



Kala Point News & Views

February 2013

Serving our Community with Information

perception of kala point **Past and Present Reality**

Dear Mr. President,

I appreciate your concerns with the negative perception of Kala Point by the outside community. It is a concern I share, and I understand that with your limited time here you would wonder why the negative perception.

The initial perception was established many years ago and was added to throughout the ensuing years. It was the result of a select group, including the developer that had an agenda to control Kala Point to an almost obsessive degree. Any one that challenged their control could be demonized and sometimes driven out of the community. The demonizing even reached the point of physical harassment at a board meeting resulting in a criminal assault conviction. This became well known outside of Kala Point and created the current perception of our community. Once a perception is established it is hard to turn it around. I am grateful for your concerns and effort to turn it around.

I think things have been improving over the more recent years, but we have a ways to go. Following are a few examples, (there are many more) of the excessive control of individuals in our community that contributed to our negative image.

One member was attacked routinely at BOARD meetings for his efforts to preserve homeowner's ability to maintain their views according to the CC&Rs. He eventually moved out of the area because of the stress from the attacks. He was a tree committee chairman.

One member moved because of the stress from legal actions resulting from the architecture committee allowing a house to be built in front of his home that exceeded the lot height restriction assigned to the lot. This resulted in the new house blocking his view which he had paid extra for because of the view.

The architectural committee decided they could trump federal law and control satellite dishes, collecting fees and demanding complex applications and approvals. Finally the FCC stepped in, reprimanding the association, and invalidating the policy.

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There have been a number of papers and newsletters over the years that have attempted to question the governing status quo. In all cases extreme measures were taken to attack and demonize them. Only one has survived.

A recent issue would explain further why we have such a negative image. A home owner needing to replace some rotten materials in his deck was required to submit a \$500 deposit and have his septic tank inspected at a cost of \$300, even though the tank had been pumped the prior year. At completion he was returned \$250 of his deposit, \$250 was not returned. Total unwarranted cost to him- \$550.

A recent tree committee acting chairmen resigned as a result of being attacked for his pursuit of view maintenance.

The suppression by the BOARD of members ability to submit resolutions was greatly resented by most members, and has contributed to our image of a community of excessive controls.

This is only a small portion of past issues that resulted in the negative view of Kala Point by our outside neighbors. If I listed all the history that has contributed to our negative image, this would turn in to a novel rather than a short article.

A lot of this is in the past, but we still have some ongoing issues regarding excessive rules and regulations that was addressed by someone in a prior article. I hope some actions will be taken to deal with them. This would help improve our image.

We certainly have a lot of good dedicated committee members that are not driven by an agenda and only want to do what's best for our community. Thanks to them and a president that wants to improve our image and has not attacked any of our members with his presidents message in the Kala Pointer, there is hope for a more united community.

8th annual fantabulous follies

Proceeds to Benefit PT High School Drama Dept!

Going from glitter & sequins to swing skirts & tie-dye, with lots of toe tappin' mixed in - we dare you to try and NOT sing along at the 8th annual Fantabulous Follies presented by the O'Meara Dance Studio.

Their studio is located above the Uptown Theatre on Lawrence Street. When her brother bought the building many years ago, he asked Joan to take a look upstairs to see if she'd like to move her studio there. Although she had recently retired at the time, Joan agreed that the space would make a great dance studio. She promptly came out of retirement to help run it with her daughter, Erin.

This year, Artistic Director Joan O'Meara has put together a "fabulous" production of numbers to the theme of "Follies in the Park". Fantabulous Follies is patterned after the Palm Springs Follies, and participants include the "Ladies and Gentlemen" of the O'Meara Dance Studio.

As master of ceremonies, Jim Guthrie will lead the troupe through the program of musical theater, song and dance numbers that include tunes from many Broadway hits.

Come and sing along to the songs! Performances are: Friday, March 8th, 7 PM and Saturday, March 9th, 7 PM at the Port Townsend High School Auditorium at 1500 Van Ness, Port Townsend. This is a fundraiser and proceeds will benefit the Port Townsend High School Drama Department.

Tickets are sold at the door: \$12 Adults and \$6 Seniors, Students & Kids.

For more information call Joan O'Meara or Erin O'Meara, 360-379-4951

red wine and chocolate

Olympic Peninsula Winery Tour

February 16, 17, and 18, 2013



The Olympic Peninsula Wineries are taking the pairing of red wine and chocolate to

new heights this year, featuring a host of never imagined sweet and savory combinations during the annual Red Wine & Chocolate Tour, Feb. 9-10 and Feb. 16-18 (Presidents' Day Weekend) from 11 a.m. – 5 p.m.

"Nothing is more delicious than a good red wine and the right chocolate shared amid the beauty of the North Olympic Peninsula," says Association President Vicki Corson. "We decided to shake things up a bit this year with some new combinations that our guests may not have experienced – or even thought about – and we believe they will be pleasantly surprised! The wineries would like to extend a special invitation to anyone who has not participated in our Red Wine & Chocolate

tour in the past to come out and join us for a perfect Valentine's or Presidents' Weekend getaway! Participants who visit all eight of our wineries will be entered into a drawing for an elegant wine-themed gift basket."

Tickets may be purchased at participating wineries during the event. The \$30 ticket and glass package entitles you to a special commemorative wine glass, complimentary wine tasting and delectable samples of chocolate at each winery during the Red Wine & Chocolate Weekends. This event does not take place at one location. You travel from winery to winery, visiting the ones you are interested in exploring. Tickets are not required to attend this event. A \$5.00 wine tasting fee will be charged at each winery for non-ticketed visitors. You must be 21 or over to purchase tickets and/or participate in wine tasting. All ticket sales are non-refundable.

The Olympic Peninsula Wineries encourage responsible wine touring and recommend that you have a designated driver in your group. Designated Drivers are invited to enjoy the food at each winery. For more information call 800-785-5495 or email info@olympicpeninsulawineries.org



Experience locally crafted wines that are seldom offered outside this region. Most produce less than 2,000 cases a year. The small-scale productions, coupled with a high local demand, these wines are usually kept close to home. Sample some of the Olympic artisan wines and meet the winemakers who are passionate about their creations.

1. Harbinger Winery
2. Camaraderie Cellars
3. Black Diamond Winery
4. Olympic Cellars
5. Wind Rose Cellars
6. Eaglemount Wine & cider
7. FairWinds Winery
8. Finnriver farm & cidery

from michelle at evergreen fitness center:

2013



2013. February. A new year: a time when we all start with ‘Geez, last year went by so fast!’ Then we start to ponder on how we are going to make this New

Year better than the last. Resolutions; everyone’s probably had at least one of the following resolutions: lose weight, exercise more, eat less, eat better, make better use of my time, watch less TV, read more, make more money, spend less money, pay down debt, don’t increase debt, don’t let the cat walk on the keyboard when I’m trying to write an article...the list is personal so it goes on and on and on.

Diet and exercise almost crosses every Americans mind. Why? In part at least is because as technology increases, our activity level decreases. Now I’m not downing Wii (at least not completely), but if I hear one more person say

their new exercise program is Wii bowling, or Wii Yoga, I may just go into my office and have a silent scream. Like all new toys, this may get us off the couch (but I’ve heard you really don’t have to) for a little while, but will the family realistically continue to gather together to play 3 nights a week? I don’t think so. And where’s the motivation or accountability in it. Soon we fall back into our regular patterns because they are comfortable.

So what makes us change, and what can help make our change stick? I recall an article I did that talked about pain being a great motivator. I think pain, whether it is physical, or emotional, starts us in the direction of desiring change. If life was all fluffy and rosy, why would we want to change that? Makes the phrase ‘growing pains’ have a whole new meaning.

So lets put those 2 ideas together and see what we can come up with. When we want to change, 1st of all, do we need to be motivated by some sort of pain? And, when we decide to make a change, perhaps we have to find enough joy (the fluffy & rosy stuff) to keep the change going? I think so. I think part of our problem though is how we come to expect instant gratification. We

forget that the habit we are trying to change did not become a habit overnight. We want to avoid the pain of change and fly smoothly into a new habit, and new life, a new start; “Lose 20 pounds in 10 days”; “Stop smoking TODAY”; “Flat abs in a week”; “Feel healthier tomorrow”. You’ve been seeing all the promises in all the advertisements since the day after Christmas with the approach of the New Year.



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Continued from previous page

Now that the New Year is here, you'll be bombarded with the gimmicks for the next 6-8 weeks. So why just 6-8 weeks? Instant gratification; it hasn't happen, the 20 pounds didn't come off in 10 days, I still have a belly pooch, and darn if one could really have thought he could stop smoking in 1 day.

Now I DO believe that miracles happen, and I do believe that we can stop a bad habit overnight...it's just not usually the case now is it?

So where do we find the fluffy & rosy stuff? Where do we find the joy when it is so hard while we are trying to change? I don't think there is one easy answer (that would be too easy now, wouldn't it!?) but a combination of many things that can help us along the way. As human beings, we are always changing and I think that means that what might motivates us one day, just won't work the next day. Our hormones switch, the people around us and their moods can affect us. What we eat & drink affects us as well. I'm starting to convince myself that it's hopeless; no WAIT, that wasn't what this article was supposed to do!

So where do we start? I have a sticky note on my dresser. It reads, 'Proper concern helps protect us, but excessive fear leaves us paralyzed.' I also have another phrase I like that, even though not written down, it made such a huge impression on me...it made me laugh...(hey there's some joy in laughter).

I was standing in the lift line while snowboarding several years ago and there it was. It had been there all along, and it was at the top & bottom of every lift: **UNMARKED OBSTACLES EXIST.** Isn't that hilarious? Isn't that **SO** true?

This year I would encourage you to share your 'resolution' with a friend or family member, and then let us help each other to continue on the journey. I think encouragement is a huge

motivator for most of us. Give someone a word of good cheer, a congratulations even when small steps are taken. And when a friend feels like they haven't done well, encourage them to continue. And if you are alone when you trip up, then lighten up on yourself, think of me saying, 'Whoa, unmarked obstacle!'

Have a blessed 2013; I look forward to meeting more of you 'Kala Pointers'. Come on in to Evergreen Fitness; give us a try...we promise to encourage you in your health & wellness goals. After all, we're just around the corner. Michelle West www.evergreenfitness.net 360-385-3036. Tell the staff I'm expecting your call. Happy New Year!



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Useful Tips For Your: **CAT**



Panting could mean there is a problem- Dogs pant up to 300 times a minute to cool themselves, but if you see your cat panting

it could be a medical emergency. While it could be from extreme anxiety, it can also be a sign of respiratory or cardiovascular problems.

Canned Cat Food Is Preferred - Canned foods usually have a higher percentage of protein and fat than dry foods and are significantly higher in water content than kibble (70 percent vs 10 percent). Canned foods tend to be more palatable to cats that are finicky, elderly or have dental problems. Better health for your cat can start by closing the all-day kitty kibble buffet and feeding measured amounts of a good canned food. But of course, talk to your veterinarian.

What can you do to get a cat to come to you? Avoid eye contact. Cats don't like eye contact with strangers, so will almost always go to the person who's not looking at them. This also is the answer to the age-old mystery of why cats always seem to go to the one person in the room who doesn't like cats. It's because she may be the only one not "rudely" — in the cat's view — staring.

Tale of the Tail - You can tell a cat's mood by watching his tail. Tail upright, happy; tail moving languidly, keep petting me; tail low, twitching erratically, I'm on the prowl; tail swishing rapidly, beware and leave me alone. If you've ever been surprised when a cat you're petting suddenly grabs you angrily, you missed a tail tale: The unhappy twitch of the tail tip would have told you to stop petting, now.

Chronic pain is not uncommon in cats, especially as they age. Cat-lovers miss the signs of a pet in pain because cats are good at hiding it. Any cat observed as being hesitant to jump up or climb, not using the litter box, not able to groom themselves as well, more aggressive or more withdrawn need to see the veterinarian. These are classic signs of discomfort.

What Litter Do Cats Really Prefer? - Forget the people-pleasing scents. Forget special formulas or alternative ingredients. Your cat is more likely to prefer unscented clumping litter, according to research.

How to Prevent a Finicky Cat - Feed your cat a few different foods so he or she will experience different textures and flavors of food. Just as people typically stick with the toothpaste they start with as youngsters, cats that are only exposed to one type of food will be less likely to try other brands and kinds.

Don't Toss That Ratty Scratching Post - When a post starts looking worn is when a cat starts liking it best. Get a new one and your cat may switch to the arm of the couch. Instead, refresh your cat's post by adding some coils of fresh sisal rope — it's cheap, easy to add and cats love to dig their claws into it.



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