

# Happy VALENTINE'S DAY



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

Greetings Parkwood residents. What a wonderful turnout we had for the January meeting, I hope everyone got something out of the information on generators for emergency power in case of a power outage. Right after the meeting I saw a Firman 3200 watt dual fuel electric start generator on sale on line for \$550.00 . That was a good deal so keep your eyes open for sales. Our CERT team did a great job at the old JC PENNY building. No one got hurt and we all learned things. Maybe this is the year for you to do the Cert training, it's three weekends I believe it's well worth it. As always when you are at the grocery buy an extra can of food, an extra bottle of water soon you will have quite a stock. Get involved come to the meeting, learn how to look after yourself in a disaster and how to help your neighbors. This spring we will be having another map your neighborhood get together. The help or ok sign in your window can save rescues a lot of time. Soon as I get a date I will let you know. As always take care of yourselves.  
Goose.

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**For those of you who haven't been to the clubhouse lately, you should come by and check out the new flooring. Looks great!**

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**AT THE CLUBHOUSE THIS MONTH**  
**Feb 5th, 2 PM Men's Gospel Choir Performance**  
**Feb 10th, 10AM Community PERT Meeting.**



**February 2023**  
**Community Newsletter**

## ON WEEDS

All weeds are at best annoying, hard to manage safely and a lot of work. **Noxious Weeds** (a legal term) however, can cause disruptions to our environment, sometimes displacing desirable plants or disrupting wildlife. Since there are fewer of them (usually) they are easier for us homeowners to manage. To my surprise and dismay some **Purple Loosestrife** appeared in my flower bed and I have seen it elsewhere in Parkwood. This is a gorgeous plant, especially in fields and hillsides. However it is a wetlands invader that forms dense stands that displace habitat for native species such as Cattail and Bulrush, reducing habitat for waterfowl and small mammals. A recent study also shows that its decomposition impacts the food web, changing the types of algae available for tadpoles, which affects the size of developing frogs. (info in this article is from WA State Noxious Weed Control Board )(WASNWCB). One Loosestrife plant can produce up to 2 million seeds and stem fragments can sprout! So dispose of the plants in a light-blocking bag such as an empty chip bag or black plastic and into the garbage can.

This is just one of the Noxious Weeds described in the booklets put out by the WASNWCB.

One that surprised me was **Buddleia** or **Butterfly Bush**. One can control it by dead-heading before the seeds form.

Noxious Weeds have been assigned different classes from A to C depending on how widespread they are and the vigilance required to control or eliminate them. Some, like the **Himalayan Blackberry**, are widespread, so management and containment are the order of the day.

Some Noxious weeds are quite rare in Washington, so should be reported in order to complete their eradication from the State.

Ways you can help are:

- By becoming familiar with the plants
- Being careful of what you plant
- Preventing the spread from seeds on the soles of your shoes, clothing and pets...also the tread of your bike or car tires.
- the same with the hull of your boat.

All of this information and much more can be found at [www.nwcb.wa.gov](http://www.nwcb.wa.gov) and they can be reached at 360 725 5764.

There are a few informational pamphlets in the clubhouse library.

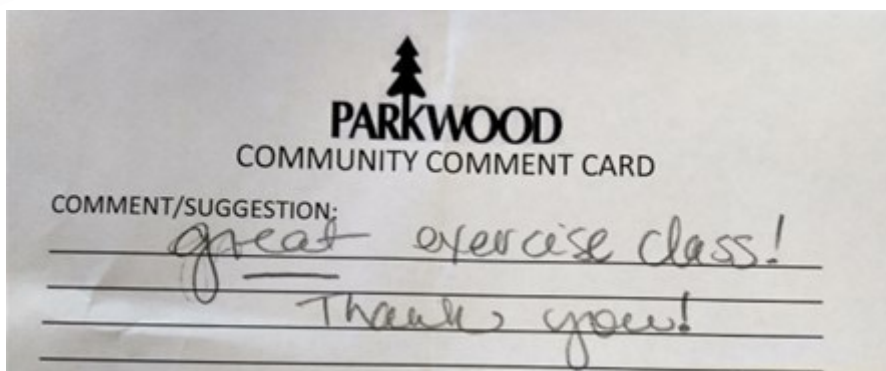
Be Well! Jennifer Brodie

“Thank you for a delicious buffet and opportunity to connect with neighbors! “



“Had a great time at the buffet. The food was delicious and visiting with neighbors was great.”

“And we had a rainbow 🌈 in that beautiful view!”



Come join the fun!  
Tues & Friday 9AM at  
the clubhouse.

**“If you don’t to make time for your wellness, you will be forced to make time for your illness.”**  
**Julie Genney Coaching**



# Birds and Bugs

by Ida Domazlicky and Jane Nicholas



Almost everybody likes birds. Almost nobody likes bugs. And therein lies the challenge. When my children were young, we visited Disney-world. By midday, despite the sun and gorgeous flowers, I noticed that there were no butterflies, no birds, and no insects of any sort to be seen. The Disney campus was sanitized for beauty, but not the kind of beauty I most appreciate. When at dusk I noticed a rodent slipping out of one of the “rivers,” I had to smile. At least one kind of wild creature was surviving there.

Here in Parkwood, we can see more birds if we understand food from a bird point of view. Seed feeders are not the only way to feed birds. Did you know that almost every bird eats insects? Our migrating swallows and warblers eat mostly insects. They make the dangerous journey north precisely because our region produces plenty of insects every spring. Other birds, such as chickadees and juncos, eat mostly seeds. But even seed-eaters feed their nestlings only insects! Although we don’t put out seed feeders here, we can still feed birds by increasing the number of insects in our yards. But how, and ugh—who wants more bugs?

One quick solution is to use more native plants in landscaping. Plants use sunlight to make leaves and flowers. Native insects have evolved with native plants, so those plants provide exactly the nutrition local insects need to thrive. Birds then gobble up the insects or feed them to their young. In contrast, non-native plants are often advertised as “pest-free.” Wonderful--except that this simply means no native insect can use their biomass, so birds get no nutrition from them, either. From a bird point of view, non-native plants almost might as well be Styrofoam. And planting native does not mean ugly plants. Natives are adapted to grow well here. Likewise, native birds and predatory insects are natural pesticides that have evolved in balance, so no “pest” insects dominate, thanks to hungry birds. As we consider spring plantings of flowers, trees, and shrubs, let’s go native to feed the birds and draw them in.

Another option is to provide food for birds that like to feed on the ground. In yards where the ground is covered in rocks, juncos might find miner bees or flickers locate ants. But on bare or mulched ground—wow! Robin, Varied Thrush, junco, Song Sparrow, Fox Sparrow, towhee, flicker, bluebird, Purple Finch, House Finch, and even hummingbird will all feed on the critters that live there unnoticed. And a native flower garden with some bare dirt is even better!

To feed more hungry birds, maybe start small by widening the dirt areas around shrubs. Add a small native flower bed, or group pots full of native plants together on top of the rock layer to mimic a flower bed. Plant a native shrub. Or create small berms of rocks, soil and mulch for a rock garden. Even such simple changes will feed birds year-round and encourage nesting nearby. That way, we can please birds and enjoy them, without the mess of seed feeders.

In other bird news: High tides are bringing shorebirds close to shore. For best viewing, try an hour either side of high tide at Dungeness Landing or 3 Crabs. Look for large flocks of Dunlin, plus Great Blues, Black-bellied Plovers, Sanderlings, Western Sandpipers, Marbled Godwit. Ducks are [at their prettiest now--Wigeon, Bufflehead, Golden-eyes, Pintail, Teal, and Red-breasted Mergansers](#). And, call **(360) 681-4076** to register for the Olympic Peninsula Audubon Nest Box Building Class at the River Center in Sequim, Saturday, February 25, 2023, 10 a.m - 1 p.m. Materials are provided, \$25 for each house, suitable for swallows and many other birds.