

Happy New Year

Community Newsletter

January 2024

PARKWOOD

P.E.R.T.

Parkwood Emergency Response Team

Happy new year Parkwood, may 2024 be good to each and everyone of you.

I hope those of you who attended the CPR class left a lot more confident in being able to perform CPR and some basic first aid. We have a very good fire department here in Sequim and EMTs are normally very quick to respond to 911 calls. So make that call, it's better to over react than do nothing. Hopefully the major earthquake will not come in my lifetime. The choices then are a lot tougher. If you save some one using CPR they need to get to a hospital asap so medical professionals can continue with the recovery process. In a 9.0 earthquake all the hospitals are probably going to be out of service , so the chances of that person you saved making a full recovery are very slim. Now you can put a tourniquet on to save someone from bleeding out, they may lose a limb and be in a lot of pain but their chance of survival is fair. So this year come to the Pert meetings, take the CERT training ,be prepared you could save a life. If you have any questions call me at 360-301-1188 or email dgoose748@gmail.com. Come on people let's work together on this so we can help make 2023 the most prepared year ever. Goose



TRIPLE J BAND
COUNTRY/ROCK MUSIC

Live music at the clubhouse!

TRIPLE J BAND Wed Jan 3rd at 1PM

Are there any seamstress's or embroidery folks out there?

We have a new Resident looking to form a sewing/ embroidery, etc. group to hang out and share these crafts.

If you have any ideas or would like to help get this rolling, please contact Barbara Kreeger @ 509-422-1204.

OPEN MIC IS BACK! FRIDAY JANUARY 12TH @ 1:00. COME ON OUT AND SEE SOME LOCAL TALENT. BETTER YET, SHOW US SOME OF YOUR OWN!



Some shots of
the bazaar.
Lots of talent
in the Park!



Weekly activities at the Clubhouse

MON-Ping Pong 8AM
Pinochle 11AM

WED-Ping Pong 8AM
3rd WEDs Book Club 1:30PM

FRI-Fit & Fall Proof Exercise 9AM

TUES-Fit & Fall Proof Exercise 9AM
Canasta 11AM
Poker 12PM

THUR-BYO Arts & Crafts 1PM

Attention Men of Parkwood! This one's for the Boys!

Are you a fan of good coffee, pastries, engaging conversations, and the company of like-minded individuals? We plan to start a men's coffee group in 2024. Picture this: a relaxed gathering of men, sharing stories, laughter, and a steaming cup of coffee.

Whether you're passionate about cars, boats, planes, or just enjoy a friendly chat, our group is the perfect place to unwind and connect. We will meet once a week in the community clubhouse, creating a welcoming space for camaraderie.

Don't miss out on the chance to be a part of this fantastic Men's Coffee Group! Join us for a cup and conversation—it's more than just coffee; it's a community.

Days and time to be determined by availability of the participants of the group—it's your call!

For details and inquiries, contact Brian Saunders at 415-450-1352. Let's brew up some memories together!



Recipe Corner

GREEN PORK CHILI

Serves 8. Prep time: 30 min. Total Time: 2 ½ hours.

(A small amount of fat left on the ribs is enough to make the meat tender and enrich the flavor. Tomatillos cut the spiciness of the green chilies.)

1 lb. tomatillos (husks removed), washed.

2 tablespoons olive oil

4 lbs. boneless country-style pork ribs, trimmed and cut into ½ inch chunks

Coarse salt and ground pepper

2 cans (4 oz. each) diced green chilies

1 tablespoon dried oregano

1 large onion, chopped

5 garlic cloves crushed

2 jalapeno peppers (ribs and seeds removed for less heat, if desired), finely chopped

1/3 cup chopped fresh cilantro, plus leaves for garnish

Shredded cheddar cheese and lime wedges, for serving

In a blender or food processor, puree tomatillos until smooth, set aside.

In a 5-qt Dutch oven or heavy pot, heat oil over medium-high heat. Season pork with salt and pepper. Working in batches brown pork, 6-8 minutes per batch and transfer to plate as you go.

Return pork (with any juices) to pot. Add tomatillos, green chilies, oregano, onion, garlic, jalapenos and 1 cup water; season with salt and pepper and stir. Bring to a boil; reduce to a simmer. Cover and cook, stirring occasionally, until pork is tender, about 2 hours. (To store, refrigerate for up to 3 days, or freeze for up to 3 months.)

Just before serving stir in chopped cilantro; serve chili with cheddar cheese and lime wedges and garnish with cilantro leaves.

DARLA BOWMAN

NOT A ROBIN

By Ida Domazlicky and Jane Nicholas

Photo by Chris Perry



According to writer & birder Pete Dunne, the Northern Flicker is “a large, distinctly patterned, long billed, and pinheaded woodpecker that confounds nonbirders by foraging on suburban lawns and having the temerity not to be a robin.” I suspect that everyone in Parkwood has seen flickers feeding on the ground alongside robins, Varied Thrushes and blackbirds. While the robins may be looking for worms, the flickers are looking for ants. Ants make up the bulk of their diet when insects are active, and apparently the formic acid doesn’t bother them at all. All woodpeckers have long, sticky tongues attached to the hyoid apparatus which wraps around inside their skull. But the flicker’s tongue is so long that the hyoid bone is elongated for support, letting the tongue stretch 2-3 inches beyond their over-sized beak. Perfect for sucking up ants! Flickers also eat other insects, berries, and seeds, but they love ants. According to the American Bird Conservancy, one flicker's stomach was found to contain more than 5,000 ants! Er...yum?

The strong beak and shock-absorber apparatus in the flicker head allow them to peck out nest cavities—and not just for themselves. Bluebirds and small owls nest in flicker holes and are almost the only nesting sites Bufflehead ducks ever use. Many of the flickers now in Parkwood are birds that moved here for the winter after nesting in British Columbia. Not coincidentally, B.C. also has one of the largest breeding populations of Bufflehead ducks anywhere. So thank you, flickers, for all the adorable Buffleheads now bobbing and diving at John Wayne Marina.

Flickers can be recognized as larger and slenderer than robins. Overall, they are brown/gray with relatively long tails, spotted tummies, and a white rump patch. If seen in flight, our western flickers show brilliant red-orange underwings and tail, while Midwestern flickers show golden. (A display near the check-out at the River Center has a gorgeous western flicker tail spread wide to show the amazing color.) Our birds also wear a red mustache, while eastern flickers wear black.

Flickers can be heard now calling from tall trees in Parkwood. While they have several calls, the most common is KLEE-er. Hear it on the free Audubon app. These woodpeckers love exactly the habitat we have here, with our mature trees broken by lawns full of ants and other insects. (Thank you, Parkwood!) Although their numbers are declining—as with nearly all North American birds—we hope flickers will continue to find Parkwood a perfect place to spend their winters.