



Kala Point News & Views

November 2012

Serving our Community with Information

and now sandy; our fragile infrastructure revealed

Pre-Planned Self Reliance Essential; Especially Here



Millions across the eastern seaboard, and as far inland as Michigan and Ohio are waking up still today with no heat, little food or clean water, no gasoline, or,

at best, very recent unpleasant vivid memories of some or all of these life disruptions.

This latest violent natural event that is becoming increasingly commonplace on alternating densely developed coasts, demonstrates huge vulnerabilities that manifest here primarily as earthquake risk, although Pacific Coastal storms are not without precedent. On December 28th, 1990, nearby Whidbey Island, and portions of our immediate area, suffered weeklong power outages as hurricane force winds downed thousands of trees and hundreds of power lines. Full restoration took three weeks.

Some residents were prepared, and successfully “sheltered in place” with stored emergency supplies of potable water, fuel for standby heating and generators, emergency medicine, camp lanterns and food rations. The majority of folks impacted by Sandy, despite a long history of major east coast storms, as the cable channels endlessly show, were unprepared, highly impacted, and demanding that “someone” provide for them. Watching that unfold on TV, yet again, reminds one of the old saw...”Your historic reckless lack of preparation is not now my emergency.”

Our infrastructure, at every level, is very fragile, operating “on the edge” so precariously that some level of continual disruption is assured, and the risk of long term total disruption, such as is being

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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@ttpnewsletter.com.

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experienced with Sandy, increases every year. For us, in the Puget Sound Coastal Region, a far higher percentage are at least marginally prepared, because we know that a massive earthquake, almost universally predicted to occur in the next 20 years, will literally wipe out our community infrastructure; likely for many weeks or months. Six candy bars, a little bottled water, two rolls of TP and a flashlight (even with extra batteries) won't cut it.

With our reliance on bridges and ferries, the daily trucked-in just-in-time resupply chain to grocery stores (if you can even get there) will just stop. Water systems will be massively damaged and unusable. Propane and gasoline resupply will rapidly, almost immediately, be impossible. Refrigerator and freezer contents will rot in a



couple days, and those in worse shape, refrigerated medications will spoil, and the unprepared majority, will become desperate, demanding that you "share" what you have set aside in preparation. Cell towers will have collapsed, batteries will be exhausted, 911 will cease to operate, and CNN and KOMOTV will be off the air. Think dark, cold and desperate. If you doubt this is what happens, tune into the national news tonight.

So what can you do today, and in coming weeks, to become better prepared to survive on your own for a month, minimum? Here are several

general strategies and some very specific tips and actions that will help you become and stay better prepared:

Buy and maintain a high quality reliable generator and keep 15 gallons of

TREATED AVIATION FUEL

along with an assortment of heavy extension cords and power strips, at the ready at all times; stored together as a kit, dedicated for this use.



The Honda unit shown, available locally

for \$1100 or online for

about \$950 and serviced locally, is the best choice, but only reliable if carefully managed so that it will work, first time and every time, when you need it, with proper fuel. Properly maintained, these units reliably start with just a few pulls and can idle down to an economizer mode for terrific fuel conservation. They double as great camping items and hold their resale value. Inexpensive look-alikes are generally of very poor quality.

Standard automotive fuel is just not suitable for storage more than a few weeks.

The eco-additives and alcohol will turn it into green gunk every time. Take your specially marked cans over to the airport and buy AVGAS from the credit card operated pump, with STABIL fuel additive (Hadlock Hardware or Westbay Auto Parts). Date the cans, and rotate that fuel into your car once every two years. That will assure that you have enough fuel to keep your refrigeration and basic lights going for two weeks if carefully managed. Never operate a generator indoors, or within twenty feet of any dwelling, and connect only with extension cords unless you have a professionally installed transfer switch.

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Create Go Bags to include everything you will need for a minimum of 72 hours of personal survival. Two are recommended.

One for your car and one for your home. More advise can be found at www.ready.gov/build-a-kit. Commercially available pre-packaged kits are a good start, but they must be supplemented with what you will personally need, including meds and prescription copies, and personal records, money and proof of residence. If you require refrigerated meds you may wish to make your Go-Bag a portable cooler with a handle and keep a couple of instant cold packs in there, as well as cold packs in the freezer.



Store water. Each person needs at least a gallon a day of safe potable water for basic survival. Barrels of the type shown here are readily available online and locally at hardware stores. Pre-filled with ten drops of Clorox bleach, the water will remain usable for over a year, fill to just 90% to

allow for freezing. A few cans or bags of water for easy transport, a one day supply, is also smart, along with water purification pills and plastic bags.



Letters from our members

Kala Point Dues:

Dear News & Views,

I read with interest the News and Views article on our dues comparisons to other association, it was striking to see how much higher our dues are then any neighboring association, which in some cases have more amenities then we do. I would like to know why that is the case.

Is it because we are a gated community and maintain our own roads? If that is the case we only have the allusion of a secure gated community. The gate is open five days a week, and any one that wants in when it is closed only needs to wait a few minutes and follow someone in that has an opener.

Should we consider turning or roads over to the county, I understand that is a possibility. It seems like that would be a huge savings on dues if that could be done since many of us on fixed retirement incomes are struggling to keep up with the high and ever increasing dues. It would be helpful if someone from the board would address this issue and explain why our dues are so much higher than other similar neighboring associations, and if there are any options to reduce them. If they chose to shun the News and Views they could address the issue in the Kala Pointer. I read both papers.

Kala Point News and Views response:

Dear Reader,

Unfortunately, historically, the KPOA board has not been forthcoming with the kind of answers

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you seek. The financial records of the association, and indeed of all other HOAs, are, by law, available by law for review by all members. This means that you, or someone else, could obtain records, and do a comparison to determine where and why our costs are so high. Expecting the board or management to make such an analysis upon request of an individual member seems like a non-starter. Perhaps it is time for an independent group of members with skills and interest in the finances, to organize such an analysis and publish the results in this publication.

Rules & Regulations Lack of Common Sense

Regarding October issue of the Kala Pointer, Architectural committee tips.

Dear News and Views,

In reading the Architectural tips I was reminded of how ridiculous and over controlling some of our regulations are.

Two of the most extreme examples is the requirement for a home owner to have a committees approval before they can repaint their house back to it's original color, or the requirement that you must have a committees approval to remove a limb from a tree on your property. To treat our members as if they were so incompetent and unintelligent that they would destroy the community if every aspect of their property was not monitored and controlled by a committee is demeaning and insulting to their intelligence. Our members are responsible adults and should not be treated otherwise. Our excessive controls and rules are well known outside of our community and are viewed in a very negative light. If known by a potential buyer they will have a negative effect on the sale of a home in Kala Point.

We need rules and regulations, but they need to be realistic and pass the common-sense test. I think

some of the one's we have now fail the test.

Why not form a committee and review all the rules and regulations and throw out all the ones that do not pass the common- sense test? You would need common-sense members on the committee. This does not mean I do not appreciate the hard work and dedication of our committee members, they are very much appreciated, but I think we have a large over kill when it comes to rules and regulations in our community. The preceding is one member's observation.

Kala Point News and Views response:

Dear Kala Point member,

There is really very little evidence that KPOA has ever considered anything other than a "parent-child" perspective in terms of governance. There exists such a focus on control and micromanagement of members use and enjoyment of their property that almost anything you want to do outside of your home is the claimed province of the Architectural or Grounds Committees and their micromanagement. Essentially the belief is that the governing documents limited actual powers and authorities in this regard "are but a starting point", subject to unlimited extension and expansion to suit those who sit on these committees and demand unlimited veto over private property use in the development. The reach and extent of this control, far in excess of their actual authority under the CC&Rs, is accomplished through the perpetual production of more and more control through the massive and ever-changing volume of APPs. Actually, these APPs have no force and effect on members. Only Rules and Regulations are enforceable, and for them to be changed, there is a formal notice process that is just not followed. This, unfortunately, as you note, is one of the major reasons that the term "Kalaban" was coined in the area, to describe a dysfunctional level of control enforced by KPOA.

from michelle at evergreen fitness center: What's For Dinner



I think most of you will be able to relate: the women will just get a bigger chuckle out of it than the men...

Lady of the house says, "Honey, what would you like for dinner?" (Now you ladies already know where I'm going with this.) Man of the house replies, "I don't care." She says, "Just name something you like that I make." He replies, "It's all good; whatever you want to make is fine." Laugh with me ladies... and men, go ahead shake your head, 'what's the big deal?'

I had this sort of conversation with myself this morning before I actually sat down to type. "Would somebody just give me an idea of what to write about? Anything...any suggestion because I have too many things going on in my head, and I really want to cook dinner (oops, I mean write an article), I just want to know you are going to like what I cook (write) and enjoy it too.

Do I hear an 'Amen'?

By the time you read this, over 85 Evergreen Fitness members will be 1/3 of their way through our 8th annual 'SHAPE UP' contest. During the contest we have weekly meetings on Monday nights. Last night was meeting night and I let others cook (talk). So this morning you get what I wanted to say. There is a nice cash prize for the winner of the contest, but as the facilitator of the contest, I put the focus on NOT GAINING weight over the holiday season. Nutrition education is the key, and knowing what you eat is vital. In recent years, we have seen yeast-free diets, dairy-free diets, sugar-free diets, white-flour-free diets, both low-carbohydrate and high-carbohydrate diets, both low-red-meat and high-red-meat diets, caffeine-free diets, salicylate-free diets and more. We have been advised to load up on molasses, yogurt, honey, vinegar, oysters, mushrooms and soy nuts. People with subjective symptoms such as headaches, fatigue, or back pain have been instructed to avoid irrational list of "allergenic foods" based on "blood screening." We've also seen illogical instructions on how to combine foods, such as "don't eat applesauce and asparagus at the same meal." For weight loss, we've had grapefruit diets, hard-boiled egg diets, cottage

cheese diets, water diets, high-fat diets, low-fat diets, and blue-foods-only diets; the list goes on and on.

Such diets come and go. Most are not based on science and eventually fall out of favor when they don't work. Or, they work for the prescribed 6-12 weeks that we are on them, and then we go 'off' them and are right back where we started. (I can hear Johnny Carson in my head; his Karl Malden



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characters saying, “What will you do, what WILL you do?”)

We have to educate ourselves. One of the coolest strategies I have given to our “SHAPE UP” members is access to Evergreen Fitness’ new online nutrition program called ‘Vitabot’. Before you rush off in a hurried frenzy to Google it, I must tell you: it is food journaling. Yes, I have lectured you many times before to write down what you eat and get a grasp on the calories you are consuming. But ‘Vitabot’ takes this to a really cool new level: a nutrition ‘report card’. Vitabot has an interactive nutrition report card. As you food journal, the program takes the foods you ate and changes your ‘report card’ to reflect the vitamins, minerals, calories, protein & fats that are in the foods. It will also give you suggestions on foods to eat that will improve your report card (nutrition). Vitabot also has a huge database of nutritionally balanced meal plans based on your

needs according to your age, gender, and activity level as well as body composition (lean weight verses fat weight). If you would like to see a demo of it, go to: www.evergreenfitness.vitabot.com

Well there you go; I cooked up something new. Do you like it? I would like to say a huge ‘Thank you’, to those of you who take the time to tell me you enjoy these articles. So if you liked this one, let me know, otherwise, next month you just might be served leftovers.

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.’ Have a blessed Thanksgiving, and don’t stuff yourself.

-Michelle West 360.385.3036



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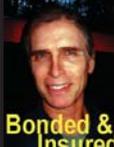
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Kala Point News & Views



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local veteran is featured speaker on veterans day



The public is invited to attend the Veterans Day ceremony held each year by the Marvin G. Shields Post 26, American Legion, in Port Townsend. The ceremony will honor all veterans

and will recognize 52 Legion members who have held continuous membership for 20 years or longer. The ceremony will take place at the American Legion Hall, corner of Monroe and Water Streets, at 11:00 a.m. on Sunday, November 11.

Retired Colonel Nancy McDaniel, U.S. Air Force, Medical Service Corps, will be the featured speaker. Her address is entitled "Standing Guard." Colonel McDaniel was born in Port Townsend, and was raised in Chimacum where she graduated from Chimacum High School. She earned her bachelor's degree in Business Administration from the University of Puget Sound, Tacoma, where she was the first female to be commissioned as a second lieutenant through

the Air Force ROTC program at UPS. She later earned a Master of Science degree in Healthcare Administration from Trinity University, San Antonio, Texas. As a Medical Service Corps Officer she was stationed at bases in Kansas, Republic of the Philippines, Texas, Arizona, New Mexico, Ohio, and at the Pentagon in the Office of the Assistant Secretary of Defense for Health Affairs. Her last duty station was Brooks Air force Base, Texas, where she was Chief of Staff, Human Systems Center. She retired in 1997.

A pre-ceremony concert by the Port Townsend Summer Band at 10:30 a.m. will feature marches and other patriotic music for the occasion. Following the ceremony a buffet luncheon will be served by the Post 26 Auxiliary to everyone attending. More information can be obtained from Post Commander Joe Carey at the Legion Hall, 385-3454 or from Post Adjutant Karl Bach, 344-3658.

Submitted by:
Karl Bach
344-3658
October 4, 2012



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