

# Southside Living

Serving the neighborhoods of Chuckanut Drive, Edgemoor, Fairhaven and South Hill

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## Living A Vibrant Life—Our Local Senior Community

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Best Version Media

Photo Credit:  
Radley Muller

# Fairhaven's Finest Saloon

Courtesy of the Whatcom Museum

Irish immigrant Thomas E. Monahan came to Whatcom County in 1883 and established his first saloon, the Board of Trade, near 10th and Taylor. After Fairhaven annexed 'old Bellingham' in 1890, Monahan moved closer to the action, opening on Feb. 1, 1891, in his new two-story brick building at 1209 11th Street (now home to Fairhaven Runners). The Monahan Bar, shown here in 1905, catered to epicureans of the hard stuff and advertised as "Headquarters for Fine Old, Soft and Mellow Liquors." In later years, sons Tom and Hugh ran the bar while the senior Monahan took up a cozy chair on the Park Board. He died in 1909, shortly before his namesake saloon was closed by local prohibition. Photo by Rembrandt Studio, Whatcom Museum 1960.37.119



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# Southside Living

Serving the neighborhoods of Chuckanut Drive, Edgemoor, Fairhaven and South Hill

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## Dear Residents,

June is already upon us as the beautiful summer months in our community lay ahead. Our gardens are growing and flowers are in bloom.

This month we learn about the extraordinary Solstice Senior Living at Bellingham community from Randi Axelsson and Larry MacDonald. Living a vibrant life at any age is a vivid reality as we read about the activities and support offered to the residents.

Our own Whatcom Museum is open again with incredible exhibits happening now and planned for the future, and Whatcom Community College Foundation shares their highly successful campaign results.



Enjoy the beginning of our summer months!  
Until next month,

*Jennifer Dodge*

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# Seniors Creating Community and Connection

By Jennifer Dodge

Nestled in the heart of the southside of Bellingham and on the edge of Fairhaven, Solstice Senior Living at Bellingham provides a community connection for independent senior living.

“It’s the perfect extension of life in Fairhaven,” says Randi Axelsson, Director of Sales and Marketing for Solstice Senior Living. “I have found my calling in this industry. Being able to see people’s lives improve through nutrition, safety and socialization is the most heartwarming thing I’ve ever experienced.”

Solstice Senior Living provides an inde-

pendent living option for seniors looking for adventure, activities, and connections in a community designed to feel like home. With its comfortable floor plans and services for those who need a little help with daily activities and a social atmosphere that keeps them engaged and living an active life, it’s the place where seniors find new connections and an active life.

“Getting older isn’t so bad,” says Larry MacDonald, Executive Director, as he describes working at Solstice Senior Living and the array of residents. “You have the opportunity to live your life to the fullest, and I see that with all of our residents.”

With their Vibrant Life® program,



Photography by Radley Muller Photography

residents create their own schedules based on interests, preferences, routines, and abilities. The program is based on seven main components: Be Inspired, Be Well, Be Challenged, Be Adventurous, Be Family, Be Social, and Be Connected.

Optional activities designed to connect with family, friends, and the community make living vibrantly a reality for residents and their families.

“A 105-year-old person motoring by you laughing is so awesome,” continues Larry. “That’s the life I want.”

Both Larry and Randi come from an extensive background in the hospitality industry, where service is engrained. They took that background and commitment to service to a new level at Solstice, especially as the community faced restrictions from a pandemic.

Solstice’s innovative approach to meals and dining through their Elevate program provides a culinary approach that integrates traditional and fresh cooking with some of their residents’ favorite meals. Nearly every meal is made from scratch.

“Without losing the adventures in life, we continued to pro-



vide a safe community and environment for all of our residents and their families,” explains Larry.

He describes the various measures taken to ensure the safety of all of their residents and staff through cooperation with families and the community.

In each of the common areas, air purification systems equivalent to the same level as seen in a cancer treatment were installed along with an electrostatic gun for sanitizing every one to two hours to ensure cleanliness and safety for all the residents.

Walking into the building, each person is met with a touchless temperature monitoring system, and the community technology has been upgraded to meet any additional needs of the residents.

With all in the community now vaccinated, Larry is pleased to say that Solstice has yet to see one case of COVID-19 throughout the entire period of restrictions and safety guidelines being adhered to.

While the Solstice community experienced these restrictions, Randi

*Continued on page 6*



Continued from page 5

explains how the staff got creative in sustaining social connections.

"We created hallway tours that included sound effects, decorations, and even trivia," says Randi. "Residents were able to get out of their rooms and take a tour and experience a variety of themes."

One such hallway took on a jungle theme complete with animal sound effects and animal trivia as residents traveled through the land and jungle environment learning about the animals.

Another hallway touted underwater life full of bubbles leaving residents with the feeling as though they were beneath the water amongst the sea life. And two halls took residents away to other countries around the world.

"We also created a Happy Hour cart taking happy hour to the residents," Randi continues. "It was so much fun."

While residents previously gathered for happy hour each day, the current safety guidelines made it necessary to find another way to create that very special traditional daily celebration.

Every Friday, the Happy Hour cart would stroll down the hall-



ways, bringing various beverages along with cheese and crackers to each room, complete with music.

Now, with the dining room opening back up and exterior visits possible, the residents connect once again with each other and with family, reacquainting and catching up.

"We're looking forward to bringing the community back through our doors," says Larry.

Larry, who joined the Solstice at Bellingham team in July of 2017, as their Executive Director, comes from over 35 years in the hospitality industry. His passion and experience are evident in the service provided and the creativity in building community

connections and a vibrant life for residents that is fun and sincere.

He and his wife enjoy traveling to warm beaches when they can, along with their three sons, daughter, and two future daughters-in-law. A former ice hockey coach for over 30 years, he's looking forward to bringing Solstice residents back to the local hockey games in the future.

Randi joined the team in July of 2018, after spending most of

her adult life in the tourism and hospitality industry. She loves being able to help seniors remain independent through healthy eating and activities in a fun, safe and secure environment.

Born in Hollywood, California, she enjoyed experiences such as playing on the improv stage with local celebrity Ryan Stiles.

Randi also describes the program Aid and Attendance Program through the Veterans Administration for qualified vets and spouses who may require assistance for some daily activities. These honored veterans and their spouses may be eligible for the compensation necessary to pay for their independent living costs.

Teaming up with Patriot Angels, an organization connecting veterans with assistance and often streamlining the process of the applications by helping to cut through the red tape, she has successfully connected veteran residents with the help they need to find resources available specifically to them.

"It makes me so happy when we can get



them connected and qualified," Randi passionately says as she describes the relief and joy many of the residents experienced as they realized another level of help and support.

Changing safety guidelines make it possible to consider more opportunities to get back out in the community and back to

the activities residents enjoy, such as bus excursions revisiting the rich history of Whatcom county.

"We have a shuttle driver who is like a local tour guide," says Larry. "He knows some very unique things about our county. It's fun for our residents to relive those memories, especially for those who have lived here all their lives."

Solstice at Bellingham has a plethora of programs that help residents thrive. "We're looking forward to the future," says Randi.

A gentleman who has lived in Bellingham his whole life recently celebrated his 103rd birthday, while another resident will celebrate her 105th birthday in August.

"Live your life to the fullest," reiterates Larry.

"We are a community," reflects Randi. "We enrich each other's lives."

For more information on Solstice at Bellingham community, visit their website at [www.solsticeseniorlivingbellingham.com](http://www.solsticeseniorlivingbellingham.com) or call 360.671-6060. *SL*



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# Gallery Syre's Origins and Evolutions: Five Generations

By Lorraine Wilde

If the pandemic has put a damper on your connection to the local arts community, you



have a new opportunity to reconnect with the whole family at Gallery Syre. Gallery Syre's new multi-generational art exhibition, *Origins and Evolutions: Five Generations*, provides a fresh dose of art, history and inspiration from January 26 through at least May 22, 2021.

The exhibit by Argentine Curator Ana Palacio will showcase more than 110 paintings, drawings and three-dimensional collages from across generations of artists in the Anderson/Syre family. Located in the Cordata neighborhood near Whatcom Community College, in the airy 10,000-square-foot community space offers plenty of room to explore safely.

## Art Appreciation: Handed from One Generation to the Next

The path of art for this family began in 1888 with the birth of Clara "Grandma Jo" Anderson in Minnesota. Clara moved to

Washington with her Swedish immigrant parents and six siblings in 1901. They lived on a family farm on the Canadian border between Sumas and Lynden.

In 1912, Clara eloped to Mt. Vernon and married Harry Anderson. She and Harry raised their eight children on a farm near Edmonds, WA. Clara had always wanted to be a painter but she had to raise her family first. Later in her life, she became "Grandma Jo" and in the early 1960s, at the age of 72, she began painting in her Edmonds kitchen for amusement. Painting from her memories and imagination, she took only six art classes. She painted for herself and for her family and encouraged her children, grandchildren and great-grandchildren to paint and to paint alongside her.

*Origins and Evolutions* offers visitors the experience of standing in Grandma Jo's Edmonds kitchen as the exhibit recreates her origin inside its gallery walls. In her landscape paintings you might also see hints of Nordic art, evidence of the Anderson and Syre families' Scandinavian roots.

Grandma Jo was close with her grandson David Syre, who grew up on his family dairy farm in Everson. Like his grandmother, Syre wanted to be an artist



Clara "Grandma Jo" Anderson, David Syre and Amy Healy

from an early age. He first began creating art in 1944 at the age of four, while recovering from polio. For a time while his family farm was recovering from a large flood of the Nooksack, Syre lived in Edmonds with Grandma Jo. There the two explored art together almost daily.

But as Syre matured, he too set aside his interests in art to raise a family and pursue his business career. But the need to create never left him. At the age of 72, a Christmas gift of art supplies from his twin daughters, Mia and Amy inspired Syre to dedicate himself to his art full-time. Today, Syre is known in our community as a philanthropist, a successful business owner and now, an accomplished multimedia artist.

Syre's expansive creative world now encompasses hundreds of drawings, paint-

Clara "Grandma Jo" Anderson



ings and sculptures—each brought to life in his Everson family farm studio nestled alongside the wild Nooksack River. Syre's big, bold and unapologetic approach to life shines in each of his pieces.

Since 2018, Syre's work has been exhibited around the globe—in France, Buenos Aires, Germany and Denmark as well as New York and Miami. In April 2019, Syre celebrated the opening of his own Gallery Syre.

The exhibition will also showcase the work of Syre's daughter and Grandma Jo's great-granddaughter, Amy Healy. Amy recalls learning to draw trees from her dad at the tender age of ten, using a method taught to him by Grandma Jo. When Healy grew up, she chose art as her career.

The formally-trained Seattle-based

David Syre



multimedia artist studied art at Scripps College in Chicago. Although Healy also put her art career on hold to raise her family, she returned anew when her children grew older. *Origins and Evolutions* will include many of her whimsical, colorful multimedia pieces that draw together everyday items—feathers, spools empty of thread, Christmas ornaments and scraps of paper—to create elegant works that would have made her great-grandmother proud.

Clara "Grandma Jo" Anderson's landscape paintings, David Syre's pictorial travel journals and colorful canvases, and Amy Healy's delicate and whimsical three-dimensional collages are all different at a first glance. But they also share many sur-

Amy Healy



prising life experiences, memories and emotions. *Origins and Evolutions: Five Generations* compares and highlights the masterpieces of each artist and tells their stories through their creative views of the world.

Check gallerysyre.com for up-to-date hours or schedule an appointment at gallerysyre@gmail.com or 360-746-8745. Whether you're trying to get your family out of the house, expand your arts enrichment and education, or just wanting to feel inspired, a visit to Gallery Syre is an excellent place to spend an afternoon.

Gallery Syre  
456 West Stuart Road  
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# New Things Happening in Barkley Village

Allyson Farrar

Walker Group Ventures has built an incredible new complex in Barkley Village that houses the new locations for barre3 and Scotty Browns, as well as our brand new concept, Ride Culture, an

indoor cycling studio that is the first of its kind in Bellingham!

The luxurious complex brings a big city feel to our community while providing visitors with the finest amenities in town. The interior and exterior finishes and fixtures have been expertly de-

signed, and are a perfect fit within the bustling Barkley Village community. We are so excited to bring this one-stop complex to Bellingham, and envision our visitors sweating it out at the best fitness studios, then walking next door for the best food, drinks, and staff in town! *SL*



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# What's New at the Whatcom Museum

By Christine Claassen, Whatcom Museum

The Whatcom Museum campus is reopen at 50% capacity and offers a safe and spacious environment to enjoy art and history. Visit the Lightcatcher building to see the latest exhibition, "Seeds of Culture: The Portraits and Stories of Native American Women," featuring 28 stunning images and interviews by photographer Matika Wilbur (Tulalip and Swinomish). Also showing at the Lightcatcher (opened April 10) is "Fluid Formations: The Legacy of Glass in the Pacific Northwest." This exhibition showcases a broad range of glass art by more than 50 artists, including works by Dale Chihuly, Nancy Callan, Preston Singletary, Lino Tagliapietra, and more.

Along with maritime, logging, and local history exhibits, Old City Hall is



currently showing a black and white photo exhibit called "Vintage Vaudevillians," which highlights a dozen vaudeville acts that performed in Bellingham in the early 20th century. Also showing is "1968: The Year that Rocked Washington," featuring stories

of remarkable Washingtonians. The gallery includes an opportunity to take a selfie with Jimi Hendrix!

Looking for a place to finally take the kids? The Museum's Family Interactive Gallery (FIG) is reopen at limited capacity and by reservation only. With many safety protocols in place and frequent cleaning and



rotating of interactive elements, the FIG is ensuring that kids can have fun and stay safe. New exhibit areas include an interactive illumination game, a fire lookout, colorful jumping "river" stones, and personalized art caddies for exploration in the art studio.

Visit [www.whatcommuseum.org](http://www.whatcommuseum.org) for current days and hours of operation, to book a reservation for the FIG, and for Covid safety protocols. *SL*

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# Now That Home Is the Place to Be

By Kim Erchinger, Vice President, Mortgage Banking at Banner Bank

## USE THESE FINANCING TIPS TO MAKE IT WHAT YOU WANT

Over the past year, homes have taken on expanded roles of workplace, classroom and entertainment center, often at the same time as families hunkered together to weather the pandemic. If you're like me, you made adjustments to create the ideal home office. For many households, the dinner table became the great multitasker. In the process, our definition of home shifted.

As we put new expectations on our dwellings, we still want them to be places of refuge, where we can share a meal, read a book or pursue a hobby. But how do we get a home to better meet our changing needs?

At a time when the inventory of houses for sale is low, a lot of people are staying put and updating their current homes. Others look to buy a place with potential and remodel it. As always, many hope to build a dream home. Whatever you prefer, here are a few financing options to consider:

**Home Equity Line of Credit – A HELOC** is a flexible tool that lets you use the equity you've built up in your home to finance various projects including home improvements. You draw upon the funds as needed, and only pay for the money as you use it. A HELOC typically has a variable interest rate so you could pay more if rates go up.

**Renovation Loan –** Ask your lender about a renovation loan if you like your home, but want to make some changes such as a new heat pump, roofing, flooring, paint, trim or windows. You can borrow up to \$50,000 for

projects that can be completed within three months and don't add square footage. The loan uses the equity in your home plus the added value of improvements. It's a nice option for making quick improvements, while locking in today's low interest rates.

**All-in-One Construction Loan –** This gives you the option to build your dream home or do a renovation costing \$50,000 or more and adding square footage. With a 12-month project completion window, the all-in-one loan offers more flexibility than the renovation loan.

You can also use this loan to purchase the land and combine the cost of the lot with the cost to construct your new home. Be sure to ask your lender about incentives for timely completion of construction.

In some cases, a construction loan can be used to purchase and set up a manufactured home, including the lot, foundation, utility hookup, landscaping and more.

**Cash-Out Refinance –** For flexibility and choice on when and how to use your funds, consider this fixed-rate mortgage. You refinance your existing home loan with a new loan that is for a larger amount and you get the difference between the two loans in cash. It's a way to turn the equity you've built up in your home into cash.

**Owner-Builder Loan –** If you're a builder or tradesperson and want to construct the home yourself, ask your lender if they offer

owner-builder financing. This approach has advantages and expectations for the builder, so work closely with your lender to make sure it's right for you.

Whichever way you go, you'll benefit from working with a knowledgeable lender you know, like and trust. Ask friends who they recommend. You'll want a financial partner who listens and can explain the pros and cons of various options. Come prepared with an idea of how long you want stay in the home, if renovating, as well as your timeline, budget and

expectations for the project, whether it's to build, buy or renovate. A good partnership is key to a positive experience as you finance a home you're happy to call your own. *SL*

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Before After Before After

# The Art of Rich Cavnar



Contributed by Rich Cavnar



“The outside world has always been my inspiration – it’s fluid and changeable, the light natural, the shadows real.

I’m drawn to the small details our busy lives often pass by without notice, and all my pictures speak to something deeper and more profound within me.

Lately I have been using ICM (Intentional Camera Movement) to give a more impres-

sionistic or abstract look to what I am shooting. It feels more creative and is pleasing to my eye and sensibility.”

Rich Cavnar received his first DSLR camera in 2015, took a couple of beginning photography classes which immediately changed the way he saw the world. That was the beginning.

“I find inspiration from many places, painters, photographers as well as nature”

says Rich. “I really enjoy floral and landscape photography. The colors and texture speak to me, and I try to find complimentary camera movements that enhance the subject.”

Having Lived in Bellingham for 31 years, he loves that he can be up at Artist Point in the morning and have lunch on the Salish Sea all in the same day. “Such a beautiful place with great people.”



Rich enjoys watching people who see his work for the first time as they realize it is a photograph and their imagination tries to make sense of the images.

You can find more information [www.richcavnar.com](http://www.richcavnar.com), Instagram- @richcavnar, richcavnar@gmail.com

Rich’s work is currently on display at Whatcom Art Market in Fairhaven at the time of publishing. *SL*



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# StoveTeam International

By Forest Resener

When most of us think about nonprofit organizations, we may think of local food banks and nature conservation clubs, but there is another breed of nonprofit right here in the Pacific Northwest: Small international organizations working to benefit families in developing countries, and preserve the environment for all of us.

StoveTeam International is one such organization, working to improve the health of families in Latin America, and fight de-



forestation and climate change, by providing families with something you might not think of: A simple cooking stove.

To match this unusual mission, StoveTeam's founder Nancy Hughes has an unusual story. After her husband passed away in 2001, Nancy decided to reinvent her life. At the age most people retire, she traveled to Guatemala with a medical mission and saw

horrific burns, severe hernias, and rampant lung disease in women and children. The cause? These families were cooking their daily meals using wood fires INSIDE their homes. Nancy began studying the issue and learned that literally half of all families in the world currently cook this way. Lung disease, from inhaling the smoke, is killing four million people every year, mostly women and children, and the need for wood is causing deforestation and climate change.

In response, Nancy collaborated with expert stove designers to invent a safe, fuel-efficient cookstove specifically for families in Latin America. They designed a stove that could be built by local people, using locally-sourced materials, in regional stove-building projects that would benefit local economies while improving health. StoveTeam launched into production, forming partner projects to build the stoves in El Salvador, Nicaragua, Honduras, and Guatemala. In the last ten years, their model of assisting local people to start projects that benefit their own communities has enabled StoveTeam to reach almost 600,000 people, through the donation of over 78,000 cookstoves!

"I have to work very hard but now I am



creating my own business. I am so grateful because StoveTeam has never stopped supporting us."

— Elida Olivas, owner of StoveTeam's partner project in Nicaragua

StoveTeam helps people in Latin America to secure the funding and the knowledge needed to start a stove-building project, and they collect individual donations to pay for the stoves themselves, but they also offer volunteer trips! To date, over 500 volunteers have traveled with StoveTeam to help build and distribute stoves, and explore the beauty of Latin America. These trips have been on hold due to COVID-19 but StoveTeam expects to announce new trips dates in mid 2021, and there is the option to join a waiting list on their website.

Right now, StoveTeam is focused on a promising new endeavor in Guatemala, building a stove called the Justa



(pronounced "hoo-stuh"). StoveTeam is employing a team of ten local people to build 5,000 Justa stoves for the municipality of San Martín Jilotepeque, Guatemala. San Martín is a large rural region where many families live on less than \$1 per day.

"Our household is safer with this stove. Now I don't worry about these rambunctious kids falling into the open fire."

— Leonel Pérez, stove recipient and one of StoveTeam's newest stove builders in San

Martín Jilotepeque, Guatemala

Each cookstove ensures that a family will no longer have to suffer severe health, economic, and environmental consequences just to cook their daily meals. These stoves eliminate smoke inside the home, save children from the danger of burns, prevent up to 15 tons of CO2 from entering the atmosphere and reduce wood consumption by 50%! Each stove is made possible by one \$100 donation, which also provides local employment, and



pays for local materials and transportation. Now in their 11th year, StoveTeam relies almost completely on individual donations to provide their stoves.

Visit [www.stoveteam.org](http://www.stoveteam.org) for inspiring stories and videos, or to provide a cookstove for a family in need!

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# Safe Spaces: Let Your Voice Be Heard

By Jennifer Stephens

In recognition that barriers to direct communication between community members and the City of Bellingham exist, the Whatcom Dispute Resolution Center launched a program to provide a trusted bridge that addresses this gap. Safe Spaces empowers individuals to share their concerns with city services, interactions with city departments and their experiences within Bellingham itself. The program provides an avenue for those who feel unable, unwilling or previously unsuccessful in bringing their issues directly to the city. As a supplement to existing programs, we provide a neutral service that listens to, honors and captures community members' concerns.

Recently, at Lake Padden a family encountered a group of folks fishing at a boat launch wearing what they described as clothing



with inappropriate imagery. After kindly asking for the group to remove their fishing lines so that boats could access the boat launch, a member of the family shared with the Whatcom Dispute Resolution Center that the group became hostile. They wanted to report the incident but they were unable to share their experience through the Bellingham Police online portal. They contacted us through Safe Spaces and we were able to provide the opportunity for them to talk anonymously with a city representative and voice their concerns.

Another issue was brought to the Safe Spaces program involving the Bellingham School District and the times at which they were leaf blowing. WDRC provided the school neighbor a direct line for them to speak with someone in the district about their concerns. The matter was quickly and satisfactorily resolved. This inquiry illustrates an additional community benefit of the program as they were empowered to ask for help before tensions escalated. The individual was heard and the complaint was rapidly addressed and resolved.

If you are interested in the program please visit [www.whatcom-drc.org](http://www.whatcom-drc.org)

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Sailboats in Squalicum Harbor seem suspended in a spectacular sunset sky on water as smooth as glass.

# Reflections Whatcom County



Layers of clouds put on a sensational sunset show as the colors are reflected artistically in Lake Whatcom below.

Photos and words by Peter James



The glassy surface of Lake Ann reflects the unique west face of Mount Shuksan on a glorious summer afternoon.



Mist and sun on Lake Padden in this magical fall morning.

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# Asian Hornets in Washington

By Cassie Cichorz, Asian Giant Hornet Outreach & Education Specialist Plant Protection-Pest Program, WSDA

“Asian giant hornet (*Vespa mandarinia*) is the world’s largest species of hornet. In December 2019, WSDA received and verified two reports of Asian giant hornet near Blaine. These are the first-ever sighting in the United States. Canada had also discovered Asian giant hornet in two locations in British Columbia in the fall of 2019.

In 2020, both Washington and Canada have had new confirmed sightings of Asian giant hornet and in October of 2020, WSDA conducted the first-ever eradication of an Asian giant hornet nest in the United States.

Asian giant hornet attacks and destroys honey bee hives. A few hornets can destroy a hive in a matter of hours. The hornets enter a “slaughter phase” where they kill bees by decapitating them. They then defend the hive as their own, taking the brood to feed their own young. They also attack other insects but are not known to destroy entire populations of those insects.



Asian Hornet



Wasp



Honey Bee

While they do not generally attack people or pets, they can attack when threatened. Their stinger is longer than that of a honey bee and their venom is more toxic. They can also sting repeatedly.

If it becomes established, this hornet will have negative impacts on the environment, economy, and public health of Washington State.

Residents of Washington State help detect this invasive species by reporting potential sightings. If you see an Asian giant hornet or have seen evidence of a hive attack, please report it! There are several ways to report suspected sightings in Washington State:

**Report using the Hornet Watch Report Form**

Email [hornets@agr.wa.gov](mailto:hornets@agr.wa.gov)

Call 1-800-443-6684

WSDA is also encouraging Washington residents to become citizen scientists and help trap for Asian giant hornets beginning in July and ending in October. WSDA suggests only trapping July through November, when Asian giant hornets workers are more likely to be active. Trapping at other times are unlikely to catch Asian giant hornets based on their life cycle and will unnecessarily kill local insects. Trapping helps detect current populations, and can help limit the spread of AGH. Although WSDA invites anyone in Washington to participate in trapping, they are particularly interested in trapping information from Whatcom, Skagit, Island, San Juan, Jefferson and Clallam counties. If you are interested in becoming a citizen scientist in the near future, visit [agr.wa.gov/hornets](http://agr.wa.gov/hornets) for more information.” *SL*

# Quirks

By Tony Mocerri

As we go about our daily lives, we interact with all sorts of people. Some we know intimately, and others we share the briefest of moments as we pass by them in life. From our closest friends and family to the barista at the coffee shop, we get to know the people in our lives from a particular point of view influenced heavily by the relationship and the amount of time. Those that we don’t know well we have a surface-level understanding with glimmers of their personality. When it comes to the ones we spend the most time with, those personality traits seem to become magnified.

Over the last year, most people’s circles have shrunk, many dramatically, leaving us to spend even more time those few folks we know best and making the outside interactions that much more fleeting. This has magnified personalities in one direction and reduced them in the other, causing people to be hyper-

aware of the quirks of those we are around most.

Some of these quirks may come off as cute for time, but most of them become annoying quickly, if we are honest. We live with these quirks day in and day out, becoming more and more aware of them as time passes. We wonder why the people we surround ourselves with are so strange. The person working at the deli doesn’t seem to have these quirks. The bank teller is always pleasant to be around. The reality is that we all have these quirks, and while some people are better at hiding them than others, it’s only a matter of time before they begin to reveal themselves.

Yes, the quirks of those around you can be annoying, but I bet yours can be too. Take a moment to realize that we all have them, and there is nothing we can do about it. Take satisfaction because people tolerate you despite your quirks and be patient with the quirks of those around you. The quirks may be annoying, but without them, life would be oh so boring. *SL*

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800 16th Street	2	1	952	2	\$650,000	\$685,000
614 Willow Court	3	2	1595	4	\$715,000	\$820,000
1514 Sycamore St	3	2	1368	8	\$740,000	\$820,000
532 Whitecap Rd	5	3.25	3673	4	\$950,000	\$950,000
305 Bayside Rd	3	2	1760	4	\$995,000	\$1,015,000
639 Hunters Pointe Dr	4	3.5	3100	5	\$1,050,000	\$1,080,000
25 Shorewood Dr	4	2.5	3683	2	\$1,475,000	\$1,500,000
472 S State #403	2	1.75	2312	5	\$1,499,900	\$1,850,000
1615 Kathryn Lane	4	3.5	4350	3	\$1,740,000	\$1,900,000

\*DOM=Days on Market  
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For a complete checkup checklist by age group, visit [peacehealth.org/challenge](https://peacehealth.org/challenge)

# On Becoming Me

By Pettis Perry

Birtherd by love to be loved  
 Becoming becomes the mission  
 Who shall that be with such uncertainty  
 Christened free in a world of subjugation  
 Hate in abundance  
 Childhood lost in haste  
 Short-lived journey  
 Less than a blink of an eye  
 Gone before realizing it existed  
 Deep rooted memories tho'  
 Onward to becoming  
 Who shall that be  
 Dreams become nightmares  
 Nightmares abundant  
 Loving memories sprinkled in  
 Hiding from my Self cannot be  
 Laughing restrains the tears  
 Ironies punctuate lived experience  
 Embracing them sustains sanity for another moment  
 Boot camps led to more advanced training

Training the warrior to be  
 Believing  
 Knowing  
 Exhilaration  
 Love  
 Pain  
 Suffering  
 Hope  
 Passion  
 Growth  
 Wisdom  
 Self-transcendence  
 Nightmares become dreams renewed  
 Many more victories than defeats  
 Teachers all  
 A new day dawns  
 The journey continues  
 Job not yet done  
 Training new lieutenants  
 Peacemakers not peace takers  
 Life a process of always becoming  
 Today you see you in what I am  
 Through my eyes what I see is me  
 That same little person so many years before  
 Wanting nothing more than to play  
 To be seen as who I am  
 Not what I am  
 Onward without trepidation  
 The course is clear  
 My work continues  
 So much more to be done  
 On becoming me.

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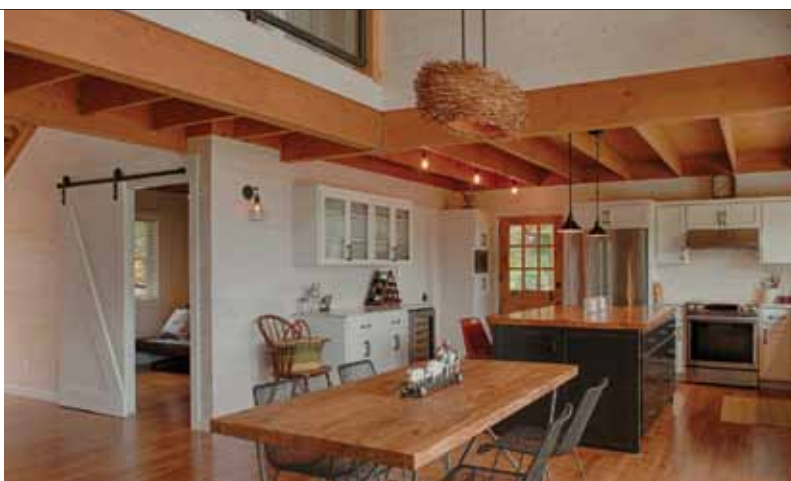
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# Cuisine du Monde-Welcome to the Ivory Coast

By Dr Janelle Havelka

Each month, Janelle, Sidney and Dave Pillinger will take it in turns to be blindfolded and then randomly choose a country from the old Imperial Map of the World on my kitchen wall. Our aim is to bring a little insight into the cuisine and culture each month from far off lands. This month is Ivory Coast!



The earliest recorded European voyage to West Africa was made by the Portuguese in 1482. By the end of the 1880s, France had established control over the coastal regions of Ivory Coast. It is the most biodiverse country in West Africa and is the world's largest exporter of cocoa beans.

Ivory Coast plays a key role in transit trade for neighboring, landlocked countries and its primary agricultural crops are coffee and cocoa. Ivory Coast also has 100,000 rubber farmers.

Close ties to France since independence in 1960, diversification of agricultural exports, and encouragement of foreign investment have been factors in the economic growth of Ivory Coast as its economy has grown faster than that of most other African countries.

Soccer is the most popular sport in Ivory Coast.

Each of the ethnic groups in Ivory Coast has its own music genres.

The traditional cuisine of Ivory Coast is very similar to that of neighboring countries in West Africa in its reliance on grains. Cassava and plantains are significant parts of Ivorian cuisine and peanuts are widely used in many dishes. A common street food is alloco, ripe banana fried in palm oil, spiced with steamed onions and chili and eaten alone, with grilled fish or boiled eggs. Chicken is commonly consumed and has a unique flavor due to its lean, low-fat mass in this region. Seafood includes tuna, sardines, shrimp, and bonito, which is similar to tuna. Mafé is a common dish consisting of meat in a peanut sauce.

Slow-simmered stews with various ingredients are another common food staple in Ivory Coast. Kedjenou is a dish consisting of chicken and vegetables slow-cooked in a sealed pot with little or no added liquid, which concentrates the flavors of the chicken and vegetables and tenderizes the chicken. It is usually cooked in a pottery jar called a canary, over a slow fire, or cooked in an oven.

Ivorians have a particular kind of small, open-air restaurant called a maquis, which is unique to the region. A maquis normally features braised chicken and fish covered in onions and tomatoes, served with attiéké or kedjenou.

Ivory Coast (Cote d'Ivoire), population 26 million and capital city Abidjan, is a country located on the south coast of West Africa. It borders Guinea to the northwest, Liberia to the west, Mali to the northwest, Burkina Faso to the northeast, Ghana to the east, and the Gulf of Guinea (Atlantic Ocean) to the south. The official language of the republic is French, with local indigenous languages also being widely used. Christianity and Islam are the main religions.

Ivory Coast achieved independence from France in 1960. Relatively stable by regional standards, Ivory Coast experienced a coup d'état in 1999 followed by two civil wars. Ivory Coast is a republic with strong executive power vested in its president. Through the production of coffee and cocoa, the country was an economic powerhouse in West Africa during the 1960s and 1970s. In the 21st century, the Ivorian economy has been largely market-based.

Portuguese and French merchant-explorers in the 15th and 16th centuries divided the west coast of Africa into four "coasts" reflecting local economies. The coast that the French named the Côte d'Ivoire reflected the major trade that occurred on that particular stretch of the coast: the export of ivory.

The first recorded history appears in the chronicles of North African (Berber) traders, who, from early Roman times, conducted a caravan trade across the Sahara in salt, slaves, gold, and other goods.

Islam had been introduced by Muslim Berber traders from North Africa and by the 11th century, it spread into the northern areas of contemporary Ivory Coast.

## KEDJENOU CHICKEN

### INGREDIENTS:

- 1 whole chicken 4 to 5 pounds skin on (remove giblets ect)
- 2 medium onions, roughly chopped
- 2 green onion, chopped
- 1 fresh red or green peppers, chopped into strips
- 4 tomatoes, roughly chopped
- 1 tablespoon minced ginger
- 1 tablespoon minced garlic

- 1 fresh sprig thyme
- 1 bay leaf
- 1 teaspoon smoked paprika
- 1/2 Tablespoon chicken bouillon or more optional
- 2-3 whole habanero peppers, finely chopped (optional but recommended)
- Salt and pepper to taste
- Parsley for garnish
- Eggplant fries for garnish and texture (see below)

### INSTRUCTIONS

Pre-Heat oven to 350 degrees F  
Trim chicken of excess fat and pat dry with a cloth or paper towel and season with salt, place in the Dutch oven.

Season chicken with garlic, ginger, thyme, paprika, green onions, chicken bouillon and onions. Marinate at least 2 hours or preferably overnight in the fridge.

Combine all the other ingredients in a Dutch oven or any oven safe pot and stir until everything is fully combined.

Cover with lid. Bake for about 1 hour until chicken is tender (165 degrees internally) depending on which chicken you use and how you like your chicken. I browned the chicken with an extra 30 minutes lid off.

Serve with cooked white rice. (I seasoned the rice with a 1/2 tsp Turmeric, 1/2 tsp garlic powder, and generous pinch of smoked paprika.)

Garnish the dish with finely chopped parsley and a few baked eggplant fries.

Eggplant "Fries" (traditionally eggplant is added to the chicken stew. This was a fun twist!)

1 medium eggplant, 3/4 cup all-purpose flour, 2 eggs, lightly beaten, 1 cup bread crumbs or panko, 1 tsp garlic powder, Pinch salt and pepper, Olive oil cooking spray  
Preheat the oven to 425 degrees F.

First, cut the eggplant into 1-inch rounds. Sprinkle with salt and set aside for 20 minutes (the eggplant will sweat out any bitterness). Pat dry. Cut the eggplant slices into even-sized batons or "fries".

Dredge the eggplant fries into the flour. Next, dip them in the eggs, then coat them with a mixture of the breadcrumbs, garlic powder, salt and pepper.

Prepare a wire rack on top of a baking sheet. Spray the wire rack with olive oil cooking spray. Arrange the eggplant fries on top of the wire rack. Spray the eggplant fries with a little olive oil cooking spray.

Bake in the preheated 425 degrees F oven for 10-15 minutes or until the eggplant fries are golden and crisp.



## CHOCOLATE TANGERINE MOUSSE IN A TANGERINE CUP

### INGREDIENTS:

- 1/2 cup whole milk (I used full fat coconut milk), 3 TBSPs sugar, 1 cup bittersweet chocolate chips, 1 Tbsp tangerine juice, 3 large egg whites, 4-5 Large Tangerines hollowed out with base intact, Whipped cream and tangerine zest for garnish

For the Mousse: In a small saucepan over medium heat stir together the milk with the sugar and the tangerine juice until the milk is hot, but not boiling, and the sugar is dissolved. Place the chocolate chips in a blender.

Pour the hot milk over the chips. Run the blender on high until combined, a few seconds. Add the egg whites and run the blender on high until light, about 1 minute.

Transfer the mousse to 4 or 5 hollowed out tangerines.

Cover with plastic wrap and place in the refrigerator until firm, about 3 hours.

Garnish with tangerine zest and whipped cream. *SL*

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# June Word Cipher

By Martha Stallings Best Version Media

Take a minute out of your busy day to relax and try decoding the message. [5c](#)

## Word Cipher: T.S. Elliot

T	F	W	J	C	V	T	L	N	B	V	T			
B	G	W	W	Y	G	L	M	P	T	G	F	P		
C	T	T	H	X	Y	S	X	F						
D	T	L	L	G	R	W	J	H	G	F	Z	T	Q	C
H	V	T	B	H	X	Y	T	F	N	S	X	F	P	T

Key: L=S; V=H; W=L

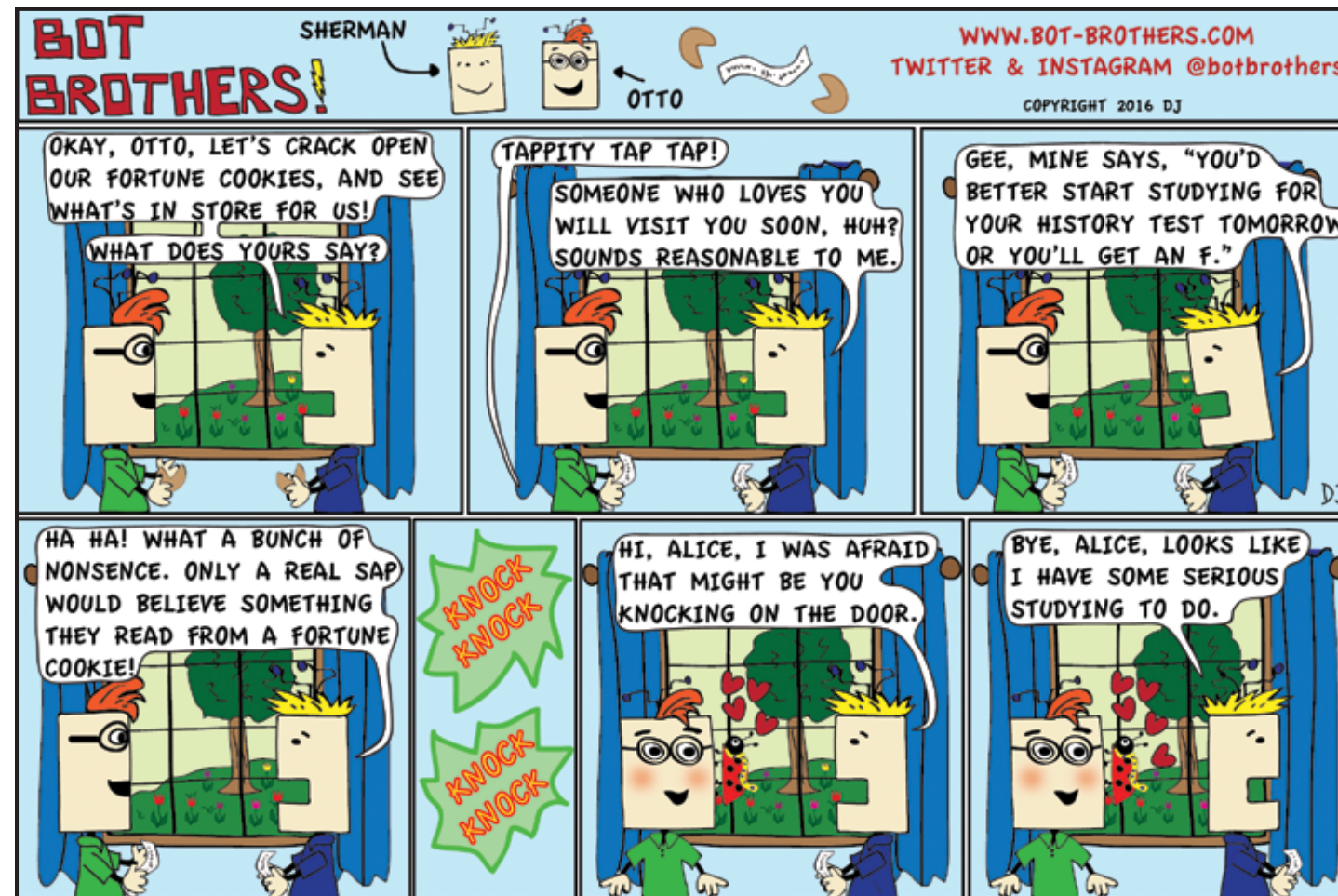
Are you new to word cipher puzzles?  
Begin by using the key to fill in the letters in the message.  
Then, look for short common words (at, in, and, the) to add to the key and continue decoding the message.

## Answers to the May Word Search

### Word Search: Get Moving!

E	W	U	W	A	L	K			
G	S	N	I	K	N	A	L	P	
M	A	K	E						
J	O	G	G	L	K				
E	E	L	W	P	H	Y	N	U	R
E	I	P	U	O					
F	K	R	S	R	B	P			
T	I	H	U	O	M	U			
U	B	B	X	U					
P	J								

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RUN  
HIKE  
BIKE  
SWIM  
JOG  
BOX  
YOGA  
LIFT  
JUMP  
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