



MARCH 2020  
*Canterwood* LIFE

A SOCIAL PUBLICATION EXCLUSIVELY FOR THE RESIDENTS OF CANTERWOOD

meet the **Rallo**  
*Family*

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.....  
Your Stories. Your Photos. Your Community.  
.....

Dear Canterwood neighbors,

Welcome to another edition of the *Canterwood Life* neighborhood magazine!

Within the pages this month, we highlight sponsors, **Drs. Matthew and Justine Priess, D.D.S.**, at **North Harbor Dentistry** here in Gig Harbor, resident-volunteer Jeff White, the Rallo Family, and much more! **If you would like to nominate a local resident, non-profit, club, or team, or just have a fun story to share, please email us at CWL@n2pub.com with your suggestions!**

This publication would be very boring without your involvement!

If you didn't already know, each of our publication sponsors is vetted by us personally to ensure that they provide the highest level of service to this community. If we wouldn't feel comfortable sending one of our family members to them, then they don't get to be a part of the magazine. It's that simple.

So then the opportunity arises, we welcome you to consider utilizing any one of our sponsors for their service. Maybe you are in need of one of these services or know someone who is? If so, I am confident that these businesses are not only ready and willing to provide excellent services to you but that you will feel taken care of by them. Even a quick mention that you saw their ad in *Canterwood Life* magazine reinforces that their advertising dollars aren't going to waste and keeps this publication coming to your mailbox. **If you have a business that you want your neighbors to know about, reach out to us and tell us about your experience with them!** We hope you enjoy this issue and have a wonderful month of March! See you again next month.

Thank you,

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## precious pets

Sent in by Henry's mom.

# say "hello" to HENRY

**Family member names:** Kirsten, Josh, and Emery Blount  
*(9 months)*  
**Pet's name:** Henry  
**Type of animal/breed:** Mini Goldendoodle (45 pounds)  
**Male or female:** Male  
**Pet's age:** 5 years old



**Where/why did you get your pet?** We got Henry when we moved to Dallas, Texas from California for Josh's job. After Kirsten spent the first 24 hours of the move crying, she let slip that maybe a puppy might make her feel better, as she had actually been wanting a hypoallergenic Goldendoodle for years. Safe to say, Josh immediately put a deposit down.

**Is there a story behind its name?** No story behind his name aside from Josh thinking human names are funnier for dogs, and it has evolved from Henry to Hank, Hanky, Doodie - he responds to it all!

**Anything special or unusual about them (talents/quirks)?** The sweetest dog in the world yet full of quirks. He is fearful of anything large or anything that moves: suitcases, boxes, the stroller, trashcans (we have learned to avoid walks on trash days). Anything over his head like kites, drones, planes, etc. In fact, he one time ran all the way home from the park as a puppy because he was so afraid of someone's kite.

**What do you like best about your pet?** There is no sweeter soul, and he seems to be the perfect dog. He is not overly clingy yet loves to cuddle. Never chewed up our house or had accidents inside as a puppy. Loves everything in life - car rides, strangers, fetch, tug, walks, other dogs, cuddling on the couch. He is the best companion. His joy of all the little things in life truly brings our family so much happiness.

**How spoiled is your pet?** As our firstborn, he has the coveted spot in the middle of the master bed at night, the front seat in the car, gets comfy on the couch, daily walks and treats, and the occasional "lick the plate clean" privilege.

**What else should we know about your pet and/or how your pet has enriched your home/family?** The best part of Henry has been watching him with his new (human) baby sister. To say he is patient is an understatement. While she is obsessed with him and he is still a little suspect, he is perfectly content with letting her crawl all over him and occasionally pull a handful of hair, which seems to be the most exciting and thrilling activity for her at this time.



For all those pet lovers out there, we can't wait to feature your pet in an upcoming issue! Submit your story and photos to [CWL@n2pub.com](mailto:CWL@n2pub.com).

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**are you ready?**

By EPPC Committee

Emergency Preparedness Planning of  
Canterwood

# emergency or DISASTER?

Have you ever wondered what the difference is between an emergency and a disaster? Imagine someone in your house had a heart attack or your house caught on fire. What would you do? Dial 911 and get help, right? That would be an emergency. What if a major wind and rainstorm struck the area in the middle of the night and a large tree fell on your house, collapsing your roof and seriously injuring a family member? You dial 911, but you can't get cell reception. You step outside to get better coverage and there are a dozen or more trees that have fallen just on your street. Cell towers are down. It could be days or even weeks before help can get to you. That would be a disaster and you would be on your own. Or would you? Do you know if any neighbors are first responders or are medically trained? Do you have skills that could help your neighbors should this happen to them?

Not going to happen to you? What are the odds? Willing to roll the dice and not think about it? Let me ask the question a different way. Do you have children, elderly people, or pets in your house? Do grandkids or elderly parents ever visit? Let's say you drove to Tacoma on an errand. While you were there, an earthquake struck and the Narrows Bridge became impassable. You were unable to get home for a week and the phone lines were down. Have you thought about what would happen to the loved ones from whom you are separated? Do you have a plan?

An opportunity for you to learn how to take care of yourself in the event a disaster strike is coming your way. Your Canterwood Homeowners Association (HOA) board has sanctioned an Emergency Planning and Preparedness for Canterwood (EPPC) Committee to tap the best resources in the country and develop a plan. This committee has gathered the probabilities and statistics from other communities who have suffered disasters, organized the first group of homes, or block, and implemented the "Map Your Neighborhood" program developed and promoted by the Washington State Office of Emergency Management. This master plan has been modified, tested, refined, re-tested and finally adopted, and now it's coming your way. The first block has been organized and been included in mock disaster drills in coordination with Pierce County. EPPC will roll this plan out one block of homes at a time. You will be invited to meet your neighbors and learn how to prepare yourselves.

In a disaster, will you be prepared?



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1. The addition of steps between the HOA office and the tennis courts in Nuthatch Park.



2. Also, the committee members replanted the Peacock Hill Rd./ Canterwood Dr. entrance on both sides with new plants and flowers.



3. Whispering Pines Dr. had the hiking trail graded, boulders were added, and river rock was placed along the street edge to aid in drainage and slope control.



4. Along specific streets, drain bumps were installed and painted in order to be more visible for walkers, especially in dark conditions.

## The Canterwood Grounds Committee completed the year 2019 in December with four projects.



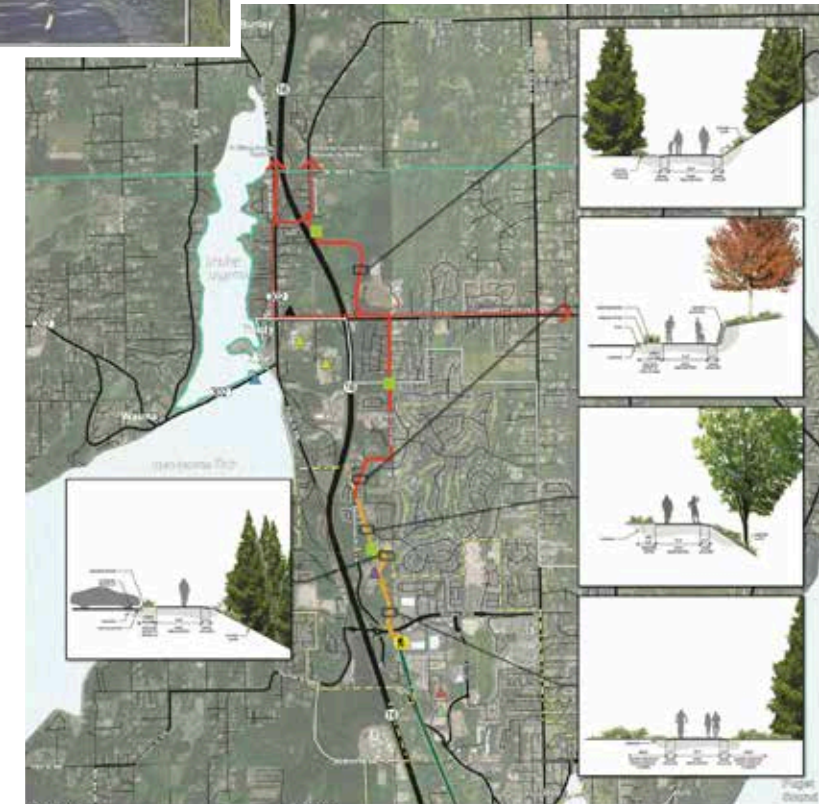
# Cushman Trail PHASE V PLANNING STUDY NEXT STEPS

By the Canterwood Grounds Committee

Members of the Canterwood Grounds Committee attended a Gig Harbor City Council open house on December 12, 2019, at the Civic Center to learn more about the forthcoming project. The trail extension is to possibly affect the Baker Way, main gate, and residence gate entrances.

Completing the planning study to establish the final alignment is only the first step in extending Cushman Trail. Following this phase, these steps will be pursued:

1. Source funding support for final engineering and construction. The city will be targeting federal funds for support.
2. Engineer the final design of the trail extension. The phase V planning study established the trail route and engineered the first mile of the trail to a 30% level. All three miles of the phase V extension still require engineering to a 100% level. During final design, project phasing can be established to align with funding sources.
3. Preliminary first mile costs for phase V Cushman Trail: \$3.5 million = The cost for the first mile of trail extension with a level, street-grade crossing at Borgen Boulevard -or- \$7.7 million = The cost for the first mile of trail extension with a bridge crossing over Borgen Boulevard. A level, street-grade crossing at Borgen Boulevard could be constructed during the first construction phase, and a bridge crossing could be added as the demand for it and funding occur.



The trail will maintain a 12' wide paved surface with 2' wide gravel shoulders and serve as a non-motorized multi-purpose trail. Final trail design will comply with local, adopted standards for a shared-use path.

Beyond mile 3, the city of Gig Harbor will relinquish all responsibility of the trail over to the county. The Pierce County Planning and Public Works Dept. have no plans in the foreseeable future for working on this project. They are already budgeted and planned for the next five years, so they will not be reviewing the trail until 2025-2026.

# meet the Rallo Family

Are you a country mouse? Or a city mouse? There is something appealing about each, yet when it comes to raising our children, all of us in Canterwood have landed upon Gig Harbor as the place where we want to be and be from. Ty and Emily Rallo are no different. The couple, and the family, have spent time in different parts, be it Seattle or Oregon, yet both Ty and Emily are in agreement nowadays that there is no better place than Canterwood and Gig Harbor for them, their three kids, and their English cream golden retriever puppy, Beau.

Emily and Ty have been there done that; they have lived in the city and the country, so they know. “There’s something romantic about raising city kids,” acknowledges Emily. “The confidence in a toddler’s stride as they

walk the sidewalks of Ballard and the trails of Greenlake are some of our dearest memories. But, the sounds of laughter in the front yard and dreams explored in the back are, simply, unparalleled. Lovely neighbors, riding bikes in the street, picking blackberries and swimming at the Canterwood pool are some of the highlights for us.”

Ty grew up in Gig Harbor, so his allegiance is understandably toward his hometown, while Emily, who comes from Clackamas, Oregon, learned over a few years’ time to love our town as much as her husband. The couple met while both were attending Pacific Lutheran University. They were living in the dorms at the same time during their

freshman years, started dating shortly thereafter, and will celebrate ten years of marriage in August of this year. “I used to tease Ty because he had such an idyllic fondness for Gig Harbor, and that’s what eventually led us back here,” revealed Emily. “We loved living in Seattle, but there is something magical about growing up in Gig Harbor, and we want our children to have that experience. Also, grandparents. Ty’s folks are here, and we value having them as a regular part of our lives.”

All three Rallo kids, Owen, Weston, and Hazel, are under 7 years old, so having the grandparents around is definitely a plus, as this way, everyone can enjoy their growing up time together. The Rallos “love being outside and going on adventures with our kids.” True Pacific Northwesters, they take part in what each season has to offer: “In the winter, we enjoy skiing at Crystal, and in the summer, we like to go on hikes, camp, and spend lots of time on local beaches.” When it comes to family traditions, they love creating all of the year-round holiday memories at Canterwood and around the area. “We love all the classic traditions, so none of them are unique but they’re meaningful to our family, nonetheless,” says Emily. “We enjoy going to the pumpkin patch, cutting down our Christmas tree, matching Christmas pajamas, dying Easter eggs, camping for Father’s Day, and spending holidays with extended family.”

The kids haven’t developed a particular taste for entertainment yet, apart from the expected kids’ fare in cartoons and animated films, yet the Rallos have definite preferences for how they like to spend their free time. “I’m a photographer, primarily of my children, and love to photograph other families when I can,” describes Emily. “I also enjoy writing and keep a blog as a way to chronicle our family history. Ty likes to be outside and run and ski whenever he can.” The family’s favorite

...



## family spotlight

By Kai Curry.  
Photo by Fiona Margo Photography

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hangout spots are downtown Gig Harbor, Bella Bella Beach, and The General Store, while their favorite restaurants are The Tides, Millville, Brix 25, and Cactus in Tacoma. v

If they want to range further out, they might spend a vacation in Hawaii, Lake Chelan, or Sunriver. Ty and Emily admit that “our traveling schedule has certainly slowed down in the years since we’ve had kids but remains a passion for both of us....We try to get away for a sunny vacation in the winter and travel locally in the summer.”

When it comes to sports, it’s all local. This family goes Seahawks, with a “particular fondness for Russel Wilson because of all the time he spends at Seattle Children’s,” elaborates Emily.



“It’s nice having a professional athlete with character our kids can look up to.” The Rallos’ connection to Wilson’s charity work is close to home, as Emily works as an RN in the cardiac ICU at Seattle Children’s Hospital herself. Ty, on the other hand, is the director of brands for a wine importing and distributing company. “We like to joke that we make friends easily because a good bottle of wine and nurse consultation are always welcome,” Emily shares.

The couple values community service, and the same charitable efforts that they appreciate in Wilson are those they make themselves. Emily coordinates a MOPS (Mothers of Preschoolers) group through Chapel Hill Presbyterian Church. MOPS is a Christian program that, according to Emily, provides a space for “mamas of babies and toddlers to connect and find their tribe.” She adds, “I strongly believe that motherhood is better when we stick together, and better moms make a better world.” Ty also backed up our local kids and parents this past fall



by coaching the Rallos’ oldest son’s soccer team, and both support Together Rising and Seattle Children’s.

What is the Rallo secret to success? “Our day-to-day is pretty full of working and parenting....We have learned to lean into the chaos and find the most relaxing thing for us is simply being present in the moment.” Something that comes naturally when you are united as a family that the place to spend those precious moments is Gig Harbor and Canterwood.



Do you know an amazing family in the neighborhood? Send your nominations to [CWL@n2pub.com](mailto:CWL@n2pub.com).

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**Paige's Gig** HELLO, I AM PAIGE SCHULTE.

As a Realtor I act as a connector for my clients. My job is to provide you with everything you need to buy, sell and protect your investment long term. My list of who's who in the area of home ownership is LONG. Today I want to introduce you to Alinda Morris, the principal designer and owner of Alinda Morris Interior Design LLC, based in Gig Harbor, Washington. Alinda is widely admired for her ability to create, invent, explore, and innovate. She is highly recommended for her insightful perspective on architecture and interior design.

# DESIGN TRENDS 2 YEARS, 5 YEARS, 10 YEARS+

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**I**f you want the most bang for your investment dollar no matter how long you plan to on staying in your home; Upgrade your lighting. Create a layered lighting plan. The number one way to make a room look luxurious is with dim lighting. **PRO TIP:** Keep your most expensive pieces at eye level and *always* layer your lighting

## 2 YEARS

A fresh coat of paint is the most cost-effective way to freshen up a space. You can use paint to update everything from cabinets, a dingy brick fireplace, even counter tops. If you want an accent-architectural elemental instead of painting an accent wall, think wall coverings. If you really want a bold statement without the commitment, consider removable wallpaper like tempaper. If you want to update your space but are staying in your home long enough to enjoy it consider investing in high quality furniture. (In standard sizes and neutral colors). Even if you move every 2-4 years you will always be surrounded by beautiful things. Fast furniture is an unfortunate trend and can be dangerous (Always secure dressers and leaning mirrors-even low ones).

**Upholstery Tips:** Invest in the best you can afford. You can value engineer case goods like bookcases and end tables, but upholstery touches your body everyday It should be soft and durable and built to last. Pro tip: A little customization can go a long way. You can make a decent sofa look amazing with custom pillows. You can also make a custom sofa look unfortunate with inexpensive (flat) pillows. Please don't do that.

**Pro styling tips:** Invest in large-scale art. Incorporate texture. Use a large rug to anchor your furniture grouping.

## 5 YEARS

If you own a home and want to see some return on your investment a remodel really has a 10-year life cycle. If you plan on staying in your current home for 3-5 years. Consider new paint and window treatments.

**A kitchen or bath refresh:** If your cabinets are in good shape (inside and out) and you don't want to change the layout of your space You are a good candidate for a cabinet reface: new cabinet doors and drawer fronts - but not new cabinets - new hardware" new countertops and a fresh tile backsplash. If you want to add some luxury to your cooking experience-upgrade your appliances.

**Custom window treatments:** Custom window treatments are an investment but they can really make a huge difference.

**Pro tip:** Make sure your curtains hit the floor. custom furnishings. think small, even if you have a large space create several conversations areas to keep it cozy.

## 10 + YEARS

If you love your home and plan on staying a while, this is a great time to plan a large-scale remodel. If you're going to spend money on your home the kitchen is a great place to start, next is the master bath. Keep resale in



mind- Stick with neutral color scheme. Every wants a light and bright home with an open concept kitchen and hardwood floors. For kitchen and bath planning. **Pro Tip:** Stick with standard sizes recommended by the National kitchen and bath industry. A standard countertop is 36". Enjoy your home but don't over customize. Flooring is one of the most expensive items to upgrade but cohesive flooring can really modernize your space.

— Alinda Morris, Interior Designer and Remodeling Specialist.

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This article was adapted from Paige's weekly Real Estate blog. To see more, visit my website at: [askpaigeschulte.com](http://askpaigeschulte.com).

## volunteer spotlight

Submitted by Kristin White.

# Jeff white

HARBOR SOCCER CLUB



**Your name:** Jeff White

**What organization do you volunteer with?** Harbor Soccer Club

**How long have you been volunteering with this organization?** I got involved in the organization in the fall of 2019.

**What types of tasks do you perform for this group?** I coached a local team of 4-5-year-old kids – go, Tigers!

**How many hours a week on average do you spend volunteering?** There was generally a one-hour practice and a one-hour game each week.

**How can others get involved with this organization?** The Harbor Soccer Club is always looking for parent volunteers, especially for the younger age brackets.


**Why did you choose this particular project, or what drew you to volunteer for this organization?** My father was involved with some of my sports teams when I was a kid, so I was excited to pass this on and contribute. Weston called me "Coach Dad" both on the field and at home. I was hoping that his listening skills would improve if his coach asked him to do something but to no avail.

**What benefits do you get from volunteering with this organization?** I got a ton of laughs seeing the kids learn about soccer, sportsmanship, and team-building. I did feel a sense of pride when our team scored a goal, especially when it was in the opponent's goal instead of our own.

**How long have you lived in the neighborhood? What made you move to the neighborhood? What is your favorite part of living in the neighborhood?** We have lived in the neighborhood for two years. I was happy to say the Tigers had kids from three Canterwood families on the team. Perhaps


next season, we will bring home a trophy that could be proudly displayed at the clubhouse.

**Who are the members of your family? Are they involved in the charity, as well?** My son Weston was on the team (and contributed to many side wrestling matches that occurred during the soccer games). My wife Kristin and daughter Campbell were big supporters of the team and screamed their support from the sidelines.



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**The Canterwood Life publication team would like to officially invite you to join us for our "Thirsty Thursday" happy hour event!**

Come for the great food and drink, stay awhile to let your hair down a bit, meet fellow Canterwood neighbors, and share what you love about our community. To support this effort, we are planning on making this a monthly occurrence — we'd love for you to join us!

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**Where:** Canterwood Golf & Country Club  
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The **first five (5) residents to RSVP, your first drink is on us!** Simply email [tristan.manning@n2pub.com](mailto:tristan.manning@n2pub.com) and let us know you'll be joining us, then show up on Thursday, March 5, and your first drink is on us — simple!

We will also provide happy hour appetizers to enjoy as we share in community with one another, as well as ideas on how to make our neighborhood even better.

*\*You do not need to be a member of the country club. If you are not a member, just let them know that you are a Canterwood resident and a guest of Tristan and the Canterwood Life magazine\**

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Matthew Priess, D.D.S.

## Dr. Justine Priess and Dr. Matthew Priess

### NORTH HARBOR DENTISTRY

Many people dread going to the dentist. Dentists are no stranger to this conundrum, and Drs. Matthew and Justine Priess, D.D.S., at North Harbor Dentistry here in Gig Harbor make it their special mission to ensure that clients are as comfortable and well taken care of as possible.



Justine J. Priess, D.D.S.

It helps no one if a patient is nervous – so why not gift one’s clientele with some of the enjoyment that you yourself get out of your vocation? “We share a passion for practicing compassionate, quality dental care for our patients and try to make going to the dentist less intimidating,” say Matthew and Justine. “We view our staff and patients as part of our family and are fortunate to have so many wonderful people in our lives because of our office. At our office, we spend extra time to talk to patients about what we are seeing when we look at their x-rays and in their mouths. We want to empower our patients to take ownership of their oral health and understand what we are doing to provide that for them. If there is a procedure needed that someone doesn’t understand, we talk through it so the patient can feel better about the process. However, our patients are more to us than a procedure or a mouth. Getting to know them and connecting to their lives make what we do so much more worthwhile.”

A quick browse of Google reviews demonstrates that North Harbor Dentistry has a formula that works. They have a strong five-star rating, and patients have left telling comments to the tune of, “they gave me my smile back.” Drs. Priess knows that our teeth and our smile are some of the most important ways we communicate ourselves to others. “Smiles matter, prob-

ably more than we realize,” explains their website at northharbordentistry.com. “Volumes of research confirm the influential role of smiles on our relationships and our self-esteem. If you’re confident, you smile more. If you smile more, you feel more confident.” To this end, it’s important to schedule your six-month cleanings so that Drs. Priess and their staff can catch small problems before they become big ones. Drs. Priess is also cognizant of the holistic nature of dentistry and the reality that the bacteria in your mouth, if not addressed, can enter your bloodstream and lead to serious health concerns. Maintenance is key!

Drs. Priess and their welcoming, professional staff offer a variety of services to help you stay healthy and put forward your best smile: “We do implants, veneers, whitening, fillings, crowns, and all the other things you expect a general dentist to be prepared to do to take care of you.” They also offer additional treatments you might not expect, such as Botox. “We enjoy learning the newest technologies and growing our skills with current techniques,” they assert. “We always seek to gain our patients’ trust by giving them the best of our abilities and by treating them as we would our own family.” Keeping current also applies to the tools used. “We believe in investing in technology and using new advances to help our patients have the best possible experience,” assure Matt and Justine. “For instance, through CAD/CAM technology, we do same-day crowns so that our patients do not have to come back for multiple appointments.”

Drs. Priess and their staff treat their patients like family – and they welcome families. “Our team loves helping kids grow into healthy adults,” says their website. Each step of the way, Drs.

Priess have devised methods to help the patient remain comfortable and to ensure age-appropriate care. They take your kids into consideration by having a children’s play area in the office, with touchscreen activities; they are cognizant of their convenient location at 14315 62nd Ave. NW, across from Purdy Elementary and Peninsula High School. “As a family-oriented general dentistry office, we welcome children and adults and are happy to get to know our patients’ whole family,” they proclaim. North Harbor Dentistry also gives back: “Each fall, we support Peninsula High School sports teams by making complimentary custom mouth guards. Every year, our office welcomes the Purdy Elementary kindergarteners to help children overcome their fear of going to the dentist. We have recently become the official dentists of the Reign FC, so you may see a familiar women’s soccer star in our waiting area when you come to your appointment. We look for opportunities to be involved with the community that so graciously trusts and supports us.”

Justine and Matthew are residents themselves. “We fell in love with Gig Harbor the first time we visited and knew it was where we wanted to call home and raise our family,” they recall. Prior to settling in Gig Harbor, the Priesses served for three years as U.S. naval dental officers in Okinawa, Japan. They enjoyed traveling in Southeast Asia, and it is to this experience that they attribute their “love for travel and learning about other cultures continues to challenge us to become more humanitarian-minded citizens of the world.” The couple met while attending the University of Minnesota Dental School in Minneapolis, and both completed advanced education general dentistry residencies. Justine attended Idaho State University in Boise, Idaho, and Matthew attended Walter Reed Hospital in Bethesda, Maryland.

Upon arrival at Gig Harbor in 2017, the Priesses took over ownership of the practice of their colleague, Dr. Paul Kadzik, who had served

the Gig Harbor community for thirty-five years. It didn’t take long for Drs. Priess to re-establish a close connection with their patients. They confess that their work and personal lives are closely intertwined; yet you will find them at times outside of the office, exploring all the area has to offer. “We both love being active by hiking, skiing, running, and cycling. When we aren’t seeing patients at North Harbor Dentistry you may find us running on the Cushman trail, [or] at a Sounders game,” they reveal. Justine grew up in Great Falls, Montana, and so has a “lifelong love of the mountains and adventure,” while Matthew hails from Minneapolis, Minnesota. Both knew that the Pacific Northwest was “the perfect place to call home,” and would be a good fit to enjoy their hobbies all year round. “We are never bored with all this area has to offer,” they enthuse. “Our fun-loving two-year-old son Lochlan keeps us on our toes and you will often see him out with us around town. He loves the Sounders, hot wheels and going to preschool at Curious By Nature.”

Drs. Priess have invested their time and their spirits into the community, and they know their clientele: “Many of our new and long-standing patients are Canterwood residents, people we value as not just our patients but our friends. We look forward to building those relationships over our lifetimes and hope to gain trust as their friendly local dental professionals at North Harbor Dentistry.” At North Harbor Dentistry, it is safe to say that their goal is to make sure your smile will be bigger coming out than when you went in.

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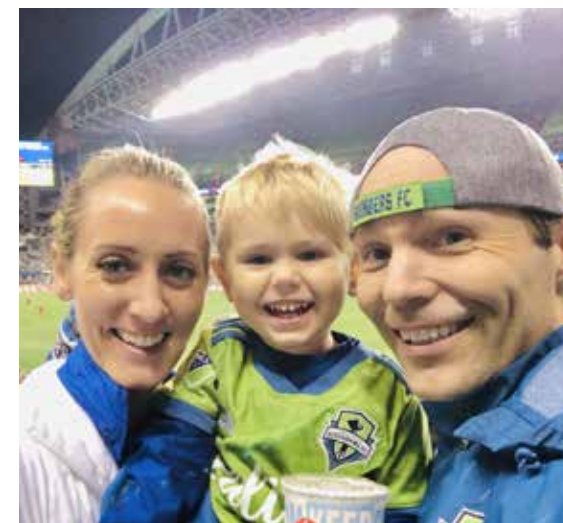
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# Mason Bees

## A WELCOME BACKYARD POLLINATOR

By Dennis Tompkins.

There is growing excitement among home gardeners about a very beneficial, but somewhat mysterious insect. This gentle, hard-working "bug" looks like a fly. But it is a bee.

The mason bee is an important natural pollinator, particularly in light of the worldwide declining honeybee populations. And it does not sting or require a hive for Canterwood homeowners to encourage its presence.

Why discuss a bee during the dead of winter? First, it is time to plan for the springtime emergence from its overwintering cocoons. Second, we enthusiasts wish to spread the word about how gardeners can benefit the environment by increasing bee populations in their yards.

My fascination with the mason bee began nine years ago when I noticed all these giant-looking flies that were swarming around the shake roof on a shed. Following some research, I decided to create an environment to attract them to nesting blocks. Boy, was I successful!

### Characteristics

It is a solitary bee that nests in holes in the ground, in trees, under shake roofs and in nesting holes created by us humans. It is not aggressive, does not sting and is a better pollinator than honeybees.

It is believed that six mason bees can effectively pollinate one apple tree that would require around 360 honey bees. Mason bees "belly flop" onto blossoms, and pollen sticks to the many hairs on their bodies. A honey bee gathers pollen on its legs. Consider just the difference in the surface area that collects pollen between one hairy belly and skinny, little honey bee legs.

The adults begin to emerge from their cocoons in mid-March when temperatures reach the mid-50s. The bees complete their life cycles over a six-week period. Their activities coincide with the bloom of most of our ornamental and fruit-bearing trees.

They deposit their eggs on a glob of pollen in their holes and seal off each one in a chamber with a mud plug. They are very resourceful in finding sources of mud in our back yards.

### Attributes

I believe one of the greatest attributes of "raising" the bees is the satisfaction we get from helping Mother Nature to pollinate our fruit trees with very little time and effort. Working with the bees is also a terrific way to involve children in a gardening project and to help them to learn about beneficial insects and nature.

The bees are simple for gardeners to manage by providing nesting materials. These include specially designed nesting blocks with multiple holes, cardboard and paper tubes, or homemade nesting blocks and paper tubes.

My adventure began by drilling holes in 4x4 inch fir blocks. While these worked to attract the bees, they are not recommended because over time they house various predators, diseases and fungi that feast on the larvae. In short, they slowly become death traps.

I have converted to using the nesting materials noted above. They allow home gardeners to harvest the cocoons in the fall and to clean out the pests. They can then be safely stored in the refrigerator during the winter for release the following spring.

The consistent ample harvests of apples and plums from my mini-orchard can be attributed to the bees. I thoroughly enjoy the five gallons of sweet apple juice I process and freeze each year.

### The Northwest is a leader.

There are numerous internet sites that have information about bees. But the leading source of excellent information and supplies is Crown Bees in Woodinville, WA, owned and operated by Dave Hunter and his dedicated staff.

The company website has an amazing array of information, instructional videos on nesting sites and cocoon harvesting, plus a wide variety of supplies and cocoons available to home gardeners.

He produces a monthly "bee mail" that instructs gardeners on the proper steps to follow throughout the year and the latest news and developments on this insect. Dave has appeared at conferences around the country and is a tireless champion of the mason bee.

### Join us

Visit the Crown Bee website ([crownbees.com](http://crownbees.com)) to learn more details about mason bees. We bee enthusiasts encourage gardeners to have some fun while learning about this fascinating insect and to help benefit our environment.

# ALL THE PRETTY PONIES

## AT CANTERWOOD RIDING CLUB!

### canterwood riding club

By Luellen Lucid.

Canterwood Riding Club is home to two very pretty ponies, one just recently arrived. The two ponies are Sugar, a quarter pony that has resided at CRC for several years, and The Hot Topic of Spring Song, known as Dolce, who just arrived in August. We are delighted to have these diminutive horses, both of them very sweet and human-loving.

Sugar is out of a quarter horse named Champs and sired by Smokin' Double Dutch, who is a real-life model for the Breyer toy horses! Sugar was bred to have the confirmation of a full-size horse but is only 14 hands tall (horses are 15 hands and larg-



Dolce and Sarah at CRC.

er). She had a year of dressage training in Oregon and then was trained for stadium and cross-country jumping and competed in three-day eventing, which includes dressage, cross-country, and stadium jumping. Her training has made Sugar highly versatile, capable of competing in a variety of riding disciplines.

"Sugar has both good training and a strong work ethic as well as excellent ground and riding manners," her owner Kari Beringer explained. "She has a good brain and is a very well-rounded horse." Kari and husband Roger enjoy Sugar as a family horse. They go camping and mountain trail riding, taking Sugar along. Roger rides an electric bike to keep pace with Sugar. "Sugar will go over big bridges, through streams, past motorcycles and cars, and she never spooks at anything." Kari frequently rides Sugar by herself on the Canterwood trails and has considered riding her at a nearby hunt course as well as in endurance trail riding competition.

"Beyond all her great qualities, the best is her loving personality," Kari stated. "I've had horses my whole life but never experienced the close bond I have with Sugar. She trusts me, and I trust her! She is a once-in-a-lifetime pony."

Dolce, a beautiful buckskin Welsh sport pony, is a talented Grand Prix dressage competitor recently purchased by Sarah Tracy, who also owns the Lusitano stallion at CRC, Vencedor. Dolce arrived on a big horse van from the San Diego area where he was trained. Dolce already has an impressive show record, beating large Warmblood horses in the show ring even though

he only stands at 13.2 hands tall! Sarah is diminutive, too, so she fits well on her pony.

"Dolce is a fast, willing learner with a competitive spirit," Sarah reported. He has made his way all the way up the dressage levels to the very highest possible - Grand Prix - the same level seen in the Olympic competition. "He loves showing off what he can do. When he is put to work, he is all business in any situation." He is naturally forward and looks like a miniature Lusitano in his gaits.

In 2017, as an 8-year-old, Dolce was the national dressage Pony Cup champion in the FEI open division. In 2018, he was reserve champion his first year competing the Grand Prix test with scores in the mid-sixties. This would be impressive for any horse but especially for one as young and small as Dolce. As his trainer noted, "He may be short in stature, but no one notices when he is in the show ring!"

Sarah bought him to have a horse that is small and calm enough for her grandchildren to ride - she has 14 grandchildren so far. She also looks forward to riding and showing him and plans to ride him on the Canterwood trails as well. Sarah's trainer, Delicia Molton Sorensen, has started riding him in the indoor arena - a new experience for the pony. He looks like poetry in motion, a beautiful mover.

We are truly blessed at CRC to have such perfect pony exemplars as boarders.



Dolce as reserve champion at 2018 national competition.



Dolce in the show ring.



Roger with Sugar and his electric bike.



Kari riding Sugar on trail.



Beautiful pony Sugar



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## financial fitness

By Shauna Osborne



# women AND FINANCES

March brings about the observation of a very special month: **Women's History Month**. 2020 marks the 100-year anniversary of women gaining the right to vote in the United States, after decades of the fight for suffrage. Indeed, the last century has brought many significant social changes for women, including in the financial arena, which places women in a singular position in fiscal decision-making.

Taking a look back over time, we see that although women started out with relatively few autonomous rights in our country – in fact, they were considered the “property” of their husbands as of 1769 – they soon slowly began gaining more control over their lives and finances. The 1800s brought the rights for women to retain property after marriage, bank under their own names, and work as stockbrokers; the 20<sup>th</sup> century saw laws passed that governed fair and equal opportunities in credit, pay, and labor for women. Flash forward to now, when women make up 60% of the workforce, including in corporate America and global business. And we're not only participating in the economy by spending money – we're actively contributing by *making* money as well.

Yet female wage-earners still face considerable and unique financial challenges. The first is, overall, women still make less money than men, even in positions for which they are equally qualified. As of 2017, women earned approximately 80 cents for every dollar their male counterparts earned across every age group. The gender pay gap – while improving as millennial women continue to dominate in higher education and secure higher-paying positions – is still very real.

Additionally, women tend to live longer than men do – on average, about five years longer – which impacts retirement savings as well as money set aside for health care costs as we age. Add to this the fact that women's peak earning age falls significantly earlier on salaries that already started out lower than men's, and that women, almost exclusively, spend time away from their careers to raise children, and it becomes much harder to save throughout our wage-earning lifetime. *What can women, specifically, do to address these gender-based financial challenges?*

**Set goals and plan ahead.** Set necessary yet attainable short- and long-term goals for your money. Focus on paying off debt first, then turn your attention to saving. Studies suggest women should save approximately 1.5% more yearly than men to reach the same savings target by retirement.

**Discuss finances in relationships early and often.** Finances are one of the top stressors in relationships, so stay on top of it by being as transparent as possible from the beginning. Keep educated on and be involved in the day-to-day management of your family's goal setting, budgeting, saving, and investing.

**Address health care now.** If you haven't already, explore your options for long-term health care. Women live longer, have higher rates of chronic health conditions and disability, and are often the caregivers for others with health concerns. Take care of you; the time to plan for your future health care needs is now.

# Local Events

**Friday, March 6 - Sunday, March 8**

All day

**Tacoma Remodeling Expo**

**Greater Tacoma Convention Center, 1500 Commerce St., Tacoma, WA**

As Tacoma's one-stop remodeling expo, you'll connect with some of the most knowledgeable and experienced remodeling and building experts in the region. You'll also discover the latest innovations and design trends for every room in your home, including (but not limited to): cabinetry and countertops, flooring, sunrooms and additions, basement finishing, waterproofing, smart home automation, energy-efficient windows, landscaping and hardscaping, plus exterior products and much more! <http://www.homeshowcenter.com/overview/tacomahome>

**Saturday, March 7**

1 pm - 5 pm

**Gig Harbor Art Walk**

Come join us for this free monthly art walk along the waterfront in Gig Harbor. New art and artists every month. Presented by Gig Harbor Community and Downtown Waterfront Alliance. **Downtown Gig Harbor.**

**Tuesday, March 10**

6 pm - 10 pm

**Northwest Cider Symposium 2020**

**Greater Tacoma Convention Center, 1500 Commerce St., Tacoma, WA**

The Northwest Cider Association invites you to our first annual NW Cider Symposium on March 10, 2020, at the Greater Tacoma Convention Center. An event for Northwesterners passionate about making cider. Learn. Ask. Connect. Grow.

**Thursday, March 12**

7 pm - 8:30 pm

**Ocean5 Comedy Night sponsored by Heritage Distilling Co.**

**Ocean5: 5268 Point Fosdick Dr., Gig Harbor, WA**

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**Friday, March 13 - Saturday, March 14**

All day

**Luck Festival 2020**

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**Saturday, March 21 - Sunday, March 22**

All day

**Tacoma Wedding Expo**

**Tacoma Dome**

Tacoma Wedding Expo provides the attendees with the information regarding everything needed to plan a perfect wedding and showcases cakes, good food, photography, decor products, favor, and gifts, wedding DJs, wedding dresses, ceremony music, jewelry, hairstyles, cosmetics, and more.

**Saturday, March 21**

10 am - 4 pm

**Peninsula Birth and Baby Expo 2020**

**Marvin Williams Recreation Center, 725 Park Ave., Bremerton, WA 98337**

Welcome to the second year of the Peninsula's only Birth and Baby Expo! Whether you're pregnant, considering pregnancy, are a parent or caregiver, or simply want an interactive, lively place to hang out on a Saturday...you don't want to miss this event! At the Peninsula Birth and Baby Expo, you'll be able to explore all of the options, to find the resources you're seeking, and to discover the ones you never knew existed.

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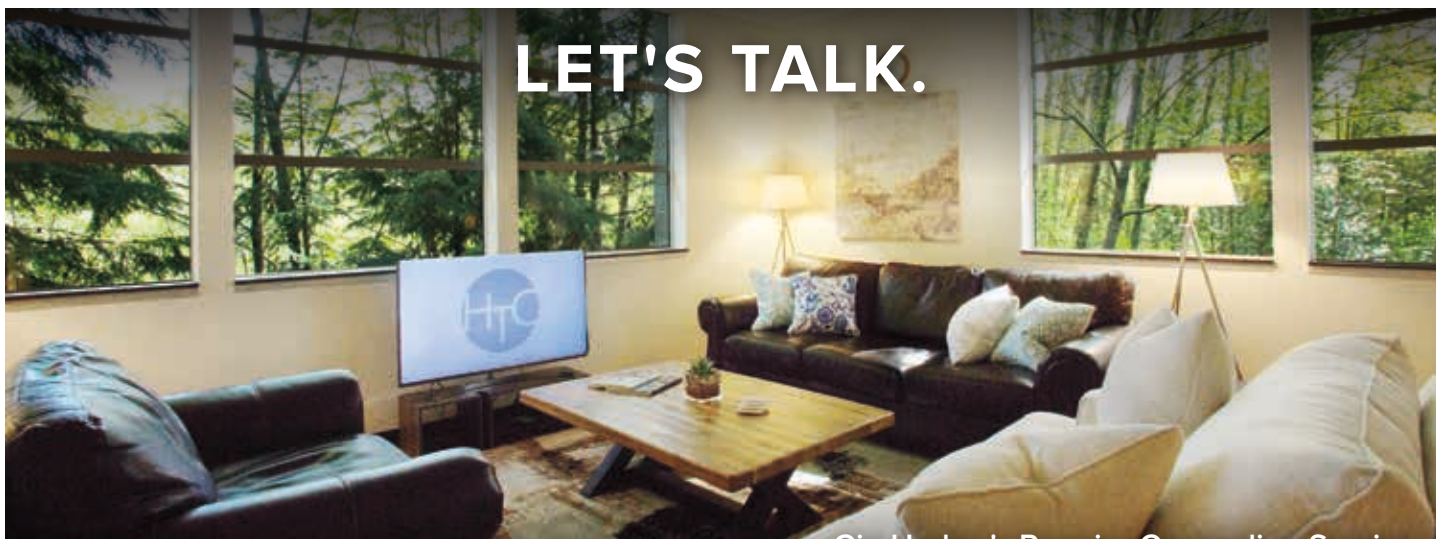
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