is learning it for herself, to keep for the rest of her life if she chooses.

This next week when Robin & I meet we will be doing measurements again as well as another body composition reading. Body composition testing will give her a measurement of fat weight verses lean weight to compare with the test we did at the beginning of her program.

So now, she's hoping to have lost some body fat as well as some inches!

I leave you there.

See you next month! 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



Northwest film calendar with an eclectic, hand-selected film roster from regional, national and international artists. The Port Townsend Film Festival is dedicated to connecting great films, filmmakers and communities. Late in September Port Townsend fills up with folks

For 11 years the Port Townsend Film Festival has offered the single most intimate venue on the Pacific

who love cinema and what it can bring to each of us. Through out the year they collaborate with schools, theatres and film makers to amplify the voice of independent media.

The 2010 Festival begins on Friday, September 24 and continues until Sunday, September 26 when it concludes with an outdoor movie at 7:30 p.m. and a gala awards ceremony at 9:30 p.m. Passes offer maximum flexibility with minimum hassle. They come in a variety of price ranges and combinations. Go online at [www.ptfilmfest.com](http://www.ptfilmfest.com) or call 379-0198 to get additional information.



**Four years ago the Metropolitan Opera began live high definition simulcasts of selected operas to movie theaters around the world.** The Rose Theatre in Port Townsend is the closest participating theater to Port Ludlow. You can enjoy thrilling, world-class opera just a short drive away.

Tickets go on sale to the general public on **Wednesday, September 8**. If you are a member of the Metropolitan Opera Guild, you may buy tickets earlier. The simulcasts begin in October and continue through May 2011.

**For the titles and performers, go to [www.rosetheatre.com](http://www.rosetheatre.com) and scroll to the bottom of the page.** The Rose seats only 158 people and tickets are reasonably priced so don't delay!

## fix those photos

### Hands On Course of Adobe PhotoShop Elements in Port Hadlock WSU PC Lab

Maureen Poole of 4GalsOnTheGo.com will be teaching a hands on crash course of Adobe PhotoShop Elements. Our four sessions will run on **Friday mornings from 10 to noon** at the WSU PC lab in Port Hadlock. They will be **October 22 & 29**, as well as **November 5 & 12**. The cost will be \$30 for all four sessions. First checks in get the 10 spots allotted. Minimum students 5 – maximum 10.

**WSU has PhotoShop Elements 6 loaded on their computers.** Elements 8, is available. If you are purchasing, check Costco. Please nothing less than 6. This is a great program, and truly mimics Photoshop, in a much more user friendly format. I'll pass out a CD disk, so we are all working on the same photos, and printed handouts. We'll start with getting your photos from your camera or scanner and work through layers and fixes. We'll leave some time on our fourth session, for Q & A or scrapbooking.

Questions, call Maureen at 360-437-2165, please make checks payable to Maureen Poole and mail to 33 Twinsview Ct. Port Ludlow WA, 98365.



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## free bagel delivery

### To Kala Point

**Metro Bagels, a local start-up bagel bakery,** joined the Chimacum Farmers Market and they also began offering free bagel delivery to Kala Point (one baker's dozen minimum). A variety of fresh-baked bagels, such as cinnamon raisin, poppy seed, sesame seed, onion, whole wheat, and others, as well as coffee, bagel sandwiches and more are available.

**Metro Bagels founders Mike Garling and Jeff Dale who grew up in Detroit and Minneapolis** respectively, saw a great opportunity for launching "big city bagels without the big city" to this area. "It was always a treat to pick up some bagels and a coffee from my favorite bakery in Minneapolis, and I've missed that weekend ritual since moving West," says Dale. "With Metro, we're really trying to recreate that neighborhood bagel bakery experience. And hopefully bring something to the area that others have missed as well."

**Garling, who has held management positions** with numerous businesses in the area, partnered with Dale, a baker and entrepreneur, to develop Metro Bagels. He explains that authenticity of Metro's bagels was one of their primary goals. "We really wanted to hone in on the authentic product—a real, big city bagel that you could only buy at the neighborhood bakery. We've worked really hard to emphasize our bagels' texture, flavor and appearance to create something fantastic that we think people will love."

**To arrange for your freshly baked bagels delivered FREE,** email [orders@metro-bagels.com](mailto:orders@metro-bagels.com). Visit [metro-bagels.com](http://metro-bagels.com) for more information.

## chimacum farmers market

**Sundays 10-2 thru Oct**

**@ the Chimacum Crossroads**

**The Chimacum Farmers Market is fast becoming many folks' favorite. Why?** Maybe its cause its just a little bit different. For one, its in the county and its easy to find. There's plenty of parking. The market itself is on grass, which gives it more of a rural fair-like feel, even though its right on the Chimacum Crossroads intersection. And then there's the food...

**The Chimacum Farmers Market is a food and farm market,** and it emphasizes locally grown and made over everything else. Many of our 30 weekly vendors are located on farms less than 5 miles away. You can walk over to Red Dog Farm, less than a mile down the way on rural center road. You can easily bike to Short's Family Farm, Finnriver., or Westbrook Angus. Les Richards the Garlic Guy lives right near by, and you can practically hit Spring Rain farm with a rock if you wanted to.

**Mama's Harvest Pickles, they live right down the road and so does Wild Harvest Goat Cheese.** The avid bicyclist could easily make Dharma Ridge Farm down Beaver Valley. What does this matter? Well, take a look at the sign on the back of the building at the market site. Is says FOOD FROM HERE. That is what this market is all about, and the fact that the folks and the farms are so close to the market give it an intimate, personal feeling. A sense of place, and community.

**It tastes good too. Mystery Bay Clams and Oysters, Homemade Tamales, Pane D'Amore breads, Anca's Pastries, Cape Cleare Salmon, local organic hot dogs, wood fired pizza with local ingredients from a dented buoy pizza oven on a homemade trailer.**

And that's just some of what you'll get at the market. And don't forget to check out the chocolates.

**What else is there? Farmers! Mountains of local produce from locally grown grains and flours to lettuce, eggplant, flowers, tomatoes, berries, beef, pork, lamb, garlic, bok choi, cabbage, carrtots, cider and just about anything else that can be grown here.** It all depends on the season, but its always local, sustainable, and abundant.

**Looking for something different? The market features a number of vendors that sell handmade items** that might not go down the hatch, but look great on you. Lavender salves, oils, soaps, creams, locally grown wool and fiber, knitted and felted, cups and bowls and pottery. Cedar furniture and driftwood art from local forests and shores. Even some folk art like Cyndy Mangutz.

**And music. Each week the Chimacum Market hosts local musicians** on our mini stage complete with tent, sound system and straw bale seating. This season we have had a world famous fiddler, folk bands, bluegrass, jazz, and country, sometimes in one set.

**Come and check it out.** The market is open Sundays from 10am to 2pm, through October 31<sup>st</sup>. It's easy to find, right on the NW corner of Rhody Drive and Center Rd.



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## bbq safety tips



There is no better way to celebrate summer than to barbecue outdoors! Americans are using barbecue grills more than ever before. Although grills are the highlight

of backyard parties and camping, it is necessary to remember that each time you grill there is the potential for a serious fire or burn.

### Barbecue Placement:

NEVER barbecue indoors including tents, trailers, enclosed porches, and garages. Barbecues produce dangerous carbon monoxide and need to be well ventilated. ALWAYS grill in open areas and avoid any areas with dry leaves, brush, high traffic, or flammable liquids. NEVER leave your grill unattended once it is lit. ALWAYS keep children away from grills and

remind them that a grill is still hot even after you are done barbecuing.

### Lighting your Barbecue

When lighting a gas grill, keep the lid open to prevent a flash off from gas build-up. Do not lean over the grill when igniting the burners or cooking. If a burner does not ignite, turn OFF the gas. Keep the lid open and wait five minutes before trying to light the grill again. Follow these same steps if the burners go out while cooking.

### Flammables

When using a charcoal grill and lighter fluid please remember to NEVER add lighter fluid to existing hot or warm coals. After using lighter fluid the container should be capped immediately and placed a safe distance from the grill. NEVER use gasoline or kerosene to start your grill, these items can explode. Allow coals to completely burn out and let ashes cool for at least 48 hours before disposing of them. Never place briquette ashes in a paper bag, or any other combustible material immediately after barbecuing. Instead use a closed metal container with a tight fitting lid to dispose of cold ashes.

### Cooking Safety

Be sure to use long handled utensils to avoid burns while grilling. Wear clothing that is not loose or does not hang over coals or flames. Have emergency equipment nearby such as a first aid kit and fire extinguisher. NEVER hesitate to call 9-1-1 in case of an emergency.

# Apex

## Weight Loss Program

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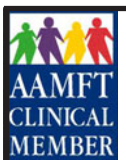
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## Kala Point News & Views



### *kala point hiking club*

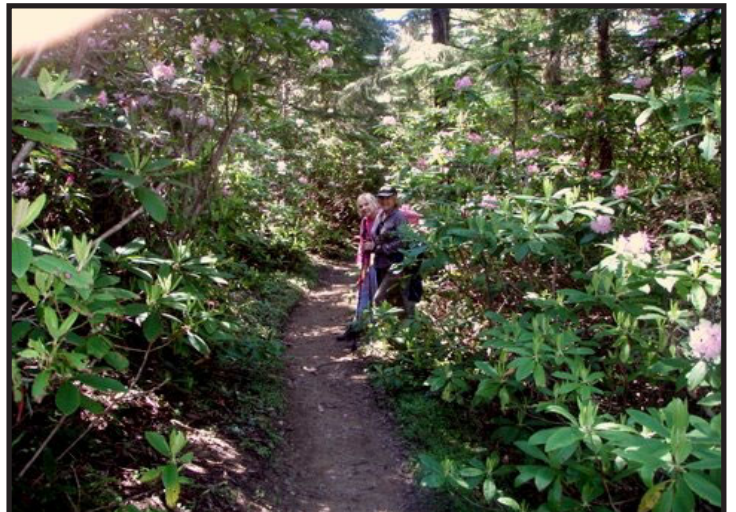
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**Hiking with a small group is safer plus fellow hikers are good companions and can also come to each others' aid if necessary.**

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.**



Walking Through a "Tunnel of Rhodies"