



PARKWOOD

March 2020 - Community Newsletter

2020 Spring Clean Up!

It's time to start thinking about longer days and spending more time outside! This year's Spring Clean Up will be held in April after a four-sided inspection of your home and lot. Specific dates will be announced as we get closer to the date. Parkwood will provide a dumpster free of charge for all Residents to dispose of extra household items. There will also be a place to dispose of your yard debris. All yard debris must be free of household trash and not in garbage bags when dumped. FYI: There are some great alternative options to plastic garbage bags which are kind to the environment such as garden waste bags that make it easy to store and transport your yard debris.



Spring forward! Sunday, March 8th

Daylight saving time (DST) isn't all bad. In fact, when we move an hour ahead, we enjoy more daytime hours and use less energy. The crime rate drops... not that Parkwood has that issue. Driving home in the daylight versus the darkness, driving is easier when you can see your surroundings and where you're going, right? Studies actually show that we could save hundreds of lives per year if we implemented daylight saving time year-round.

RESIDENT COMMENTS

- Thank you for getting the stop sign back up on the intersection of Parkwood Blvd and Frederick Drive. -Jim
- Love the bird watch articles! Thank you to Jane and Ida for giving me some ideas for my yard and great content for the newsletter. Please keep it coming! -Sharron

Rock Painting Gathering Friday, March 20th @ 4pm at the Clubhouse!



Bring your ideas and we will provide the rocks, paints, brushes and instructional books. If you have a favorite or specific rock you would like to paint feel free to bring it. Please remember to sign-up so we have an idea of how many supplies/rocks we will need. There will be a sign-up sheet in the clubhouse. Hope to see you there!



THANK YOU SO MUCH PARKWOOD RESIDENTS!

I am pleased to tell the generous residents of Parkwood that we are now helping a third group with your donations. Along with donations to The Serenity House's Night by Night Shelter program and The Clothes Closet, we are now helping Youth Education Services (YES). This organization helps teens who have had to flee their homes, often due to an abusive parent. These teens still want to finish high school or junior college are given counseling, housing, food and now, thanks to your generosity, warm clothing and blankets. Crashing on a couch is hard enough, but where would such a teen get money for clothes like jeans or sweats? Now thanks to PARKWOOD these youth have a few less things to worry about. AGAIN, THANK YOU! -Sally Franz



Community News



PREPARING FOR END OF LIFE—SUNDAY, MARCH 22ND @ 2PM

What to do when a loved one dies? It is not fun to think about death and dying, but this talk will prepare you for that inevitable time. Join us and Peter Craig at the Clubhouse to find answers to your questions about preparing yourself and loved ones for end of life. Come to this presentation with your questions.

- Hosted by resident Gary Melendy



PARKWOOD BIRD WATCH *By Jane Nicholas and Ida Domazlicky*

What Parkwood bird can fly as fast as a Peregrine Falcon, spends its winters in Central America, is iridescent green/purple/white, spends most of its life in flight, and may enter a zen-like trance while sunbathing? That bird is the half-ounce Violet-Green Swallow. Only 2 inches from head to tail-tip, this little bird will arrive here any day now from as far away as Guatemala. Violet-Greens'

tiny beaks are not equipped to dig out the cavities in trees that they prefer for raising their young, so they like nest boxes. At least one yard in Parkwood already hosts them and since they prefer to nest close to others of their kind, it's very likely that any new nest boxes will quickly be occupied. Violet-green nest boxes can be purchased for a \$25 donation at the Audubon River Center in Sequim or from most stores that carry bird supplies, or online instructions look easy for a woodworker. The box needs to be placed at least 9 feet off the ground, perhaps under the peak of a garage roof or on a pole. Care of the box involves cleaning it after use and doing our best to discourage wasps and bees from congregating near the nest where they interfere with the growing nestlings. As a reward for our work we can watch close-up as the swallows build their nests in the box using grasses, weed stems and feathers. Violet-Greens LOVE feathers for their nests and have even been known to take feathers from a human hand. Hanging a small mesh bag of feathers might well bring them up close. (And the hummingbirds now nesting may appreciate a couple of old cattails or a bag of short lengths of white thread.) From March through July watch for Violet-Green Swallows low over Parkwood as they dine on the wing. Note not only their shimmering colors but the white on the rump that resembles saddle-bags, distinguishes them from Tree Swallows. Enjoy their wave-like soaring against our backdrop of firs and mountains, and know that once again Spring has returned to Sequim.



OPEN MIC IN PARKWOOD

NEW SCHEDULE! The 3rd Monday evening of each month at 6:30pm. New this year; we will be treated with more surprise guest appearances from the greater Sequim / P.A. area. We welcome the fruits of your own original creativity, as well as your rendering of other story tellers, poets and musicians. Visual arts and crafts are also appreciated.

A grand THANK YOU for your participation, which includes lending your attentive ears and encouragement as the AUDIENCE! In response to a several suggestions, we'll see more audience participation in the form of sing-a-long and "drum-a-long" opportunities. Send your thoughts and comments to George at GetBackOn@gmail.com. See you next on March 16th at 6:30pm.



Happy Spring! Let's have some fun!

BRAIN TEASERS!

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GET GET
GET GET

P.E.R.T. our Emergency Response Team here for all Parkwood Residents. C.E.R.T. 19-T-1285

Winter is almost over, it loves us so much it won't let go, will it. That's like the light of Parkwood. Just imagine how warm we would feel if every resident here in Parkwood would smile and feel the warmth of light radiating heat. Wouldn't that be great. We have a bright light that shines here, just feel it. It's us, all the residents. You feel bright, good and made it another day. Sure, some of us have to struggle more and every day can't be great. Each day is what we, ourselves make it. It's O.K. to have ups and downs. We can always find something wrong if you look hard enough. Let's be a bright shining light that radiates only positive. Be happy, grateful and caring and considerate for our neighbors. Let's keep in touch with our neighbors and smile to warm the air. I always feel better when I pass someone and smile and they smile back. It makes that person feel better and glad they're here. Count your many blessings with a positive attitude, put the negative ones in a box and tie a rope around them so they won't get out. Be happy and grateful for another day. You, the residents have the ability to shape our community and make it shine for all the positive and good you do. One good deed that you can do is join our P.E.R.T. team. We're always looking for more volunteers. Our P.E.R.T. team is trained to help us all if a disaster hits our community and it's so very important to know what to do in a disaster. Do you know what to do? Do you have extra water on hand; dried food to just add water; equipment like a saw or ax; or training to know how to do a head to toe assessment to your injured loved one that needs help.

Come to our P.E.R.T. Meeting and learn how to take care of your self and your family, every second Friday of every month @ 10 a.m. Learn and feel good you are ready if we have a disaster or you could save a life.

We just want to educate every person here in Parkwood to know what to do in a disaster or an emergency situation. Remember our goal is to do the greatest good for the greatest number of residents here in Parkwood. Be safe and keep smiling.

For information contact Mike Hansen, 360-808-6604/email:m.h.cert@wavecable.com or Barbara Kent Alford @360-683-2594/email:luantiques@yahoo.com -Peggy Green, P.E.R.T Newsletter Director

Do you make the best brownies? Or is your family pot roast recipe to die for? Please share your favorite recipe with us in the newsletter! Send recipes to share to bethany@parkwoodcommunity.com



IRISH TACOS



You can go the traditional route of corned beef with boiled cabbage and carrots to celebrate Saint Patricks Day but if you're like me and not a fan of the dish you can make corn beef a fresh and simple recipe piled onto warm flour tortillas, then top it with a bright, crunchy, slightly fiery cabbage slaw.

Preparation

1. Warm the corned beef in its cooking liquid, or wrap it in foil and set on a sheet pan in a 350-degree oven for 20 minutes or so.
2. Make the coleslaw: Mix cabbage and carrots together in a large bowl.
3. In a separate bowl, whisk together mayonnaise, yogurt or sour cream, cider vinegar, salt, pepper and hot pepper sauce to taste.
4. Pour half the sauce over the cabbage and carrots and toss to coat thoroughly. Season to taste. Reserve remaining sauce.
5. When the corned beef is hot, remove from liquid or foil and use two forks to shred it. Serve with the warmed tortillas, sliced jalapeños, the slaw, remaining white sauce and some hot pepper sauce.

Ingredients

- 2 to 2 ½ pounds corned beef
- 1 small head of green cabbage, cored and thinly sliced
- 3 carrots, peeled and sliced into julienne
- 1 cup mayonnaise
- 3 tablespoons plain Greek yogurt or sour cream
- 3 tablespoons cider vinegar
- Kosher salt and ground black pepper, to taste
- 1 ½ tablespoons hot pepper sauce, or to taste
- 12 to 16 flour tortillas, warmed
- Sliced fresh or pickled jalapeños

March 2020

SUN	MON	TUE	WED	THU	FRI	SAT
1 Rent day snacks on the 2nd stop by the clubhouse! 	2 Rent Snacks! Arts & Crafts 1:30 pm	3 FIT & FALL PROOF 9am Canasta 11:30 AM Poker 6pm	4 Mahjong 1pm Poker 12:30pm Old Time Country Music 6PM	5 Reserved 8:30 am Friendly Conversations 2:30	6 FIT & FALL PROOF 9am CANASTA 12:00PM	7 RESERVED 12pm
8	9 Arts & Crafts 1:30 pm	10 FIT & FALL PROOF 9am Canasta 11:30 AM Poker 6pm	11 Mahjong 1pm Poker 12:30pm	12 Reserved 8:30 am Friendly Conversations 2:30	13 PERT 10 am CANASTA 12:00PM	14 RESERVED 12pm
15 Hiking Club 12-4	16 Arts & Crafts 1:30 pm OPEN MIC 6:30pm	17 FIT & FALL PROOF 9am Canasta 11:30 AM Poker 6pm	18 Mahjong 1pm Poker 12:30pm	19 Reserved 8:30 am 12:30 BUNCO Friendly Conversations 2:30	20 FIT & FALL PROOF 9am CANASTA 12:00PM Rock Painting 4pm	21 RESERVED 12pm
22 Reserved 1:00-4:30	23 Arts & Crafts 1:30 pm	24 FIT & FALL PROOF 9am Canasta 11:30 AM Poker 6pm	25 Mahjong 1pm Poker 12:30pm	26 Reserved 8:30 am Friendly Conversations 2:30	27 FIT & FALL PROOF 9am CANASTA 12:00PM	28 RESERVED 12pm
29	30 Arts & Crafts 1:30 pm Drumming 6pm	31 FIT & FALL PROOF 9am Canasta 11:30 AM Poker 6pm	JOKE OF THE MONTH.... PASTOR'S LAWS 1) If the weather is extremely bad, church attendance will be down. 2) If the weather is extremely good, church attendance will be down. 3) If the bulletin covers are in short supply, church attendance will exceed all expectations!			