



# Kala Point News & Views

April 2013

*Serving our Community with Information*

## evening board meeting attracted more than 20 members

### Board President “astonished”; All Attending Very Appreciative of Evening Meeting

The March Board Meeting was held in the evening at 6:00 p.m. with the hopes of attracting more member attendance. Attendance of more than 20 members prompted President Moses to announce that due to the overwhelming number of people in attendance they will be holding at least one more evening meeting. Attendance was much larger than past early afternoon meetings.

The president did a very good job of conducting the meeting and addressing the topics that were discussed. He is to be commended for his inclusiveness and fairness in addressing the various issues. BOARD participation was good, even lively at times but non-confrontational. A number of issues were voted on and most passed.

One issue that was put on hold was the decision on whether there is any longer a need for BMAC, as the county has the final say regarding any tree actions on the bluff.

It was pointed out by a BOARD member, and rightly so, that many of the tensions and hard feeling between our community members have resulted from the BMAC decisions denying view maintenance request. If the only concerns are the bluffs stability then the county has that charter and responsibility and will rule on any tree actions on the bluff. On the other hand, if some agenda driven individuals want to protect trees at the expense of homeowner’s ability to maintain their views, which is provided for in the CC&Rs, then we probably still need BMAC.

Hopefully more BOARD members will agree with and support the one member who had the courage to suggest a common sense approach to the BMAC decision, and vote to cancel an unnecessary and divisive committee.

Remember to attend the next evening board meeting where members can hear all the discussions and details of the meeting and not break up your day! Higher member attendance will show that there is an interest and need for evening meetings.

#### Inside this issue:

#### **Get Crafty With Produce Bags:**

Fourteen Creative Uses - Page 2

#### **Business & Service Directory:** - Page 3

**From Michelle at Evergreen Fitness Center:** Sleepy? - Insert Page 1

*The appearance of items, or advertisement in this publication does not necessarily constitute endorsement. KPNV, now in it's 10th year, is published by community volunteers as a voice excluded from KPOA's "official" newsletter through active association censorship limiting content to "the party line".*

*KPNV Contributors & volunteers may elect to have their work acknowledged or they may not. Attacks on dissent and dissenters by KPOA, including attacks on KPNV advertisers, through both official and unofficial voices, cause many to desire anonymity. KPNV understands and respects such requests, reserving the right to disclose or not disclose the names of members contributing.*

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

## get crafty with mesh produce bags

Mesh produce bags are hard-to-recycle but also hard to find a use for around the house. Here are a few ideas to try:

- ◆ For an earring organizer, simply stretch your bag over an old picture frame, staple it in place and start hanging your favorite jewels!
- ◆ Wad them up in a ball, secure with an elastic, and use them as scrubbies to clean nonstick pans and other dishes.
- ◆ Hang the bags from a mirror and throw hair bows in them for easy access.
- ◆ Make potpourri sachets from them. First line each bag with colored tissue paper, fill them with a small amount of potpourri, and tie them shut with a decorative ribbon.
- ◆ Hold skeins of yarn inside the mesh bags, then pull from the center right through the mesh. No more tangles!
- ◆ Make them into bath loofahs.
- ◆ Sew them into the shape of a stocking, finish with binding fabric, and fill with pet treats. Mesh bags make pet stockings like they sell in stores.
- ◆ Run them through your embossing machine to add texture to your cards.
- ◆ Fold them in half, sew an X through them, and use them as dish rags.
- ◆ Add velcro so the bags can be opened and closed, and use them as lingerie laundry bags.
- ◆ You can crochet with them! Make crochet table settings and doilies from the mesh.
- ◆ Sew a doormat made of mesh product bags. Cut them into long strips, pin 3 or 4 together at one end and braid. Then sew the ends to another strip and continue until you have a long braid several feet long. Lay flat and start to curl in an

oblong shape. Stitch this as you go so you end up with a mat.

- ◆ Use them as a paint brush for splatter painting. Dip the wadded up mesh into your paint, then fling it at your canvas for a splattered look!

- ◆ Cut a hole in the center, create a well for the plant to rest in with a layer of sphagnum moss. Then put a small plant with soil inside the well and cover with more moss.



Every coffee bean has a soul, and as a roaster, we coax the spirit of that soul into releasing the finest flavors grown on this earth. For you, for us, in good spirits.

As entrepreneurs, we researched coffee from single origins, estates dedicated to the development of every tiny green bean.

Artfully roasted in one of the finest small roasters built in America, this coffee is offered to you with great pride and commitment to this craft. **Your own online order can be blended exactly to your taste and repeated each time we roast a batch for you.**

Visit us at [www.bluespiritscoffee.com](http://www.bluespiritscoffee.com).

# Business & Service Directory

**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.

**Yards Express:** Landscape Maintenance, etc. We provide mowing, edging, pruning, weed control, and leaf & debris cleanup on and as needed or weekly basis. We can meet all your landscape maintenance needs. Call **Tony Estrada-360-531-3904 cell or 360-732-4919 office.**

**Scampi & Halibut's Seafood Grill** - Satisfy your seafood craving. Over 70 delicious items to choose from. Beer & wine. Get hooked daily. Catch us in Port Hadlock, just for the halibut! **385-0161.**



**TODD STEVENS ELECTRIC**  
 New Client Special - \$55/Hr (reg. \$70)  
 25 Yrs. Exp. / Free Estimate / Small Jobs Welcome  
 (m)360-490-8535 (o)732-0022  
 LIC# TODDSSE956QD ToddStevensElectric.com

Bonded & Insured

**We Buy or Consign Firearms From Estates, etc-Bear Arms** is a full service arms dealer. We buy, sell or trade arms plus ammo, accessories, sporting goods, & military items. In Kivley Ctr, Pt. Hadlock. **385-7658.**

**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. Cont. Lic. #Ironwbl097kb.

**Fade, Glare, Privacy & Heat Solution-** 3M Window/Skylight film blocks UV rays to protect your furnishings. Keep your drapes open and let the sun shine in! Call **Window Scapes Inc. 385-3810**



**KALA POINT RESIDENTS**  
 ONE MONTH FREE & SENIOR DISCOUNT  
 STORAGE & MINI SHOPS (12 X 15)  
 THE CUBES (360-379-1166)  
 63 Julian Street, PT, WA

**House Cleaning-** Satisfaction Guaranteed. Reasonable Rates. References upon request. **Rubi Duran- 301-0048.**

**SIR J. SERVICES** - Home & Yard Care; Maintenance, Repairs & Improvements. From taking down Christmas lights to remodeling, you can count on Sir J. **Sir J. Services is your personal choice!** sirj.9419595@live.com or call 206-941-9595

**Professional Chimney Cleaning & Inspections** - No mess cleaning, lowest fee around, fast & friendly, inserts, pellet stoves, woodstoves, minor repairs, chimney caps, chimney accessories. Call John, **360-769-2344** or email **jev@aol.com.**



**Welcoming Staff**

**Your Full Service Fitness Center**

- Kala Point Joining Special • Sterling Medicare Plan
- Senior Classes & Discount • FREE CLASSES
- NO enrollment fee! • FREE Trial Membership

**www.evergreenfitness.net**  
 We're your neighbor! **385-3036**

**Piano Just For Fun**—Class size limited to 3 allowing time for individual instruction & ensemble playing. Keyboards are provided for each participant. 437-7928 or **klrpsharp@yahoo.com**

**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.**


**Furniture Upholstery, Fabrics, Foam and Throw Pillows!** Spruce up your rooms before the houseguests arrive. Vintage furniture a specialty. Call Anne at **A Little Upholstery, 385-1556.**



**Pressure Washing Our Specialty!**  
 Make it look new again! Free Estimates  
 Driveways, Sidewalks, Decks & more

**ecoclean 360-531-4821**  
 pressurewashing services

**Mail Plus- All your Shipping & Packaging needs!** w/ UPS, DHL, FedEx. Notary, custom T-shirts, passport photos, pet tags, copies, biz cards, laminating/binding, banners, friendly service! Across from QFC in Castle Hill Ctr. Why drive all the way to the Post Office? **379-1156**



**HELLACIOUS HOUSECLEANING**  
 by Marcia

**360-265-1592**

Whether you want just the basics or DETAILED cleaning, I GUARANTEE SATISFACTION, or I will accept ONE HALF of my customary charge!  
 (References at Kala Point)

**Advertising Disclaimer**

The printing of an article, classified or display advertising does not necessarily constitute endorsement by Kala Point News & Views staff. Ad space is limited and acceptance is dependent upon availability of space.

# KIN Publications

For Article or Ad Submissions email: [contact@ttpnewsletter.com](mailto:contact@ttpnewsletter.com)

Visit our web site: [www.ttpnewsletter.com](http://www.ttpnewsletter.com)

*Serving Kala Point since 2002*

P.O. Box 816, Port Hadlock, WA 98339

PRSR STD  
US Postage Paid  
Silverdale WA  
Permit No 111

To receive  
your  
newsletter  
by email  
just let  
us know: [contact@ttpnewsletter.com](mailto:contact@ttpnewsletter.com)



## Kala Point News & Views



We provide mowing, edging,  
pruning, weed control,  
and leaf & debris cleanup as  
needed or weekly basis.

We can meet all your  
landscape maintenance  
needs.

Please call:  
**Tony Estrada**  
360 531-3904 cell  
360 732-4919 office



## from michelle at evergreen fitness center: **Sleepy?**



Sleep. We all need it. Some of us seem to need 8 (or more!) hours, some seem to do fine on 4 or 5. I'm not sure why I felt compelled to write

on sleep, but as I began to look at related articles, there seemed to be a frequent comment that made no sense to me. Several times I read a statement similar to: "Scientists don't know exactly why we need sleep but they know what happens when we don't get enough." Hmm; if we know what happens when we don't get sleep, isn't that perhaps **why** we need it?

The bottom line is that everybody needs sleep - it is as essential as breathing and eating. Here is some information I found (with my added comments - of course).

Sleep is essential for good health. When we don't get enough we put ourselves at risk of premature aging, weight gain, and diseases ranging from colds and flu to cancer. What is accomplished in our bodies while we drift off to dreamland is nothing short of miraculous. While we sleep, our bodies were designed to replenish our energy, rebuild and restore our cells, and reorganize information in our brains.

One obvious clue is that we all feel better after a good night's sleep, and much worse if deprived of a decent night's rest. In humans the need for sleep gets so strong after a few days that nothing will keep you awake - with reports of people falling asleep standing up, even while being kicked or having intolerably loud music played at them. Within days of having no sleep, people report confusion, forgetfulness and hallucinations. (In case you are wondering, the world record for going without sleep is eleven days.)

But is saying that we sleep because we are tired rather like saying we eat because we are hungry? It is why we sleep, but not necessarily why we need it?

### **Memory aid**

One theory that has emerged in recent years is that sleep helps us to process and consolidate new memories. Our memory system is a psychological wonder, and several studies have suggested that sleep provides some behind-the-scenes maintenance.

By the way, there is good news for siesta or power nap lovers. Similar comparisons indicate that you can get a memory boost from a daytime nap. So, if you have been studying or working hard in the morning, do not be too hard on yourself if you fancy closing your eyes for a while. *The idea here, please note, is a **power nap**, not 2-3 hours of sleep, which, like eating too close to bedtime, alcohol, and caffeine amongst other things can hinder a good night's sleep.*

**Dream on?** Here is a piece I read that was interesting to me:

"From this we also gain an important insight into the fascinating phenomenon of dreams. These crazy adventures our minds have while we are sleeping may be a product of our memories randomly activating so as to keep them fresh, and of the mind seeking connections between all the things we have recently experienced. This could also explain why hallucinations accompany sleep deprivation. Without the opportunity to reorganize our memories during sleep, dreams intrude into our waking lives, causing difficulty in distinguishing our inner lives from reality.

Continued from Insert Page 1

fact, they argue that the very question “why do we sleep?” is mistaken, and that the real question should be “why are we awake?”. If you are safe and warm and fed, it is a waste of energy to be awake and moving around (and possibly getting into trouble). Far better, this argument goes, is to be awake only when you have to and sleep when it suits you.” Let us all stop right there & go take a nap; the rest can wait until later!!

One thing is certain, not only do we have to sleep, but it is good for your mind and body as well.

Before I bid you farewell, Carla, one of our fabulous instructors, met a Kala Point resident (darn, Carla remembered her name, but I forget (maybe I need a nap); they met at the baking soda isle at QFC about a month ago! Carla said to tell you ‘Now is the time to come into Evergreen Fitness.’ And thank you for telling her you read my articles!

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](mailto:evergreenfitness@qwestoffice.net) or better yet, come on in... we’re ‘just-around-the-corner’

-Michelle West

## the 16th annual aauw kitchen tour

### A Day in the Woods by the Bay



The 16th Annual AAUW Kitchen Tour, “A Day in the Woods by the Bay”, will be held on Saturday, April 27, 2013, from 10 AM to 4 PM. The popular, self-guided tour will include 8 extraordinary kitchens in Port Ludlow.

AAUW Port Townsend and its 501(c)(3) charitable arm, the University Women’s Foundation, sponsor the Kitchen Tour.

Attendees of the tour can get remodeling or building ideas while supporting local education projects.

Proceeds support scholarships and education projects in East Jefferson County. Passports (which include detailed descriptions of the kitchens), raffle baskets, free refreshments, and kitchen design seminars will be available at the hospitality center at the Port Ludlow Yacht Club, 55 Heron Road.

Tickets are \$15 and will be sold starting March 16 at Chimacum Corner Farmstand (Chimacum); Dana Point Interiors and The Resort at Port Ludlow (Port Ludlow); Kitchen & Bath Studio, Quimper Mercantile Co., and What’s Cookin’ (Port Townsend); and Over the Fence (Sequim).

For more information, call (360) 302-0571 or access “Port Townsend Kitchen Tour” on Facebook.



**We don't just look inviting...  
We are!**

www.evergreenfitness.net • 360-385-3036 • 22 Tahlequah Lane (Glen Cove Industrial Park)

**Spacious, clean,  
warm & welcoming**

- Free daycare
- Free group fitness classes
- Free orientations
- World class instructors
- Free use of outdoor dog Kennel

Amenities abound—  
visit our web site:  
[www.evergreenfitness.net](http://www.evergreenfitness.net)

---

Three, Six, or Twelve  
Month Membership Options



FREE TRIAL MEMBERSHIP