

NEWSLETTER

JUNE 2026



Parkwood Potlucks are about good food & friends!

This Month...

NORTHERN COMFORT BAND
JUNE 3RD AT 1PM

P.E.R.T./FOOD READY
JUNE 12TH AT 10AM

PARKWOOD POTLUCK
JUNE 17TH AT 12PM

Parkwood in June

We had a busy month of May, but we are now looking forward to making June a great month here at Parkwood. While June 18th is National Pic Nic Day, we will be celebrating ours on the 17th potluck style. Bring your favorite pic nic foods, or you can still bring anything you would like! We are hoping for good weather to be able to have the option of sitting inside or outside! Now that summer is right around the corner, we look forward to more events outside. I would love any ideas you may have about things we can do as a community!



With summer at our heels, there are many of you making road trips to your favorite destinations. Before you set off on a road trip take a few minutes to prep your car, map your route, and plan your fuel or charging stops. These road trip tips can help you avoid breakdowns, manage gas costs, and stay safer during your trip.

Check the basics: Inspect tire pressure, tread depth, fluids, lights, wipers, brakes, battery, and air conditioning.

- **Don't skip maintenance:** If your car is due for an oil change, tire rotation, battery test, or scheduled service, handle it before the trip.
- **Watch the heat:** Summer temperatures can stress batteries, tires, and cooling systems. If the temperature warning light comes on, pull over safely and shut off the engine.
- **Check for recalls:** Use your VIN to look up open safety recalls. Recall repairs are free, but dealer appointments can fill up before a holiday weekend.
- **Know your car:** If you're renting, take a few minutes to adjust mirrors, pair your phone, locate controls, and understand key safety features before leaving the lot.
- **Bring key documents:** Carry your license, registration, proof of insurance, roadside assistance details, and rental paperwork if applicable.





Clallam Ready Sequim (CRS) held a first aid class for Parkwood on May 8th. We had a good turn out and will be getting ready for the next big meeting about being Food Ready.

IS YOUR PANTRY READY?
FOOD READY EMERGENCY PREPAREDNESS WORKSHOP

- 1 BUILD YOUR PANTRY**
- 2 FOOD STORAGE BASICS**
- 3 PLANNING FOR EMERGENCIES**

Learn Essential Skills to Ensure Your Family Has Enough Food During a Disaster!
 *Key Topics: Emergency Food Storage, Rotation, Meal Planning, Non-Perishable Essentials, Water Prep.

FEATURED INSTRUCTOR:
Bob Foster
 Food Readiness & Planning

DATE: June 12th, 2026
TIME: 10:00 AM
LOCATION: Parkwood Community Clubhouse

SPONSORED BY CLALLAM READY SEQUIM

PHONE: 360-670-0439 **EMAIL:** clallamready.sequim@gmail.com

We're so glad so many of you have been enjoying our Bingo games! We'd love to continue hosting Bingo as a regular event at the clubhouse, and we're currently looking for a few volunteers to help run the games when Laurie and Shannan are out of town. If we have multiple volunteers, we can create a schedule, so you'll still have the chance to play, too. If you're interested, please connect with Shannan at the May 16th game at 1:00 PM.

Parkwood Potluck

Come share a meal, a smile, and a story with your neighbors!

June 17th at 12pm
Community Clubhouse

We're excited to offer two community above-ground garden beds for residents to enjoy! If you're interested in reserving either a half or full garden bed, simply sign up at the clubhouse. If there's enough interest, we'll happily add more beds. A garden hose will be available on-site for easy watering. To ensure everyone has a chance to participate, residents who sign up but do not maintain their garden bed may forfeit their spot to the next person on the waitlist. You'll find the garden beds located near the pump house by the bocce court.

Glimpse Into Parkwood

Neighbors

By: sk knickerbocker

Robin Youngblood



Year born: 1950

Children: Stephanie & Erik.

Grandchildren: 8.

Great Grandchildren: 7 +1 in the oven.

Town and state you were raised: Salem, OR I am a PNW gal all the way!

Career: Typesetter, Graphic Artist, Printer.

Year you moved to Parkwood: 2024.

What would you like to see available at Parkwood: More options for family togetherness.

What do you like best about Parkwood: Scenery and neighbors.

What is your favorite kind of music: The Eagles.

What do you feel is the meaning of life? To be in service to the common good of all beings.

What is something hardly anyone knows about you? I'm an Oso, WA mudslide survivor.

What are some lessons you've learned? To always find the gift in every experience.

What are your thoughts about Social media? We need to learn to use it to create stronger communities, and to respect all opinions, so we can find solutions that work well for everyone – including the trees, animals, rivers, mountains and ocean.

Do you think the world is better or worse now than when you were young? Why? As a 50s Boomer, we changed the world and made it a better place. We may have to do it again.

If you were arrested with no explanation, what would your closest friends/family presume you had done? Nothing.

What are your priorities in life? I'm the director of a small Nonprofit, Church and Community of the Earth. Our mission is to build resilient, reciprocal communities founded in indigenous eco-spiritual wisdom. We're currently offering a Kinship Circle and a Song and Drum Circle the 2nd and 4th Saturday every month at the Unitarian Fellowship Hall on Barr Rd. in Agnew. You're all invited!

If you could talk to anyone living or dead, who would it be? Creator. I have questions!

Who inspired you, and why? My indigenous Elders, who understand our reciprocal relationship with everything.

Favorite animals? All of them, and particularly my cats.

Qualities you most admire in a person? Willingness to help others.

What do you recommend experiencing in this area? Lavender farms, organic farms, beaches, rivers, hikes.

What are you surprised about that has happened in your life? The Oso mudslide!

What job couldn't you be paid to do? At my age?? Manual labor.

Favorite book? Do you like non-fiction or fiction? I like both. Current favorite is Braiding Sweetgrass.

Worst advice you have been given? There are no consequences for our actions! Consume everything and profit no matter who it hurts.

More about Robin: Robin Youngblood is a teacher, author and artist. She has been a student of her heritage for many years. Robin has learned the sacred teachings of Indigenous elders from her own Native American tribes, along with Siberian Ulchi shaman, Polynesian and Aboriginal elders. Robin was a member of the Seven Generations World Wisdom Council, which organized multicultural Wisdom Gatherings in several countries. She was also a founding member and Traveling Ambassador for Grandmothers Circle the Earth, from 2009-2018. Robin and Sandra D'Entremont co-authored "Path of the White Wolf, An Introduction to Shamanism", and "Journey of the White Bear, a Path to your Shaman's Heart ". You can email her at whitewolfclanmother@yahoo.com

HOW TO MAKE BIRDS FEEL AT HOME

BY: JANE NICHOLAS AND IDA DOMAZLICKY



BY IDA DOMAZLICKY AND JANE NICHOLAS;
PHOTO BY F. BRANCO

At a recent Parkwood workshop, Audubon Society speaker Katja Bridwell encouraged us all to join in saving birds and pollinators by re-wilding the county, one yard at a time. Any yard—even the smallest, rock-covered property—can be part of this community project by keeping in mind a few basics.

1) Every bird needs **FOOD**. While birds certainly appreciate seed feeders, every land bird alive has eaten caterpillars and small insects, because that is

what baby birds need to grow. Most birds continue to eat insects (protein!) as at least part of their adult diet. By growing the native plants that butterflies and other insects survive on as caterpillars, we feed the insects that feed the birds. We can **PLANT NATIVES**—flowers, shrubs, or trees--in the ground or in pots.

2) Every bird needs **WATER**. A clean bird bath provides birds with water, especially during our hot summers. (A bee bar with rocks attracts butterflies, also.) When winter temps dip below freezing, unfrozen water helps birds immensely. For the more ambitious homeowner, a small container pond with a bubbler will attract birds year-round.

3) Every bird needs **SHELTER**. Parkwood's tree-lines offer excellent places for a sleepy bird to shelter overnight and in nasty weather. But a corner tangle of native shrubs or even a single native tree offers more options and brings them closer to our own homes.

4) Every bird needs **A PLACE TO NEST**, preferably near all three of the above essentials. Again, Parkwood's planners deserve kudos for our tall trees and the shrubs bordering our walking paths. But even a small tree in a pot can offer a nest site. Bird houses are also tempting. Some birds actually prefer to nest near human homes to keep predators away. (Except cats. **PLEASE** keep your cats in, or outside only under direct supervision.)

If a neighborhood—connected to other neighborhoods and wild places--offers all these basics, our beautiful birds and butterflies will thrive. No yard is too small to make a contribution.



P.E.R.T



I hope everyone who came to the first aid class got some good information to keep with you. Thanks to Butch with Clallam ready for giving his time and providing great advice and hands on training. Big shout out to Parkwood for supplying a fantastic lunch. This coming PERT meeting on Friday June 12 at 10am Clallam ready will be back with a presentation on emergency food preparedness . Bob Foster will be the instructor and will have many tips and advice on what to prepare for an emergency. Looking forward to seeing you all there. Goose.

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
	1 CHAIR STRETCH & STRENGTH 10:05AM  MAHJONG 1PM	2 FIT AND FALL PROOF 9AM CANASTA 11:30AM POKER 12PM	 NORTHERN COMFORT BAND 1PM	4 BREW CREW 9AM PARK ARTS & CRAFTS 1PM	 FIT & FALL PROOF 9AM	6  POKER 12PM
7	8 CHAIR STRETCH & STRENGTH 10:05AM  MAHJONG 1PM	9 FIT AND FALL PROOF 9AM CANASTA 11:30AM POKER 12PM	10	11 BREW CREW 9AM PARK ARTS & CRAFTS 1PM	 P.E.R.T. 10AM FOOD READY	13  POKER 12PM
14	15 CHAIR STRETCH & STRENGTH 10:05AM  MAHJONG 1PM	16 FIT AND FALL PROOF 9AM CANASTA 11:30AM POKER 12PM	 Parkwood Potluck 12:00pm	18 BREW CREW 9AM PARK ARTS & CRAFTS 1PM	 FIT & FALL PROOF 9AM	20  POKER 12PM
21	22 CHAIR STRETCH & STRENGTH 10:05AM  MAHJONG 1PM	23 FIT AND FALL PROOF 9AM CANASTA 11:30AM POKER 12PM	24	25 BREW CREW 9AM PARK ARTS & CRAFTS 1PM	 FIT & FALL PROOF 9AM	27  POKER 12PM
28	29 CHAIR STRETCH & STRENGTH 10:05AM  MAHJONG 1PM	30 FIT AND FALL PROOF 9AM CANASTA 11:30AM POKER 12PM		Book Club 1:30 pm every 3rd Wed. 		