

June
2022

Community Newsletter



Photo by Ida—Camas lily

Identifying birds is hard. Identifying plants can be even more difficult. This month, let's look at a few ways to make identification easier. Let's start with plants. Parkwood yards contain a marvelous array of plants, and of course the plants we see growing along PNW trails and fields are equally amazing. Right now, just at the Dungeness Fish Hatchery, blooming plants include Forget-Me-Nots, Coltsfoot, trillium, Pacific bleeding heart, Herb Robert, False Solomon's seal, Serviceberry, and Common Daisy. If you do not already know the names of these beautiful flowers—or the ones in your neighbor's yard—take your phone next time you walk. If you have an iPhone with fairly recent iOS, you may already have had **Visual Lookup** installed during an update. To use it, snap a close-up photo of a plant (or bird, animal or landmark), then look at the little circled blue *i* below the playback. If a 4-pointed star shows up with the circled *i*, press the circle. It will open the option **Look up**. Press that, and the app will suggest possible identifications. I'd estimate it runs about 90% accuracy for common wildflowers and cultivars. Similar options include the apps **PlantSnap** and **Picture This**, which are both free. All of these operate on feedback from users, which teaches the app bots to improve their identification capabilities. They also help improve OUR knowledge! So next time you see a plant that you just can't live without or want to tell others about, take its photo and find out what it's called. For those of us who did not grow up in the PNW, this is a quick shortcut to learning local flora.

OF BIRDS, PLANTS, AND APPS

By Ida Domazlicky and Jane Nicholas

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Identifying birds can be as easy as the previously mentioned methods, if we get a good photo. But with birds it's sometimes a challenge to get even a good look! Still, there are free programs to help with everything from identification to knowing what birds are in your yard or along the trail. As you may have noticed, I do frequent walks through

Parkwood with my phone, identifying and reporting what birds are in our community. Here's how that process works, using apps to help. First, I find a likely spot and open a free app from Cornell University named "**Merlin.**" (It is a rather magical app, actually.) I go to the Sound ID tab and press the green microphone icon. Immediately, the app begins listing birds as it hears them sing or chip. Do I always believe the app? No. I'm pretty good on bird calls, so if Merlin tells me something I'm not hearing, I go to another free app, this one from the Audubon Society—"Audubon Bird Guide". I go to "Search the Guide," type in the name of the bird Merlin says it's hearing, scroll down to "Songs & Calls," and play the song to see if it matches. A conversation with Merlin recently went something like this in Brett Circle field:

Merlin: "Red Crossbill."

Me: (listening) "No way. We've never had crossbills here."

Merlin: "Red Crossbill."

Me:

Merlin: "Red Crossbill."

Me: (checking Audubon app and playing red crossbill chip notes) "Hmmm."

Merlin: "Red Crossbill."

Me: (Finding the bird in the treetop.) "Wow! We have Red Crossbills here!"

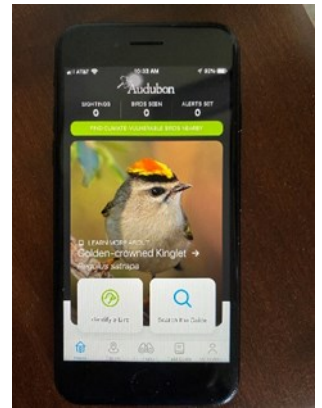
The next morning, when the crossbills showed up again, I recognized the call Merlin had taught me and was able to find them quickly in binoculars. A similar process tried off your back porch may reveal the presence of birds you never suspected. It can also help you learn the calls you've been hearing, because the bird name lights up when Merlin hears the call. And of course, for those who have hearing loss the app will alert you to what's around, even if you can't hear it. A word of caution, though. Merlin, like electronic hearing aids, has trouble filtering out background noise. Near a highway or river, and on windy days, it works less well. And if it suggests that you have a Cardinal, Long-billed Curlew, or other unusual bird in your yard, be sure you see it before you get excited. These apps are highly accurate, but not perfect. None of us are, of course, but our enjoyment of plants and birds and other animals can increase if we use these apps wisely. Have fun with your new app toys!

A quick note: Especially for those near the east side of Parkwood, please watch for the blue bird pictured above center. It is not a Bluebird but rather a Lazuli Bunting. Two were seen here last June, and we suspect a nest nearby. If so, it would be the first record of a Lazuli Bunting nest in the peninsula. That would be quite a distinction for our little community! Please contact Ida, 573.450.4569, if you see it.

Photo courtesy of Cornell University



Photo by Ida—Audubon app



PARKWOOD COMMUNITY GARAGE SALE IS ON ~ ~ ~ SATURDAY JULY 16TH

THANK TO JOHN & VICKI LONG FOR VOLUNTEERING TO HEAD UP THIS YEAR'S SALE.

YOU WILL NEED TO HAVE YOUR INFORMATION TO THEM NO LATER THAN JULY 5TH TO BE INCLUDED IN THE MAPS/ADVERTISING. EMAIL TO: HOOKED65@HOTMAIL.COM or JVLONG@HOTMAIL.COM

Save the Date! JULY 20th.

BBQ at the Clubhouse!

Lunch will be served 11AM to 1:00

Food & drinks provided by the park.

Musical entertainment by

The Secords

See you then!

Did you hear about the restaurant on the moon?
Great food, no atmosphere...



Quick Quesadas

cost per recipe: \$3.71

INGREDIENTS

- 6 flour tortilla (8-inch), warmed
- 1 1/2 cups shredded Monterey Jack cheese (about 6 ounces)
- 2 medium green onion, sliced (about 1/4 cup)
- 3/4 cup Chunky Salsa **or** Picante Sauce
- 2 tablespoons canola oil

INSTRUCTIONS

Top half of **each** tortilla with **1/4 cup** cheese, **2 teaspoons** green onions and **1 tablespoon** salsa. Brush the edges of the tortillas with water. Fold the tortillas over the filling and press to seal.

Heat the oil in a 12-inch skillet over medium-high heat. Add the quesadillas and cook in batches until lightly browned on both sides and the cheese is melted. Serve with the remaining salsa.

*For heartier quesadillas, you can add chopped cooked chicken, cooked black beans **or** refried beans.*

P.E.R.T.

Parkwood Emergency Response Team Writers are on Vacation....

On sustainability

This is a complicated issue to define. It seems there are more questions than answers.

Perhaps having parameters can help. Such as:

Does the action:

Create more life or reduce it?

Restore land or degrade it?

Sharing ideas and knowledge can help us make choices that make us feel more empowered. Here are some issues we could research.

1. One we might not think much about is the effect of food waste. Apparently, it creates methane when degrading in the landfill. There are small ways we can reduce it at home and when we eat out. As a younger person I would eat the children's leftovers and give scraps to the dog.....causing weight gain for both! Now I make smaller portions and soup! And I do have a closed compost bin. Community composting is happening in some cities and organizations.

2. Paper: From Harper's Index: Estimated miles of toilet paper used in the United States each year is 2,650,000,000...Estimated number of trees this represents: 31,000,000 (QS Supplies –Leicester, England) We could research: Which brands of toilet paper come from sustainable sources? And which ones come from virgin forests? What do recycled and post-consumer content really mean?

Finally for today, does anyone have any pet peeves about our current habits?

Two common ones expressed are:

1. Use of single use plastic bottles for water. There is a company that recycles them into new ones, but which ones would they be? Apparently, many do not find their way to any kind of recycling. Many are finding water bottles they like and refilling them.

2. Use of plastic (and paper) bags for toting purchases. It can be hard to remember to take your cloth bags to the store. I notice that more people are doing it.

Speaking of bags; there is a company which makes plastic garbage bags that do breakdown in the land fill. Hey, there is another one to research.

Yes, it is not just up to us, but consumers do make statements by what they purchase.

Jennifer Brodie

Be Well!

ALZHEIMER'S CAREGIVER SUPPORT RESOURCES—GOOD TO KNOW

If Alzheimer's is in your life, help is within your reach. AFA's National Toll-Free Helpline is open seven days a week and staffed entirely by licensed social workers specifically trained in dementia care. The Helpline is accessible by phone, web chat, and text message to assist callers with topics such as:

- Signs and symptoms of dementia-related illnesses
 - What to do if you or a loved one have recently been diagnosed with a dementia-related illnesses
 - How to speak with someone about memory problems
 - Caring for a family member with a dementia-related illness
 - Building a care team and support network
 - Self-care for caregivers
 - Finding local caregiving support services
 - Handling behavioral changes
 - Navigating communication among family members
 - Brain health and wellness information
- No question is too big or small.

The AFA Helpline is open from 9 am-9 pm ET, seven days a week.

Connect with a licensed social worker by phone @ 866-232-8484

Alzheimer's Foundation of America

[Alzheimer's Foundation of America \(alzfdn.org\)](https://www.alzfdn.org)

Today	<	>	June 2022	Schedule is subject to change	🔍	?	⚙️	Month ▾	⋮
SUN 29	MON 30	TUE 31	WED Jun 1	THU 2	FRI 3	SAT 4			
	Office Closed Memorial Day ● 11am Pinochle	● 9am Fit & Fall Proof ● 11:30am Canasta ● 12pm Poker	First Day of LGBTQ+ Pride Month	● 1pm Arts & Crafts ● 1pm Bridge	● 9am Fit & Fall Proof	● 10am Coffee Klatch group ● 11am Cards ● 12pm Poker			
5	6 ● 11am Pinochle	7 ● 9am Fit & Fall Proof ● 11:30am Canasta ● 12pm Poker	8	9 ● 1pm Arts & Crafts	10 ● 10am Monthly PERT Meeting	11 ● 10am Coffee Klatch group ● 12pm Poker			
12	13 ● 11am Pinochle	14 Flag Day ● 9am Fit & Fall Proof ● 11:30am Canasta ● 12pm Poker	15	16 ● 1pm 1pm Bridge ● 1pm Arts & Crafts ● 6pm Cert Meeting	17 ● 9am Fit & Fall Proof	18 ● 10am Coffee Klatch group ● 11am Cards ● 12pm Poker			
19 Father's Day Juneteenth	20 Juneteenth (substitute) ● 11am Pinochle	21 ● 9am Fit & Fall Proof ● 11:30am Canasta ● 12pm Poker	22	23 ● 1pm Arts & Crafts	24 ● 9am Fit & Fall Proof	25 ● 10am Coffee Klatch group ● 11am Cards ● 12pm Poker			
26	27 ● 11am Pinochle	28 ● 9am Fit & Fall Proof ● 11:30am Canasta ● 12pm Poker	29	30 ● 1pm Arts & Crafts	Jul 1 ● 9am Fit & Fall Proof	2 ● 10am Coffee Klatch group ● 11am Cards ● 12pm Poker			

"This park is so much more beautiful than we ever thought."