



# Quilcene Community Center Newsletter

## July 2022

### *Words from Rosen* **WOULDN'T IT BE GREAT?**

Hi Everybody!

The following editorial are my views only and not necessarily the views of OLYCAP or any other human being currently inhabiting the planet Earth.

I was awakened this morning to the news that the Supreme Court struck down Roe vs. Wade. My first reaction was, "Oh Great! Something else to further divide our country." Needless to say, this will be a highly contentious decision. A decision that will be equally applauded and condemned vociferously by passionate people on both sides of the argument. Wouldn't it be great if it was just that? A difference of opinion between two intelligent, caring factions who truly feel strongly about their arguments. Wouldn't it be great if both sides could make their case without vilifying the opposition? Wouldn't it be great if all of this could be accomplished without widening the gap that presently exists and is clearly out of control in the USA. I don't know about you, I'm getting worried.

We can't afford to play the blame game. After all who is truly responsible. A majority of the people were dissatisfied with the last President and if you are to believe the polls the present President isn't doing any better. Who voted for them anyway?

-Bob

### **QCC News – Sign up Today!**

Sign up for newsletter: [brosen@olycap.org](mailto:brosen@olycap.org)

Submit articles and events:

**Email:** [quilccnewsletter@gmail.com](mailto:quilccnewsletter@gmail.com)



# Quilcene Food Bank – New Building Update!



***Quilcene Food Bank serves over 200 people weekly, and our numbers continue to increase.***

We have outgrown the Community Center and are in need of a larger

space to operate more efficiently and serve our community better. Jefferson County Food Bank Association has purchased property at 161 Herbert St. and is in the process of creating such a place.



***Thanks to many generous Jefferson County residents, hundreds of hours have been donated for this project. We have the design /architect, Jeffrey Simon and Richard Berg. The site planner, Marc Erichetti. General Contractor, Marek Czaja. Survey completed, Bud Brewer. Septic designer, Mindy at Schold, and installer, Dan Morger. Thank you!***



We are very excited to be moving forward with this community project and hope to be in the building within the year. Fingers crossed. We welcome any financial and/or in-kind donations. Our Quilcene Food Bank PO box is #112, Quilcene, 98376. Thanks for your support!

***Kit Kittredge JVFB Board member***

## Statewide Health Insurance Benefits Advisors (SHIBA) Offers Help to Quilcene!

### Medicare Preventive Benefits

Your preventive benefits are paid under Medicare Part B and include screenings, vaccines, and counseling. The purpose of Medicare's preventive benefits is to help prevent illness, detect medical conditions, and keep you healthy.

These are an example of some of Medicare's preventive benefits:

- Alcohol misuse screenings & counseling
- Bone mass measurements (bone density)
- Cardiovascular disease screenings
- Colorectal cancer screening
- Depression screening
- Diabetes self-management training
- Glaucoma screening



- Shots:
  - COVID-19 vaccines
  - Flu shots
  - Hepatitis B shots
  - Pneumococcal shots
- Yearly wellness visit

From [Medicareinteractive.org](https://www.Medicareinteractive.org):

*“Original Medicare covers most preventive services at 100% of the Medicare-approved amount when you receive the service from a participating provider. This means you pay nothing (no deductible or coinsurance). You may be charged Original Medicare cost sharing for certain preventive services. You may be charged if you see a nonparticipating or opt-out provider. [If you have a Medicare Advantage plan] when seeing an in-network provider, you pay nothing for preventive services that are covered with zero cost-sharing by Original Medicare. This means that plans are required to cover your care without charging deductibles, copayments, or coinsurance, as long as you meet Medicare’s eligibility requirements for the service. Medicare Advantage Plans may charge you for preventive services that Original Medicare does not cover with zero cost-sharing. You may be charged if you see an out-of-network provider.”*

**To get help with your Medicare questions, come to a Statewide Health Insurance Benefits Advisors (SHIBA) first-come-first-served, walk-in clinic on the 4<sup>th</sup> Wednesday from 10 to 1 at the Quilcene Community Center. Or call SHIBA at 800-562-6900.**





## Summer Safety

Public lands are a great place to enjoy or escape the heat, but the higher temperatures pose some challenges and risks. By following these safety tips during warmer summer days everyone can help keep public lands and neighboring communities safe:

- Bring extra water and stay hydrated.
- Dress appropriately (hat, sunglasses, sunscreen).
- Do not over challenge yourself.
- Always wear a life jacket when recreating in water.
- Ensure your campfire is out (cool to the touch).

Fire Restrictions may change throughout the summer. Call the Quilcene Office for the most up-to-date fire restrictions.

#RecreateResponsibly

 <p><b>Know before you go!</b> Plan ahead to ensure the area you want to visit is open.</p>	 <p><b>Avoid entering an area or trail that is already crowded.</b></p>	 <p><b>Avoid risky activities that would need medical attention.</b></p>
 <p><b>Don't bring fireworks. They are illegal on public lands.</b></p>	 <p><b>Take all trash home with you.</b></p>	 <p><b>Prevent wildfires. Never leave a campfire unattended.</b></p>

FIREWORKS (INCLUDING SPARKLERS) ARE ILLEGAL ON THE OLYMPIC NATIONAL FOREST.



Feedback Form

# Olympic National Forest Sustainable Trails

Scan the QR code with your smartphone camera to send us feedback about your experience visiting this trail!



For more information and updates please call the Quilcene office  
Monday-Friday, 8:00am -4:00pm at 360-765-2200

## On the Bubble and Sinking Fast

*Erwin's Ramblings*



In order to, possibly, get a few more readers checking out stuff, I spend a great deal of time thinking about, and a (possibly) surprising amount of time writing, making sure each piece sounds conversational, I almost always repost columns written for the Quilcene Community Center monthly newsletter on my surf-centric site, realsurfers.net. This was written for that audience, originally, but now, with the bonus that I can reveal several semi-secret surf spots, I am passing it on to, yes, you.

Now, some people are aware that I, like, surf.

I could blame it on being raised in California, but it goes back farther. My parents had a house on the beach in Surf City, North Carolina when I was born. We moved west when I was three or so. A hurricane took the house away sometime later. The main story of my Surf City days, retold by an aunt, was of me asking if the tide was high. High surf and high tide are different things, often, but, even with my short little legs, no one caught me before I had run out on the beach and into the water.

I was, evidently, rescued. Hey, I was young. Was.

This is my near-drowning-but-not-really story: There is something rather amusing about a surfer with an ego as large as mine, with years of experience in the ocean, getting himself in trouble. There is, also, perhaps, some sort of karmic re-balancing in this story if I am able to tell it in full. Okay, I will. What prevents this 'whole truth and nothing but' is protecting the not-really-secret but kind-of-secret, and definitely fickle-by-nature, definitely rarely breaking spot where the not-quite-drowning event took place. This not-blowing-up-the-spots is sort of my attempt to get along with surfers who put in the miles and the disappointments and the skunkings to occasionally find a decent wave.

Okay, it was Point Hudson, far end of Water Street, Port Townsend. You can look but probably won't find waves or surfers. Fickle.

I was caught inside numerous times by relentless waves and a raging tidal current. Both legs of my wetsuit filled with water, to the knees. My leash got tangled up with and weighted down by kelp. Somehow, after a wipeout, I got pushed out of the very shallow impact zone and into a lagoon of sorts. Unable to make any real progress paddling, I thought I could just drop down and walk up to the beach. Nope, too deep. It was probably after the third drop down that some camper on the beach called 911. "He's going down for the third time," is how I imagine the call. Yeah, amusing. I wasn't drowning. I wasn't panicked. I was kind of pissed off.

More like embarrassed. More so when another surfer, Kim, in street clothes but contemplating going out, ran over. She arrived just as I pushed my board up onto the beach, then crawled my big ass self up behind it. Imagine, if you will, a sea lion (or walrus, your choice) trying to get up onto a dock. So similar. I had to struggle to get my leash detached and the water out of my wetsuit. The water-filled legs had, somehow, clamped securely around my ankles. Kim carried my big ass board up to my car while I lumbered my way behind her. Thanks, Kim, helping out the old guy.

Old guys. Shucks (realsurfer got the real shucks).

There are several examples of the karmic reset in this morality tale. When I was suiting up, with several surfers in the water, a car pulled up





next to mine. I didn't see a board inside but thought the driver was a sometime surfer I had recently seen at another fickle, not-breaking-at-the-time spot. Okay, North Beach. "Hey," I said, "there's kind of an age limit on surfing... huh?"

It wasn't that guy. It was, in fact, a woman. Similar hair, that's my excuse. "I just came here to watch," she said. "Oh. Well. Um, if there's a... bubble, age-wise, I'm probably just over it... myself." "Uh huh." Still, I did wonder why she thought there might be waves and riders at this spot at this time. And then I had another local surfer, Rico, help me zip up my wetsuit, and I went out, paddling across the lagoon and into the wind whipped waves.

Extra info: My almost new wetsuit is a back zip. Last one was front zip; don't need help. I have added some length to the pull string on the zipper. My age- 71 in August. Weight- My friend and fellow surfer, Stephen Davis, describes me as a Clydesdale, work horse... large. Big shoulders, short legs. My triple-x suit is tight in the top, with legs meant for someone, like, 6'4". I'm not.

Water filled legs isn't a problem if I don't spend much time under water. It actually had been a problem before. A few months back, different secret(ish) spot, PA Point, I got some great rides but had some wipeouts. In addition to a less serious case of the water in the legs issue, my new, glow-in-the-dark leash, tethering me to my board, or vice-versa, somehow got all tangled up around my legs. Really tangled. Again, there was an extreme rip along the inshore that wasn't at all helpful. That time, pushing my board up onto the beach, Adam 'Wipeout' James was walking back up the beach from a long ride. Not that he was willing to help. He was amused enough to tell other friends that, "Erwin looked like he was just going to give up." I didn't. I went back out, caught three or four great waves.

A minor irony here; the board I've been riding for a few years was purchased from Adam. On payments. On another occasion, at a different spot, Twin Rivers, I had a little trouble, after surfing pretty well, getting out of the shorebreak and up the steep beach. My/Adam's board, still attached with the leash, was loose, hitting rocks, while I was getting pummeled. Rag-dolled is the surf term. Lesson: Don't take the first wave of the set if you plan on getting out of the water. Adam, also out at that spot on that day, of course, did a seven-point (out of ten) dismount, ran up the beach, came over, pulled his/my board up to safety. Yes, the board is paid for... now.

I have surfed since the black lagoon incident, in that wetsuit. I now roll the legs up about five inches. A sort of cuff. Fits tight against the booties. Uneventful sessions, near-drowning-wise. Oh, the 911 call? Yes. I was on the phone with Trish, explaining the situation, when Steve got out of the water to see if I was all right. Two Port Townsend cops showed up. "Heard there was someone in trouble in the water." I raised my hand. "So, you're all right?" "Evidently." "Oh, hey, Steve; how's it going?" They were through with me. It isn't like they were going to jump in and save me.

I would love to get into some other surfing/life-related stuff, karmic/wave

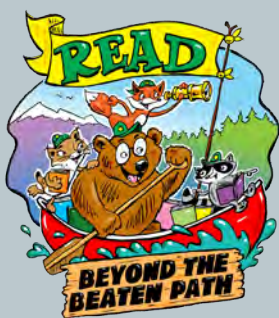
hogging/positioning/priority/burning issues. I've seriously gone over the preferred word count and I should stick to something Quilcene or July related. Okay. We've had a cold wet spring. We're past the balance bubble of the summer solstice and we're dropping toward winter.

Here's an answer to a frequently asked surfing question: Yes, the water is ALWAYS cold. Here's another tip: If you're surfing over rough rocks, gloves are nice, booties are almost mandatory. I have scars to prove it. OH, and stay as young as you can.

*Erwin*



# Jefferson County Library - July 2022



## Summer Reading Program for Kids

Read to earn badges and rewards. Register online at [cleoreads.beanstack.com](http://cleoreads.beanstack.com), or download the [beanstack app](http://beanstack.app). You can also drop by the library or bookmobile to register and pick up a paper tracker. So much to do! For details and to join the fun visit [jclibrary.info/srp](http://jclibrary.info/srp).

### Thursdays at Worthington Park

151 W. Columbia Street, Quilcene

#### Bookmobile at the Park

Thursdays, 10:00 am–Noon

NOW - July 28

#### Storytime at the Park

Thursdays, 10:30 - 11:00 am

Enjoy stories, songs, and physical movement to build children's love of reading and learning. Storytimes are created with pre-school and toddler age children in mind, but all ages are welcome.

#### Thursday Fun for Kids

11:30 am (programs run 30 - 60 minutes)

##### July 7 - Foaming Soap Putty

Mix castile soap and corn starch for moldable fun!

##### July 14 - Inside a Plant

Join Heronswood Garden staff for a close-up look at how flowers reproduce.

##### July 21 - Sasquatch Stompers

Create oversized Sasquatch feet you can wear!

##### July 28 - Wet Felting

Learn to harvest wool and make something to keep.

Co-sponsored by the Cooperative Libraries of the Eastern Olympics (CLEO), the Friends of the Jefferson County Library, and the Friends of the Port Townsend Library.

Library and Bookmobile **CLOSED**  
Independence Day, Monday, July 4



## Fun for Teens

### Take & Make Kits

July 5 thru 8 - Bath Bomb Kits

July 18 thru 22 - Grow a Diorama

Register for a kit, then pick it up at the library or the Bookmobile. Each take and make kit will have all of the supplies you need. [Register for a kit.](#)

### Cryptozoology: Bigfoot and Beyond

Friday, July 22, 2:00 - 3:00 pm

Join cryptid investigator Lyle Blackburn to examine amazing legends and mysterious creatures across the American landscape. Lyle will share personal pursuits and possible explanations as he answers your questions about Bigfoot, Mothman, Bog Monsters, and more! Look for his [books](#) in the library to have a 'foot up' on the conversation. [Join the fun!](#)



## Fun for Adults

### Paracord Bracelet Kit

July 5 - July 16

Pickup a kit that contains the supplies you need to make a paracord bracelet, one of the most useful items to have on any adventure! [Register for a kit.](#)

### Zen Stones

Thursday, July 14, 2:00 - 3:00 pm

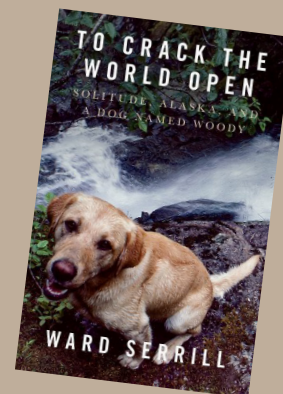
Join us on the library lawn to create a beautiful Japanese-style meditation stone woven in a pattern with cane. [Register now.](#)

### Author Reading *To Crack the World Open: Solitude, Alaska, and a Dog Named Woody*

Wednesday, July 27

6:00 - 7:00 pm

Join local author Ward Serrill at the library for an in-person reading and book signing of his memoir.





QUILCENE  
BIBLE CHURCH

Community Closet  
295643 US-101,  
Quilcene, WA

# Free clothing for all!



*Hours 11:00 am – 3:00 pm*

*Wed. July 6, Saturday July 16, Wed. July 20*

*Wed. August 10, Sat., August 20, Wed. August 24*

Emergency need, please call the church office (360) 765-3900

*We accept donations of clean gently used  
clothing on the days we are open.*





# Friends of Fort Flagler Presents in July!

**7/8/22 @ 9am Birding in the Park** and **7/22/22 @ 9am Birding in the Park**

Birding and nature tours are now being held on the 2nd and 4th Friday of each month. Wear sturdy footwear and dress for changeable weather. bring binoculars and your own water.

**Registration:** Please send Bev an email, subject: Birdwatching Walk to [Bevybirds53@gmail.com](mailto:Bevybirds53@gmail.com) and she will plan directly with you. **Presenter: Beverly McNeil**, Admiralty Audubon trip leader and photographer, has been conducting bird walks at Fort Flagler. Beverly's photographs are displayed at the Port Townsend Gallery: <http://porttownsendgallery.com/artists/beverly-mcneil/>.



**7/16/22 @ 10:00am Clamming at Fort Flagler**

Join us to explore and harvest our local clams at the lower campground of Fort Flagler next to the Beachcomber Café. We will identify local shellfish, discuss the common harvest tools and how to use them, how to read a tide table book and why! **For Fishing License in Washington State, the age limit for residents is 16 to 69 years. For Youth, they must be 15 years of age. And For**

**senior citizens, the age limit is 70 and above. There are special reduced-fee licenses for disabled residents and non-resident disabled veterans.**

<https://www.eventbrite.com/e/clamming-at-fort-flagler-tickets-321105062887>

**Presenters - Michael Zimmerman** was a Washington State Park Ranger for over 40 years. Michael has a lifelong love for parks and the beach and earned his Bachelor of Science in Fisheries. **Harry Louch** was a Washington State Park Ranger for over 30 years.

**7/27/22 @ 10am Elephant Seal Sightings Puget Sound**

<https://www.eventbrite.com/e/elephant-seals-on-the-beach-tickets-321119526147>

We have been seeing more elephant seals in Puget Sound. What's changing? Do we have a rookery? Where? Join us to learn what's changed including when they molt, where and why they come ashore. These animals are amazing, and they seem more you know about them, the more you'll appreciate them.

**Presenter:** Deisy Bach is a resident of Jefferson County and on the board of Friends of Fort Flagler: Deisy has over 18 years' experience with marine mammals including volunteering with The Marine Mammal Center, Ano Nuevo State Preserve, SR3 and Port Townsend Marine Science Center Stranding Network.



**Friends of Fort Flagler** is a non-profit organization dedicated to the restoring, preserving and protecting the natural and historic resources of Fort Flagler State Park. Please support our state park by becoming a member, volunteering or donating to our organization. To learn more, visit <https://friendsoffortflagler.org/>.

SOME PEOPLE AGE  
LIKE WINE.  
OTHERS AGE LIKE  
MILK.

Trying to find  
humor in  
every day life  
... and emails  
from your  
favorite uncle  
...

Well, that's just good advice...



I accidentally wore  
a red shirt to Target  
today and, long story  
short, I'm covering  
for Debbie this  
weekend.

A distraught senior citizen phoned her doctor's office. "Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?" "Yes, I'm afraid so," the doctor told her. There was a moment of silence before the senior lady replied, "I'm wondering, then, just how serious is my condition because this prescription is marked 'NO REFILLS'.."

An older gentleman was on the operating table awaiting surgery and he insisted that his son, a renowned surgeon, perform the operation. As he was about to get the anesthesia, he asked to speak to his son. "Yes, Dad, what is it?" "Don't be nervous, son; do your best, and just remember, if it doesn't go well, if something happens to me, your mother is going to come and live with you and your wife...."



# July 2022

July 2022						
Su	Mo	Tu	We	Th	Fr	Sa
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August 2022						
Su	Mo	Tu	We	Th	Fr	Sa
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jun 26	27	28	29	30	Jul 1 Computer Lab 9 am to 1pm	2 Bookmobile 2pm to 4pm
3 	4 Computer Lab 9 am to 1pm Lions Club 6:30PM	5 Bookmobile 1:30PM Computer Lab 9 am to 1pm	6 9 am Emergency management Food Bank 11am	7 8:30 am Quil/Briion Forum 6:30pm 7:30p m Aerobics 11am Computer Lab 9 am to 1pm	8 Computer Lab 9 am to 1pm	9 Bookmobile 2pm to 4pm Tim Love Celebration of Life
10	11 Computer Lab 9 am to 1pm	12 Bookmobile 1:30PM Computer Lab 9 am to 1pm	13 9am Emergency management Food Bank 11am	14 Aerobics 11am Computer Lab 9 am to 1pm	15 Computer Lab 9am to 1pm	16 Bookmobile 2pm to 4pm
17	18 Computer Lab 9 am to 1pm Lions Club 6:30PM	19 Bookmobile 1:30PM Computer Lab 9am to 1pm	20 9 am Emergency management Food Bank 11am	21 Aerobics 11am Computer Lab 9 am to 1p m 12:30pm Garden Club	22 Computer Lab 9am to 1pm	23 Bookmobile 2pm to 4pm Lions Club Rummage Sale 9 am
24	25 Computer Lab 9 am to 1p m	26 Bookmobile 1:30PM Computer Lab 9 am to 1pm	27 9am Emergency Food Bank 11am Shiba 10:00 AM	28 Aerobics 11am Computer Lab 9am to 1pm	29 Computer Lab 9am to 1pm	30 Bookmobile 2pm to 4pm Tommy Boyd Celebration of Life
31	Aug 1	2	3	4	5	6