

Regional News

Don't Make Me Talk About It!

by Barbara Adams, United Methodist Church Program Chair



Diane Johnson, Ph.D.,
Clinical Psychology.

Submitted Photo

We prepare for birth with diet and exercise, classes on childbirth, studies of bodily changes and readying the nursery for the new baby. But we seldom talk about death and the changes that will occur to our bodies and the lives we leave behind. We just don't want to 'go there.' Rueben Job, author of *Living Fully, Dying Well* states, "Death seems to be a contradiction of the deep hunger for life in the human heart."

This book will be the focus of an eight-week study at Community United Methodist Church in Port Hadlock. Each **Tuesday** from 6:30 to 7:30 p.m., **April 14 to June 2**, a class will be held, with light supper provided at 5:45 p.m. Diane Johnson, Ph.D. in clinical psychology from Discovery Center for Behavioral Health in Port Hadlock, will lead the class with resources and brief films.

We'll discuss our inheritance of God's love and how to invest it in a more fruitful life while preparing for the future with confidence. Exploring the meaning and purpose of our lives will help us "be the change we want to see in the world" by discovering opportunities such as simplifying our lives and dealing with unresolved issues. Trying new interests can be a gift to you and to the family, as in journaling, writing memoirs or novels, learning to sculpt or paint, or simply sitting in silence, meditation or prayer.

Making a plan before we die will ensure our wishes are in force, rather than family members making those decisions on our behalf. Wills, trusts, insurance, health costs, retirement living, wellness planning and Washington State law will be discussed.

A forum will deal with the mystery of death and the emotional, physical, mental and spiritual aspects of dying that we have long wondered about. The last session, "How then shall we live?" will help us develop spiritual practices to create a healthy and productive life in companionship with God.

You are invited to participate by contacting Barbara Adams, Program Chair, ludlowbarb@cablespeed.com, 437-2680.

Women's Connection Sponsors Friendship Tea

Northwest Women's Connection is hosting a Friendship Tea for the women of the area on **Saturday, April 25**, 1:00–4:00 p.m., at Calvary Community Church, 13474 Airport Cutoff Road in Port Townsend. The theme is "The Goodness of God." All women in the area are invited to attend.

Each spring for the past six years, the Northwest Women's Connection has held a conference to bring women together for a time of sharing and inspiration. This year the event will be for one afternoon, instead of parts of two days. Elaine Kaare will be speaking and sharing from her life story, in addition to a time of group singing, sharing and meeting friends, new and old. A short drama will also add to the program for the afternoon.

Judie Hagen will M.C. the event. Other Port Ludlow women serving on the Leadership Committee include Sharon Sorenson and Jeanne Warren. In addition, Susan Day, Ann Louise Huffman and Sue Waller from Port Hadlock are on the Leadership Team.

Tea and coffee will be served as well as finger sandwiches and sweets. There is no charge for the event, but reservations are necessary. For reservations please call Ann Louise Huffman at 385-5451, Jeanne Warren at 437-0995, or e-mail dnjwarren@softhome.net. A freewill offering will be taken. Please bring items for the Food Bank.

Hospital Auxiliary Jewelry Sale

How many favorite women are there in your life? The Jefferson Healthcare Hospital Auxiliary is hosting a jewelry sale on **Monday, April 20**, 1:00–7:00 p.m., in the hospital auditorium. Items from the Auxiliary's own hospital Gift Shop will be showcased. In addition the sale will include natural stone necklaces and earrings from Traveling Treasures of Silverdale, an array of silver crafted by Lori McCoy Bellamy Fine Art Jewelry, beautiful gold and gemstone pieces by Ava Veitenhans of Daughters of the King Custom Jewelry, and handcrafted pieces by Judy Danberg of Port Ludlow and hospital staff member Kathy Constantine.

The Hospital Auxiliary invites everyone to join them, to browse and help support this fundraising event—just in time for Mother's Day gifts for all those women who've made your life precious.

Walking Tours Offered During Bridge Closure

The popular Port Townsend walking tours, conducted by the Jefferson County Historical Society (JCHS), usually begin in **June**, but this year they began in March and will continue in **May** for local residents during the bridge closure.

Special enhanced “Bridge Closure” tours specifically planned for local residents will be held throughout **May and June** to encourage local exploration. The enhanced tours will not only include a costumed guide, but other costumed characters from Port Townsend’s colorful past will be located along the tour route. Along Water Street, walkers might meet the flamboyant Henrietta Maynard in a historic saloon or the evil Victor Smith in a hotel lobby where anecdotes will be shared before the tour group continues on its way.

Walking Tours Chairperson Lynne Sterling says, “We have a lot of enthusiastic new guides this year as well as returning veterans. They are anxious to share their love of Port Townsend’s exciting past. That’s why we created the enhanced tours for the bridge closure period.” The Downtown tours will be at 2:00 p.m. on **Saturdays** beginning at the JCHS Museum, 540 Water Street (admission included). Uptown tours will be at 2:00 p.m. on **Sundays** beginning at the Rothschild House Museum, 418 Taylor Street (admission included). Tours are free for JCHS members and \$10 for non-members.

Northwind Reading Series

On **Thursday, April 9**, beginning at 7:00 p.m., the Northwind Reading Series will feature readings by Carmen Germain and Patrick Loafman.

Carmen Germain teaches writing and literature at Peninsula College in Port Angeles, where she is also a co-director of the Foothills Writers Series. *Living Room: Earth*, was published by Pathwise Press (2002), and *These Things I Will Take with Me* was published by Cherry Grove (2008). Her work has appeared in the anthologies *Proposing on the Brooklyn Bridge: Poems about Marriage* (Grayson Books) and *In a Fine Frenzy: Poets Respond to Shakespeare* (University of Iowa). She has been published in *The Madison Review*, *Natural Bridge*, and *Heliotrope*, among others. In February 2008, she was a Visiting Artist at the American Academy in Rome.

Patrick Loafman has published poems in over 20 journals, including *Adirondack Review*, *Open Spaces*, *Pontoon and Bellowing Ark* and has two chapbooks of poetry, *Song of the Winter Wren* and *Desert Journal*. He is

trying to publish his first full-length book of poetry titled, *Musical Seltzer*, and a humorous novel called *Ockham’s Razor*. He co-writes *Act Locally*, a bi-weekly article for the *Port Angeles Daily* with Diana Somerville.

Patrick has a degree in wildlife biology and works seasonally in Olympic National Park studying spotted owls, frogs and liverworts. He is also a gourd artist who sells at local art fairs and galleries. He made two homemade gourd banjos that he plays obsessively at his small farm where he lives with his wife, a blue cat, three blue bunnies and nine curious chickens.

The readings will be held at Northwind Arts Center, 2409 Jefferson Street in Port Townsend and are free and open to the public. Donations are gladly accepted to support Northwind, a non-profit organization dedicated to connecting the arts to our community.

Working Image Benefit Fashion Show

It’s not too late to purchase your ticket for the 10th anniversary of this popular event! On **Wednesday, April 15**, at the Port Townsend Elks Club, Working Image will host a dinner and a fashion show. Festivities commence at 5:30 p.m. when the doors open and the show begins at 6:00 p.m. Tickets are \$40.

Enjoy the same teddy bear auction, celebrity waiters and fabulous fashions! Proceeds benefit Working Image, a program that provides work clothing at no cost to low income women in Jefferson, Clallam and Kitsap counties. You may call or e-mail Program Manager Kristina Whipple at 385-2571, ext. 6334 or go to workingimage@olycap.org. This event has been a sellout in prior years, so don’t procrastinate!

Northwind Schedules April Events

April brings five Skagit Valley artists to the Northwind Arts Center for Skagit Expressions on **April 3-27**. Patsy Thula Chamberlain, Karen Fishburn and Terri Silva work in ceramics. Becky Fletcher paints in oils and Janet Foster is a fiber artist. Plan to attend the opening reception during Art Walk on **Saturday, April 4**, 5:30–8:00 p.m.

On **Monday and Tuesday, April 6 and 7**, garden and landscape oil painter Susan Hazard will lead a workshop Called “Painting with a Palette Knife.”

Visit www.northwindarts.org or call 379-1086 for more detail on Gallery shows, poetry readings and workshops. Northwind Arts Center, in Port Townsend at 2409 Jefferson Street, is open **Thursday–Monday** from noon to 5:00 p.m.

Shall We Dance?

by Marilyn and Bruce Hudson

Looking for a place to dance to live jazz bands in a nightclub atmosphere with no cover charge? We recommend dancing to the music of Savoy Nights, Dukes of Dabob, Nostalgia, No Inhibitions or Jazz In Blume at the 7 Cedars Casino "Club Seven" on **Monday** nights from 5:30 to 9:00 p.m. Or on the last **Sunday** of each month, you can dance to the music of the Stardust Big Band. Not only are they all fun to dance to, it's a great form of exercise!

Only a 30-minute drive from Port Ludlow, these dance bands attract older couples who love to dance. The dancers we've met there come mainly from the Sequim and Port Angeles areas. While the Casino itself is not smoke-free, the dance area is.

If you like to listen to jazz but don't dance, you can sit at one of the tables just above the dance floor and watch both the band and the dancers. To see who's playing each week, check out www.7cedarscasino.com/entertainment.html and look under "Live Jazz" on **Monday** night.

Children's Festival of Art

The ninth annual Children's Festival of Art will be held **Saturday, April 11**, 11:00 a.m.–5:00 p.m., at Fort Worden State Park, Building 204, in Port Townsend. The admission is \$7 per person.

The Festival is filled with hands-on experiential learning opportunities in the arts and crafts along with demonstrations by local artists. This year's activities include weaving, spinning, beading, clay on the wheel, clay handwork, wood sculpture, wooden knives, fairy houses, printmaking, watercolor painting, cob building, metal sculpture, sewing, art books, origami books, altered puppets, quilting, boat making, scratch art, hula hooping, blacksmithing, doll making, face painting and a sound garden.

Everyone from young to old is invited to this festival of learning and creativity, entertainment and imagination. The Festival is presented by Co-Arts and sponsored by Northwind Arts Alliance and the Jefferson Arts Commission.

Contact Sidonie or Christopher, Festival coordinators, at 385-0655 and press #3 for information or volunteer opportunities.

Trip to Bellevue Square and Botanical Gardens

"Trips with Barbara" organizes excursions to various locations and events in the Pacific Northwest. On **Tuesday, April 14**, shoppers and gardeners can join her on this trip to Bellevue to shop and to view the gardens with a docent. The group will first stop at Bellevue Square and the "shop-until-you-drop" crowd can stay there rather than go to the Gardens.

After the garden tour, the group will head back to Bellevue Square for lunch and more shopping. They plan to leave at 3:00 p.m. in order to catch the 3:50 p.m. ferry back to the Peninsula. The bus pickup will be at the Gateway Visitor Center off Route 19/104 at 7:35 a.m.

If you would like to join this excursion, send a check for \$50 payable to Barbara Hutter, P.O. Box 1634, Sequim, WA 98382. Reservations should be made by **Wednesday, April 1**. Barbara may be reached at 360-683-4743 or e-mail tripswithb@olympen.com.

Cancer Prevention

Seventy percent of all cancers are preventable. Find out why on **Tuesday, April 21**, 2:00–3:30 p.m., at the Port Townsend Community Center. No reservations needed.

Dr. Forrest Beck, ND, and Suzy Carroll, NC, will be presenting a session on Cancer Prevention. Suzy will share in layman terms some interesting facts about cancer, its prevention and thoughts about how to proceed if you receive a cancer diagnosis. Dr. Beck will be on hand to discuss in-depth prevention topics and to answer questions.

Call Suzy at 385-3290 or e-mail uptownnutrition@olympus.net for further information.

Seniors: Sign up for Softball!

Do you or did you like to play softball? Now is your chance. Jefferson County Senior Softball needs players! Slowpitch softball for men age 50 and women aged 45 and up, is being organized. Sign up now! Contact:

- John Barras 360-379-1643 or jebpoq@hotmail.com
- Wendy Schmidt 360-790-0685 or Schmidtws@msn.com.

Diehl Buys Vitality Day Spa; Offers Yoga

Piper Diehl has purchased the Vitality Day Spa at the Inn at Port Hadlock. The Spa offers massage therapy, facials, full body exfoliations, mud wraps, pedicures, manicures, gift certificates and more. It is open **Tuesday–Saturday**, 10:00 a.m.–5:00 p.m., and on **Sunday and Monday** by appointment. Ludlow Bay Massage and Wellness Spa remains open with the same wonderful staff.

Hatha yoga classes will be offered in the Art Mine next to the Vitality Day Spa. This is a lovely, sunny space. Yoga classes will be **Wednesdays** at 5:30 p.m. and **Saturdays** at 8:30 a.m. If you sign up for four or more classes in advance, the cost per class is \$12. The drop-in rate is \$15. First-time users can try the class for \$12. If you have questions or want to reserve your space, call 379-5515. More information is available by linking on to their website at www.innatporthadlock.com.

Yoga instructor Karin Head has been teaching and studying yoga for over 25 years. She has refined her teaching through practice and study with B.K.S. Iyengar, Arthur Kilmurray, Rodney Yee and numerous others. Classes are taught with an emphasis on alignment and sensitivity to the needs of the individual. Each session begins with breathing exercises for stress reduction and moves into exercises that gradually free the joints and muscles of habitual holding patterns. Every class ends with a period of guided relaxation.

Whether you are new or experienced at yoga, you are invited. This is a great way to get in shape for summer!

Port Townsend Shelter Helps Homeless

by Kathy Bomke, Activities Editor

The Winter Homeless Shelter in Port Townsend has just completed its fourth year. It started in the social halls of three different churches in 2005. Three meals were served and men were transported to a Park and Ride. Since 2006, the American Legion has generously provided its basement for the service. The location of the Legion is more convenient to nearby bus lines and is in walking distance of other locations.

Three agencies support the shelter: COAST (Community Outreach Association Shelter Team), OlyCAP (Olympic Community Action Program), and the American Legion. OlyCAP trains monitors and employs the night shift

person. It also handles the nightly intake of guests. The Legion's basement accommodates 18 guests; however, no one needing a place to stay for the night is turned away.

The shelter opens on the Sunday after Thanksgiving and closes the first Friday of March. For intervals of two weeks, various churches and other organizations provide hot meals for breakfast and dinner, a hearty sack lunch and a shift monitor. The guests arrive at 4:00 p.m. and leave at 8:00 a.m. There are showers, television and washing facilities at the shelter.

Local restaurants also contribute. Pane d'Amore Bakery donates bread for sandwiches and dinner. Ferino's in Port Hadlock has hosted the guests in their pizzeria and has delivered pizza to the shelter. Waterfront Pizza offers discounts on its pizza. Salal, a Port Townsend restaurant, has provided breakfast potatoes. Donations of toiletries, haircuts, and dental care have come from the community.

The program has grown to include seven churches/organizations and hopes to expand with more manpower to stay open longer. This year it snowed two days after closure. A longer open period would have meant that guests could have had a hot meal and shelter during the storm.

If you would like to volunteer, contact your participating church or organization. You can also phone Kim Hammers at COAST, 385-9659.

Changes in Park Funding Expected

Our State and County parks are strapped for funds and on the chopping block. Fort Flagler State Park has joined the to-be-mothballed list, unless a stable source of funding can be found. With that in mind, the Jefferson County Commissioners voted unanimously to encourage State Legislators to adopt an "opt out" system of donating \$5 to fund parks when renewing car tabs. The system would require citizens to decide not to donate if they didn't want the fee added to the price of the car tab. It is expected to increase the amount of funds going to maintain parks. A total of 51 parks are listed for closure.

Persons who have reservations at Fort Flagler during the summer will be able to use the Park, even if it is closed. Manager Steve Zimmerman says that the plan is to honor reservations through mid September.

