



PARKWOOD



FEBRUARY

2022

Community Newsletter

P.E.R.T. Parkwood Emergency Response Team

Hello Parkwood, welcome to February. This month I want to talk about the top five safety issues for seniors. 1. Slips and falls. 2. Fires. 3. Electric shock. 4. Medicine and accidental poisoning. 5. Improper lighting. Slip's and falls are the main cause of injury in the home, with some careful planning and periodic home checkups injuries can easily be avoided. Keep cord's away from walkways. Make sure all rugs, runners and mats are slip resistant. Provide adequate lighting in all areas of the house. Keep exits and passageway's free of debris. Equip bathtubs and shower's with non-slip surfaces, such as textured strips or mats. Install one or two grab bars in the shower. Keep a stable step-stool nearby. Check for dry floors and immediately clean up spill's. Try to keep active, walk the dog, walk with your friends and family, go to fit and fall proof class do what ever you can to keep mobile. For more information Go to www.seniorsmatter.com/safety-issues-for-the-elderly/2491957 . Looking forward to seeing you on Friday February 11 at the clubhouse for our next pert meeting, subject (don't get scammed) . Stay safe.

Goose.

What's Happening Parkwood !?

Come Join in the FUN!!

Mondays 11:30 Pinochle

Tuesdays 9:00 Fit & Fall Proof Class

12:00 Canasta

12:00 Poker

Thursdays 1:00 (BYO) Arts & Crafts

1:00 Bridge Upstairs (begins Feb 3)

Fridays 9:00 Fit & Fall Proof Class*

***2nd Friday 10:00 Monthly Community PERT Meeting**

Saturdays 10:00 Coffee Klatch Group

12:00 Poker

AM Ping Pong is on as participation permits – *Wanna Play?*

Still looking for Bunco players and the Poker group

would love to deal you in!

Got an Idea or a Hobby You'd Like to Share?

It's a Great Way to Meet Your Neighbors!

Schedule is subject to change

Residents/guests are asked to follow current Covid protocols



Ingredients Cupcakes

- 2 cups all-purpose flour
- 1 cup white sugar
- 2 teaspoons baking soda
- 1 cup water
- 1 cup mayonnaise
- 2 ½ tablespoons strawberry preserves
- 1 teaspoon vanilla extract
- 12 large fresh strawberries (Optional)

Recipe Corner: Strawberry Cupcakes

Frosting

- 1 cup fresh strawberries
- 1 cup butter
- 1 cup confectioners' sugar, sifted
- 1 teaspoon vanilla extract
- 2 ½ cups confectioners' sugar, sifted, divided



Directions

Preheat oven to 350 degrees F (175 degrees. Grease 12 muffin cups or line with paper liners.

Stir flour, sugar, and baking soda together in a large bowl; make a well in the center. Add water, mayonnaise, strawberry preserves, and vanilla extract to the well and mix until batter is just blended. Spoon batter into the prepared muffin cups. Press 1 strawberry into each.

Bake in the preheated oven until tops spring back when pressed, 20 to 25 minutes. Let cool. Frost and garnish as desired.

Frosting

Place strawberries in a blender; puree until smooth.

Transfer strawberry puree to a saucepan over medium heat; bring to a boil, stirring often, until puree is reduced by at least half, about 20 minutes. Remove from heat and cool completely.

Beat butter with an electric mixer in a bowl until light and fluffy.

Beat 1 cup confectioners' sugar into butter until just blended.

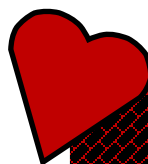
Beat 2 tablespoons strawberry puree and vanilla extract into butter mixture until just blended.

Repeat with 1 cup confectioners' sugar, followed by 2 tablespoons strawberry puree two more times.

Beat last 1/2 cup confectioners' sugar into mixture until just blended.

What do you call a parade of rabbits hopping backwards?

A receding hare-line.



**We just simply
love it here!**

BALD EAGLES—Lazy or Regal?

By Ida Domazlicky and Jane Nicholas

Benjamin Franklin wanted the wild turkey to be the avian symbol of the new United States. As he wrote to his daughter, “[The Eagle] is a Bird of bad moral Character. He does not get his Living honestly. You may have seen him perched on some dead Tree near the River, where, too lazy to fish for himself, he watches the Labour of the Fishing Hawk; and when that diligent Bird has at length taken a Fish, and is bearing it to his Nest for the Support of his Mate and young Ones, the Bald Eagle pursues him and takes it from him.” Well, there’s no arguing with that. Bald Eagles still prefer to steal from Ospreys or other birds, and they seem happy to eat dead stuff. Their call is so wimpy that filmmakers routinely dub in a Red-tailed Hawk call when showing a soaring eagle. Still, Bald Eagles are majestic to look at and have been a symbol of strength and wisdom from Roman times through Native American belief to our own national symbolism. But are they all show, or is there some substance beneath that impressive exterior?



For one thing, Bald Eagles do seem to hunt more in the Sequim area than elsewhere, perhaps because of the handy abundance of fish, gulls, wigeon, shorebirds and, sadly, puffins. (The puffin population on Protection Island is not holding up well to the return of Bald Eagles.) And everywhere, Bald Eagles get points for size. Their wingspan is about 7 feet. They weigh in at about 15 pounds, and that’s a lot of bird. However, size doesn’t always translate into strength. Bald Eagles can fly as high as 10,000 feet. But while an American Kestrel can carry twice its own weight, Bald Eagles have trouble with anything over 2 pounds. I once watched an eagle kill a mallard on the pond next to Gardiner Boat Ramp. Though it tried, the eagle could only drag the dead duck across the pond but not lift it, and it finally gave up, looking-- to my eyes--very wet and embarrassed.

Bald Eagles do have extraordinary power in their feet and eyes. Each of their toes ends in a talon 2-2.5 inches long. Their grip strength is up to 400 pounds per square inch, while human grip strength is about 20 pounds. Because the talons are very sharp and the back toe (hallux) is opposable like our thumbs, an eagle foot can effectively hold onto a slippery fish, fight anything it wants to, and grasp the claws of its mate in a manic “death spiral” during courtship. I’ve seen this live only once and will never forget it. (Watch it by searching for Bald Eagles Mating Ritual on You Tube.) And “eagle-eyed” is not just an old saying. Unlike humans, who have one focal point in each eye, Bald Eagles have two, and all 4 of their fovea look in different directions, giving them four areas of sharp focus plus nearly 360 degrees of peripheral vision. Add in that they have 5 times as many light-sensing cells as humans per square inch, and that 80% of those sense color, while humans use only 5% for color sensing. Because of this, eagles see as acutely as we do when using 5x binoculars, but over a wide area, and what they see is tremendously brighter and more colorful. Thus, that Bald Eagle sitting behind my house can see a gull a mile away and could probably tell me the gull’s eye color. I am jealous.

So we have to conclude that Bald Eagles, like all Earth’s creatures, are both a great deal more and a great deal less than the symbols we make them into. The Bald Eagle is not so much lazy as conserving energy when it steals from an Osprey. It is powerful for a bird, but also very vulnerable to human pesticides as well as to climate change. We can make its existence mean something to us, but that is our creation, not the marvel that is the Bald Eagle itself. To me, the Bald Eagles in Parkwood lately mean that the tides are high, that I live in a wonderful spot between mountains and shore, and that Ma Nature has sent beauty my way today. You will of course create your own meaning. UPDATE: We still have tiny kinglets in the neighborhood, but the easiest birds to see are the hawks. Recent sightings include not only Bald Eagles, but also Coopers Hawk, Kestrel, Red-tail, and Merlin. Keep your own eagle eyes open for new visitors!