



Kala Point News & Views

December 2012

Serving our Community with Information

tis the season for giving

Start of New Tradition

Christmas is a great day for traditions. Some families make a giant turkey, some roast chestnuts, while others tear open presents with grandma at the crack of dawn. This year, consider a new tradition: **Giving Back For Christmas.** What better day to be thankful



for the gifts you received, then give back to the world. There are so many ways to give- from volunteering at our local soup kitchen to hauling a trunkload of clothes and unused housewares to the Goodwill, to making a monetary donation to a worthy cause.

Even the smallest actions can make a difference. Here are some suggested volunteer opportunities, charitable organizations, and ways to donate... And from all of us at Kala Point News & Views, have a safe and merry holiday season.

VOLUNTEER:

Habitat for Humanity, the well-known international non-profit that provides decent, affordable housing for those who lack adequate shelter, offers an array of volunteer opportunities, from volunteering on a build-site, to extended international



building projects. If manual labor isn't your thing, Habitat also needs volunteers to help out in their local chapter offices and to serve on site and family selection committees. www.habitat.org, (360) 379-2827 or habitat@olympus.net

United Way is a national network of over 1,300 local organizations that work to create lasting positive changes in communities and people's lives. Regardless of your skillset, time commitment, or level of interest, the United Way is guaranteed to match you with the right volunteer opportunity for you- from mentoring, health-related non-profits, or community development. www.unitedway.org

OlyCAP is the communities' helping hand. Every year thousands of hours of volunteer time are contributed to, or through, OlyCAP in support of our community. Volunteers help staff at the thrift shop, deliver meals on wheels, administer emergency services,



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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@ttnnewsletter.com.

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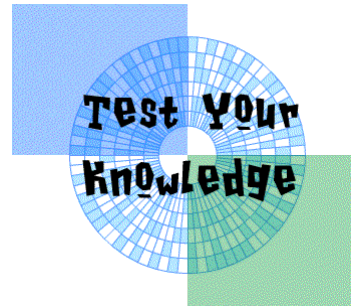
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mentor children and assist in more ways than can be counted. There are literally hundreds of opportunities available for you from helping at the local food bank, Thrift Shop, JARC (Job Lift Driver), the Tri-Area Community Center, (Retired Senior & Volunteer Program), and more. action@olycap.org or 360-385-2571

DONATE:

If your crazy schedule just isn't conducive to donating your time, there are other equally as valuable ways to give. The holidays are a great time to donate a couple extra dollars, those boxes of old clothing, or even a few of the less-than-wonderful gifts from in-laws or long-lost random aunts. Here are some great ways to donate a little of your extra to those who don't have enough.

The Goodwill has long been the go-to place for those musty boxes of old whatever stashed up in your attic. But the organization is much more than a drop-off spot for used clothing. It creates jobs and helps fund job training programs for people with disabilities, language barriers, prison records, or other challenges. And 84% of all Goodwill donations stay out of landfills. What's even more impressive is their E-cycling program, which produces zero waste by refurbishing old systems or taking apart non-working systems for their recyclable parts. www.goodwill.org or (360) 385-6600



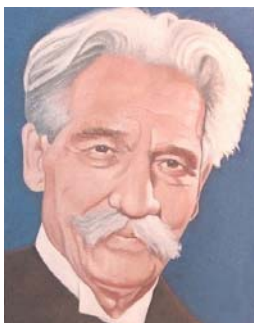
WORLD'S EASIEST QUIZ!

(Passing requires only 3 correct answers out of 10!)

- 1) How long did the Hundred Years' War last ?
- 2) Which country makes Panama hats?
- 3) From which animal do we get cat gut?
- 4) In which month do Russians celebrate the October Revolution?
- 5) What is a camel's hair brush made of?
- 6) The Canary Islands in the Pacific are named after what animal?
- 7) What was King George VI's first name?
- 8) What color is a purple finch?
- 9) Where are Chinese gooseberries from?
- 10) What is the color of the black box in a commercial airplane?

Answers will be published in next issue.

WORDS OF WISDOM



You must give some time to your fellow men. Even if it's a little thing, do something for others - something for which you get no pay but the privilege of doing it.

Albert Schweitzer

French philosopher & physician (1875 - 1965)



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Cooks Night Out

Tyler Street Coffee House

Yes, after being closed for at least 18 months, Tyler Street Coffee House reopened in September under new management.

The new owners are John and Anca Hasson, and the manager is Korina Maher, who worked with Tim and Mariko, the original owners of the cafe. John is the chef and Anca does the baking.



You may know Anca from the Saturday Farmers Uptown Market where she has a stand selling baked goods. John has a long work history in the food service business. They have two delightful daughters: Gracie who is 8 and Isabella who is 11. On non-school days, you may see Isabella behind the counter either taking your order or making espresso.

This is a family business with Anca's mother (Maria) and father (Gheorghe) helping out as well. Both John and Anca are dedicated to preparing high quality food at reasonable prices.

The menu generally has at least one unusual, but excellent dish in addition to soups, salads and

sandwiches. John is especially proud of his soups which number 4-5 on any day and his seasonal, comfort dishes. For those of you who were disappointed with the quality of food after Tim and Mariko sold the business 4-5 years ago, give it another try.

I especially like the Caesar salad. It is very reasonably priced and is the best in town. I'm in there almost every day, even if it's just for coffee, and I have never been disappointed.

Considering price, I don't think there is a better cafe in the area. It is open Wednesday-Sunday, 8:00-6:00.

- Hank Krist

Tyler Street Coffee House
215 Tyler Street
Port Townsend, WA 98368
(360) 379-2815



washington state fun facts

- Eighty percent of the glacial ice in the U.S. is found in Washington State.

- The world's first espresso cart was established below the Seattle Monorail terminal at Westlake Center in 1980.

- In Seattle it is illegal to carry a fishbowl or aquarium onto a bus because the sound of the water sloshing may disturb other passengers.

- There are over 40,000 miles of rivers and streams and more than 8,000 lakes in Washington.

- It is against the law to spit on a bus.



from michelle at evergreen fitness center:

Visions of Sugar Plums



It happens earlier every year you know. October 1st comes around and the bite sizes miniatures of all of our favorite candies hit the store. The stores 'mark them

down' 2 weeks before Halloween hits and it SO cheap we buy some. 2 days before trick-or-treat you realize you don't possible have enough for 'all' the little kiddies that will be knocking on your door (you couldn't resist and opened the bag to eat just a few), so you go back to the store to buy more. The day after Halloween you realize you slightly over estimate the numbers and are left with more than you wanted. Oh well, what are a few extras? They are miniatures you know; it's not like you're eating a full size candy bar. A couple days go by and you have to stop at the store for a couple of things. You know there is a method to the madness in the grocery store, right? There is a reason they put the veggies at one end and dairy

at the other. It's the same reason they rearrange they center of the store every few years...to make us have to go all through the store to get the couple things we want. So there you are, you got the milk, now you need some bananas. Ohhhh, what's this lining the isle? Baskets of leftover holiday candy and its 1/2 price. How can you pass that up? You can tuck it away for when the grandkids come over, or better yet, save it for Christmas. Yeah, like you're going to put orange & brown wrapped 'Snickers' bars in the stockings. I'm 'Snickering' just thinking about it!!

Ok, so you eat those too. Any idea how many calories are in those bite size bars? Average: 40, minimum 3 per day for 2 weeks or more, which is at least an extra 1700 calories. Did anyone walk an extra 17 miles to **break even** with the excess calories?

And so the holidays begin.

By now it's the middle of November, and all the stores are stocking the shelves with Christmas decorations and Christmas candies. Visions of sugar plums begin dancing in our heads. We can resist for a while; after all we still are living with the memory of Halloween, and for many the near thought of another bite size candy makes our stomach churn.

Then what happens? Before you know it Thanksgiving week is here and the planning for the big feast begins. Halloween was merely the catalyst for this one. This time we don't buy the goodies, we bake um! Pies of every kind, cheesecakes, and all the 'family' traditions bought into one household on one day. Why, tell me why, it is ok for us to be so gluttonous this day. Many would give me a big "BOOOO" for asking this. After all it is just one day; it's not like we eat like this every day all

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Continued from previous page

year. But think about it, for the next several weeks, most of us will encounter more baked goods than we really want to. And the temptation is there. Staff parties, neighbor parties, neighborhood parties, old-friends-that-really-only-get-together-for-the-holiday's parties. Family-comes-into-town-that-we-only-see-twice-a-year parties. And let's not forget all the parties given 'just because' it's the holidays. It's not just the food. Now the heavy drinks come out. Not just white wine for the holidays. Maybe the 'White Russian' is more like it. Bailey's Irish Cream...a true holiday tradition, not to mention eggnog...with rum. An 8 ounce eggnog with a jigger of rum, about 440 calories. Who walked an extra 4 miles that day just to break even with the extra calories? OH, did you have more than 1 glass?

Remember the visions of sugar plums? Well Christmas is just about to arrive and those visions become a reality.

Ok, once Christmas is over, we rationalize; we will get back on track. Right after New Year's Eve. But now football begins: Rose Bowl & Gator Bowl January 1st. Sugar Bowl, January 2nd, Cotton Bowl, January 4th. One month later, Super Bowl Sunday, then Valentine's Day and those tradition chocolates; Easter, late March, where we have forgotten the true meaning of the season and fill it instead with marshmallow 'Peeps' and Cadbury cream filled eggs (150 calories and 1.5 miles of extra walking to break even). April has no excuses, but it is 'Keep America Beautiful' month, so I think we should celebrate by mowing the lawn (push mower) cleaning out the garage, and walking a 20 mile radius around our home picking up litter. All of which these activities can not only beautify our local surroundings, but will help us burn off some of the extra 17,500 calories we've consumed (if you gain 5 pounds over the holidays, you have eaten an excess 17,500 calories).

It doesn't happen earlier every year; it happens all

year round. I'm proud to say that dozens of Evergreen Fitness members and employees have taken the 'Shape Up' challenge this fall to NOT gain weight over the holidays. If you are in the challenge; keep up the good work. And if you are not, it's never too late to decide to eat healthier and be more active. I look forward to spending 2013 with you. And now, I have been sitting here writing far too long; time to take Belle for a walk. As always, if you would like more information about this article, or have a suggestion, please feel free to contact me at, evergreenfitness@qwestoffice.net or better yet, come on in... we're 'just-around-the-corner.'

Merry Christmas and Happy New Year!

- Michelle West
360.385.3036



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Useful Tips For Your: **DOG**



1. Using metal water dishes outside in winter may be a risk, because your pet's tongue could stick to the frozen metal. In the summer, metal

bowls can get very hot and burn your dog.

2. If you have a puppy that pees on your carpet: After soaking up most of the mess with a paper towel, sprinkle a generous amount of bicarbonate of soda (baking soda) over the area and leave it to absorb both the traces of urine and the odor.

3. If your dog runs away from you and you finally catch up to it, no matter how angry you are at the dog, do not yell or smack it or your dog will never come to you when called for fear of being punished.

4. Do not leave your dog unattended on a choke chain. The chain could get caught and strangle the dog.

5. Do not leave your dog in the car unattended on hot days. Even with the windows open, temperatures in cars WILL reach deadly levels. It only takes five minutes! If you see a dog locked in a very hot car do something to try and help it before it's too late.

6. Do not make your dog walk on extremely hot or cold asphalt, cement, etc. The pads of their paws are not made out of steel. If it is too hot for you to walk barefoot, then chances are that it is too hot for your dog also.

7. To keep your dog busy, buy toys with little holes in them (such as a Kong), put both big and small pieces of kibble in the toy and give it to your dog. This will keep him busy for quite a while, presuming he has a few small ones that he gets

out quickly. You can also wedge dog biscuits in the holes with a smear of peanut butter.

8. Do not leave your pet in an area with dangling phone cords, drape cords or other items that it may strangle itself on. Be aware of electric cords that may be chewed by the pet.

9. I have a dog that used to love to dig. When I'd fill the hole and re-seed, he'd just dig it up again. One day I was watching him wander around the yard, and I noticed he took extra care not to step in his droppings. So, the next time I filled up a hole, I buried a little dung at the bottom and left some dung on top. He avoided the freshly-seeded grass, and his droppings made excellent fertilizer. This won't work for all dogs... Please note: the feces of dogs or any other meat-eating animal are NOT SAFE to use as fertilizer on plants that will be eaten by people, such as veggies, fruits or herbs. The feces can spread disease, even if it comes from a healthy dog.

10. Is your dog digging? Try putting cayenne pepper in the holes—they don't like the sensation when they go back to dig again.

11. Dog urination burns your lawn? Try giving them some tomato juice every day (either in a bowl or on their food) and it should solve the problem.

12. After soaking up the majority of urine or picking up the poop, baby wipes do a great job and pick up all smells with no stains left behind.



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