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MAY 2019

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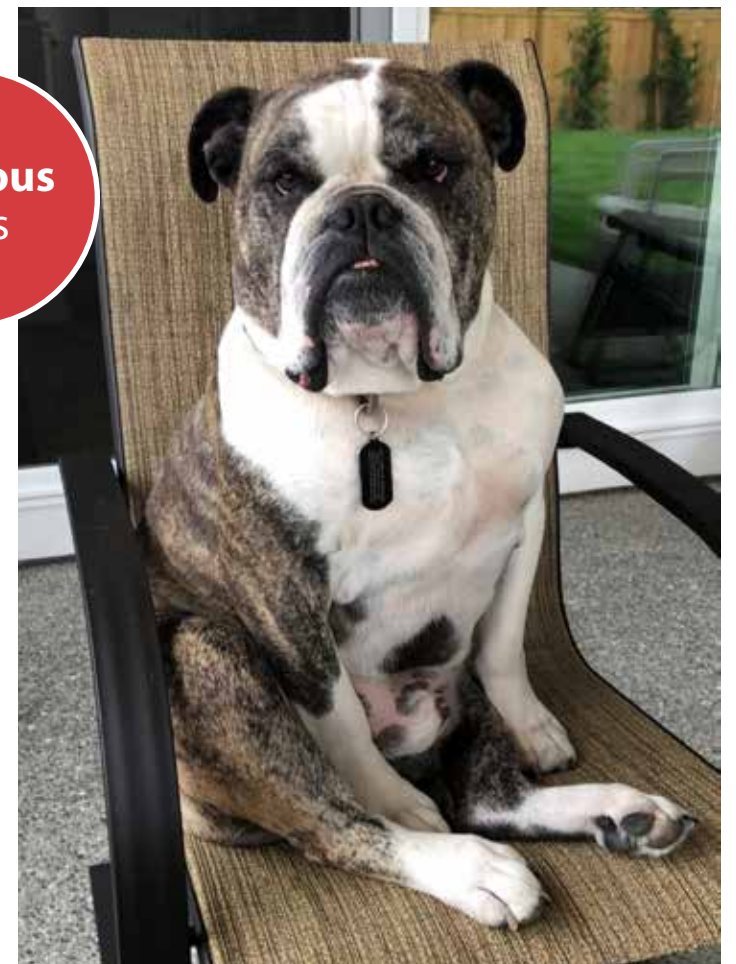

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Meet Jameson, a beloved 6-year-old English bulldog who is a member of the Dean family.

Originally a southern pup born in Alabama, Jameson now calls McCormick Woods and the PNW home. He loves meal time and his special homemade treats from grandma in Idaho. You can find him enjoying HGTV lounging in his favorite chair on any given Friday night.

Sunny days are Jameson's best friend. He loves to sunbathe in the mulch, turning his fur brown. While he enjoys a good walk, a car ride in the front seat really excites him, too. Jameson is a good boy who only munches on his chew toys, but he has been known to escape a bath soaking wet, covered in soap, and run around the house. Jameson talents include sitting, staying, and playing "dead bug." If forced to get a job, Jameson would like to be the president.

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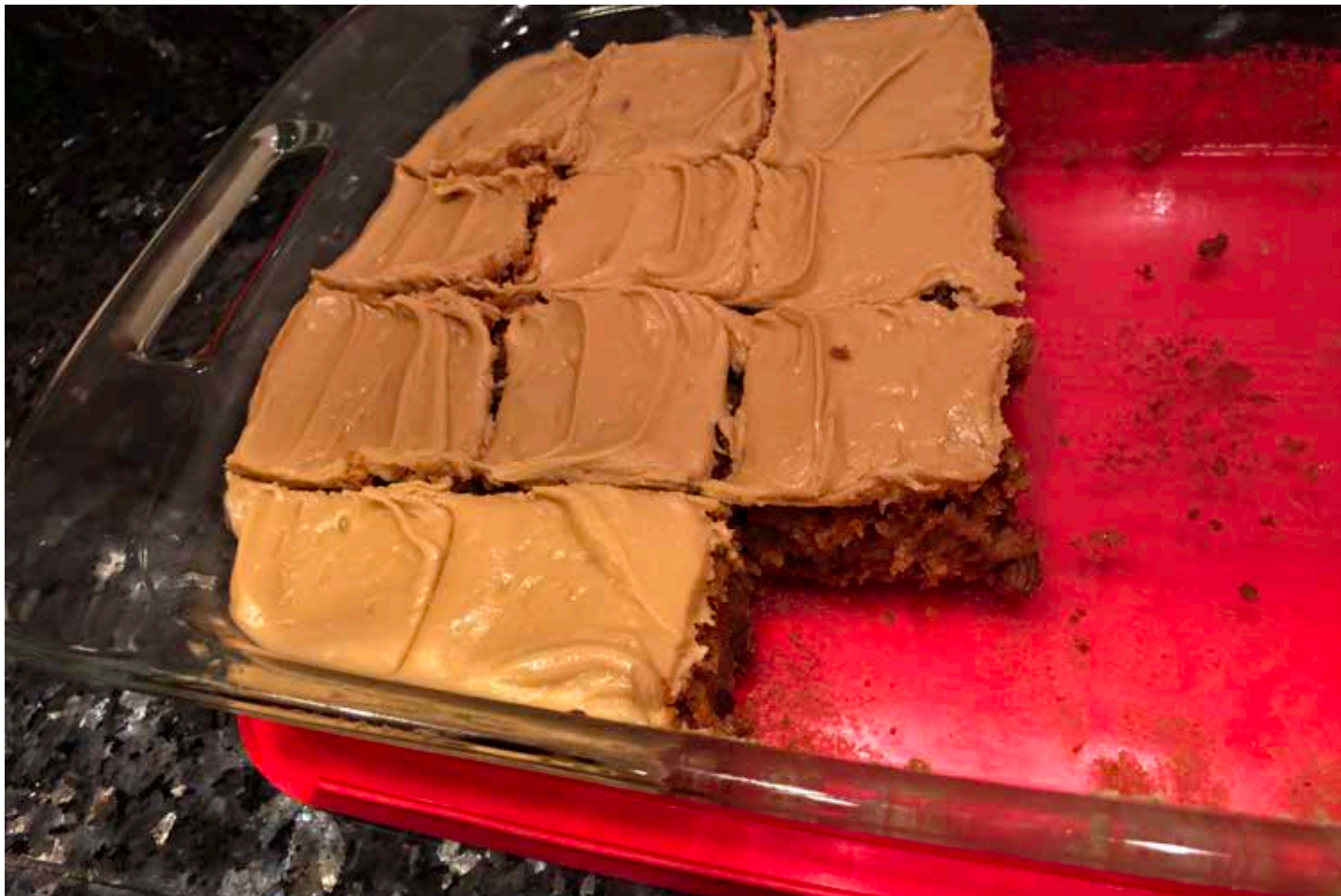
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**resident recipe**

# Spice cake

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1 cup of grated carrots  
1/2 Cup of applesauce  
Follow the instructions on the box

**Penuche Frosting**  
1/2 Cup butter  
1 cup packed brown sugar  
2 cups powdered sugar

Heat butter in a saucepan until melted and stir in brown sugar. Heat to boiling, stirring constantly. Boil and stir over low heat about 2 minutes. Stir in milk; heat to boiling. Remove from heat and cool to lukewarm. Cool about 10 minutes before adding the powdered sugar or it will get really lumpy! Stir in powdered sugar gradually. Place the pan of frosting in a bowl of ice and water; beat until frosting is smooth and good spreading consistency. If the frosting becomes too stiff, heat slightly, stirring constantly.



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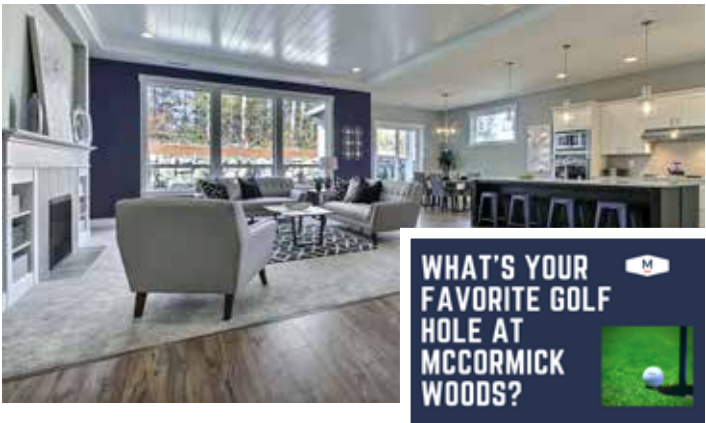


On a gorgeous Saturday in March, McCormick opened the doors of its newest model homes in its golf course neighborhood, Dunmore. McCormick is just minutes up the road from Gig Harbor, and offers amenities for all ages to enjoy. Golf 18 holes and enjoy a meal and drink in the beautiful clubhouse. Take the dog for a walk or a jog on miles of marked trails through our woods. Play a game of pickleball, tennis, or basketball in our parks. Watch the kids and grandkids smile on our gorgeous playgrounds. Join a club, and have fun meeting new neighbors. You'll love living at McCormick.

Garrette Custom Homes, known for their single-story ramblers, quality craftsmanship, design studio, and excellent customer service, is one of our Dunmore builders offering homesites on the 18th fairway at McCormick Woods Golf Club. You'll appreciate the thoughtful architecture of a Garrette Custom Home. In addition to their ramblers offering single story living from 1700-3000 Sq ft, they offer master bedroom on the main floor two-story home plans. Both designs pair perfectly with our large golf course and greenbelt lots in Dunmore.

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New Garrette Custom Homes at McCormick start in the \$500s, a tremendous price point for an incredible home in a pristine golf community. To find out more about Garrette Custom Homes on the 18th Fairway in Dunmore at McCormick, please visit our website at [www.liveatmccormick.com](http://www.liveatmccormick.com), and stop by to hello to Melina in the new Garrette Custom Homes model in Dunmore on Homesite 53.



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## family spotlight

# Long Family *Feature*

Miranda and Wayne Long have lived in McCormick Woods since 2018. As a Navy family, they have lived in seven different states until Wayne was assigned to Bremerton bringing them to Washington. They have a full house with boy-and-girl twins, Finley (Fin) and Emory. To add a little more excitement, they have two Labradoodles, Riley (8) and Ollie (1).

Wayne was born and raised in Albany, Georgia, with three brothers, Miranda in Wilmington, North Carolina, with one brother and sister. Wayne's mother was a middle school teacher, father a custom pipe fitter. Miranda's mother was an Operating Room nurse and father worked for Northrop Grumman.

The Longs were desperate to find a home in Washington and this current real estate market wasn't making it easy. They had three

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purchases under contract that all fell through. Then a friend found their home on Rutherford Circle and everything fell into place. They love the beautiful woods, trails, community events, clubhouse and neighbors. Don't we all? What a great place to live and raise a family.

Some of Longs' favorite family traditions are Friday night family time with homemade pizza and movies. They love camping in a vintage 1971 Airstream. Celebrating birthdays all month long is always fun, along with games, movies, reading, travel and lots of laughter. And enjoying delicious food of course!

When asked if the Longs are a beach or mountain family, the answer is definitely beach! Someday they hope to sail around the Caribbean on their own catamaran.



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### Walking Reduces Blood Sugar

Walking also improves blood sugar levels. Taking a stroll after dinner benefits your blood sugar levels because moderate exercise causes your muscles to use more glucose. This will cause blood sugar levels to lower, which is an important step to getting your body where it should be. Walking is an ideal exercise for those who are diabetic or even prediabetic.

### Walking Improves Cardiovascular Health

Want to improve your heart health? Get walking. Women who walk just 20 minutes a day will slash their risk of a stroke by 30%. Those who walk more briskly reduce the risk of a stroke by a staggering 40%. The World Health Organization also recommends 150 minutes of "moderate-intensity aerobic physical activity" per week to reduce the risk of coronary heart disease, stroke, metabolic syndrome, and more. Walk your way to better cardiovascular health, one step at a time!

### Walking Boosts Overall Health

Walking boosts overall health. According to the U.S. Physical Ac-

tivity Study, people who walked five times a week (for 30 minutes each time) found they had more energy and confidence, and even felt healthier in comparison to those who did not walk frequently.

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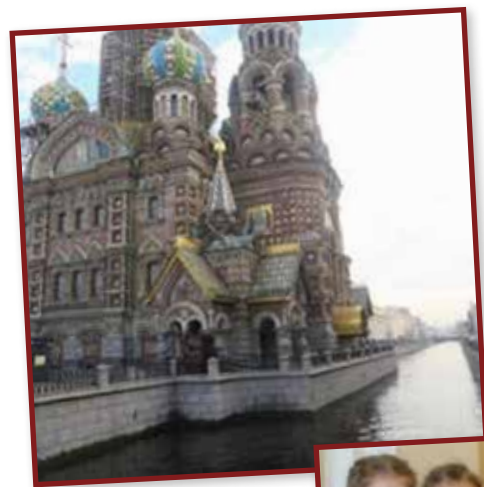
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# POCCIA = RUSSIA

## PART TWO—ST. PETERSBURG

### tour & travel

By **Capt. John Moore**, USN, (Ret.)—Dunraven

After leaving Moscow, the Viking ship *Helgi* passed through the Moscow Canal and headed north to St. Petersburg—the ship transited through many very large and narrow locks. Along the Volga, we visited a few very interesting places. First Uglich, where our group went a school and later we all had lunch and some specially brewed vodka with our guide at the home of a Russian woman — very nice.

Port calls were also made at Yaroslavl, where the beautiful Church of St. Elijah is located. On Kizhi Island there is a very large wooden Church of the transfiguration which we were told was constructed without the use of a nail, and then on to Mandrogy with its brightly painted wooden houses, a windmill, and souvenir shops featuring nesting dolls, lacquer boxes, embroidered tablecloths, jewelry, and wood carvings.

Early in the morning of October 16, the *Helgi* arrived in St. Petersburg, which Russians consider their most beautiful city. Our first day was a tour of the massive and magnificent Hermitage Museum that was founded in 1764 during the reign of Empress Catherine the Great. The Hermitage has been open since 1853 and is a complex of buildings: the Winter Palace, the Menshikov Palace, the Hermitage Theater, the Museum of Porcelain, etc. It is second in size to the Louvre in Paris. There are numerous works of art by Titian, Velazquez, Rubens, Van Gogh, Cezanne, Rembrandt, Monet and other masters. I highly recommend “Catherine the Great” by Robert K. Massie, who authored *Nicholas and Alexandra*.


That evening, we went to a performance of *Swan Lake* by the Mariinsky Ballet Company at the Hermitage Theater, which had replaced the Imperial Russian Theater. The Hermitage Theater was constructed from 1764–1783 during the reign of Catherine the Great (1762–1796).

Fortunately, the day before leaving St. Petersburg, we signed up for what turned out to be two wonderful tours. Four coach buses departed the pier for Catherine Palace in the city of Tsarskoe Selo about 20 miles south of St. Petersburg — again, heavy traffic. The Palace is named for the wife of Peter the Great and was commissioned in 1717.

Perhaps the most exquisite exhibit is “The Amber Room,” which was constructed with more than six tons of amber in 1770. During WWII, the Germans took Tsarskoe Selo, dismantled the Amber Room, and shipped it to Germany. After the war, the Amber Room was placed in crates and shipped back to St. Petersburg. The room was reassembled and opened in 2003 by Vladimir Putin. The Amber Room is protected by a glass enclosure.

In the late afternoon, we visited the Cathedral of Our Saviour, also known as Church of the Spilled Blood, as it was built on the site where Emperor Alexander II was assassinated in March 1881. After our tour of the cathedral, we went on a wonderful boat tour of the city of St. Petersburg with our young guide Sergei telling us about the history of several buildings along the way, e.g. the summer home of Peter the Great, the National Museum, and he also told us about the bridges that we passed under, the Red Bridge, the Green Bridge and a couple of others — it was all very interesting.

That night, our friends Dennis and Judy and Peggy and I had our last dinner onboard the *Helgi*. We later attended a Cossack Folk Song and Dance event in a very large tent on the pier. We departed the *Helgi* on Oct. 19 at 3 am for the St. Petersburg Airport for our flights back home — a marvelous trip.




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# MARTIN MARTEN

book review  
By Brian Doyle

This book, billed as a “young adult” novel, was the March selection for my book club. But its advertised premise, the concurrent coming-of-age of a boy and a young marten, sounded fairly sappy to me, and I put off reading it, searching instead for a meatier selection to review for you. But the one I found was maybe a little too chewy so, with a deadline looming, I decided to read about Martin Marten and hope for the best. Well.

This is a charming novel. Not cute — enchanting. It’s the story of a brief period of time in the lives of two interweaving communities: A small and sparse human settlement on the shoulder of Mt. Hood, called by the First People’s name for it, Wy’east, and the vast animal community that populates the mountain wilderness. The boy is Dave, age 14, who lives with his mother and father and an amazingly precocious little sister. The young marten, if you’re not familiar with Northwest wilderness denizens, is a small, sleek cousin of weasels, otters, minks and skunks — the kind of critter you can admire, but you don’t want him visiting your chicken coop. During the two years covered by the story, the two encounter each other many times, not entirely by accident. But Martin doesn’t become Dave’s pet. This is, in fact, a story of two different youngsters learning to be successful adults, each in his own world.

There are several aspects of this book that make it so lovely to read. One is Mr. Doyle’s obvious reverence for all life — human and animal. His animal characters, with two domesticated exceptions, are purely wild animals, with no regard for the humans living in their midst except to observe them from time to time and avoid their more obvious encroachments, roads and cars. His human characters are engagingly quirky, as you might expect of folks who choose to live in a wilderness. His prose is beautiful and lyrical, including the speech of some of the adults in the story. His style verges on magical realism and actually crosses into that area more than once. He also ignores punctuation a lot of the time, which seemed, to me, a part of the musicality of his writing. And one style point that I don’t mind, but some readers do, is his way of leaving one story, animal or human, and moving to another for a while, sort of braiding the whole thing together as he goes.

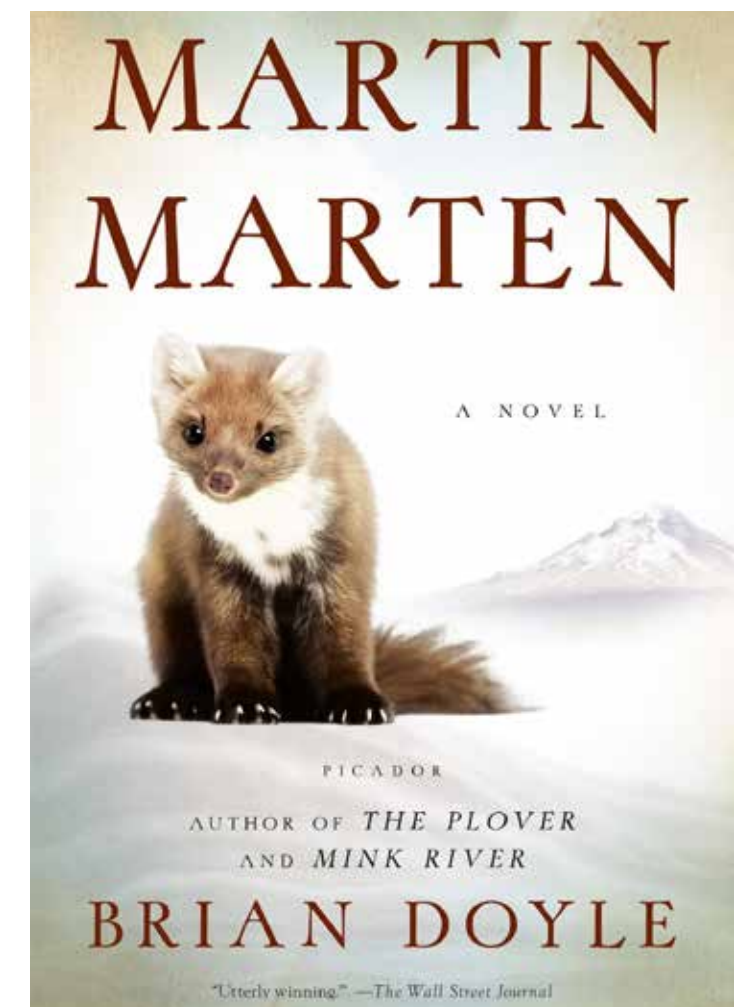
As humans, we naturally have a human-centric view of life. Mr. Doyle offers the possibility that if we looked

around us with more attention and intention, we would immeasurably deepen the richness of our human experience. He talks about the long roster of animals living just on the mountain, from bears and cougars to snakes and mice, and how they live in relation to each other — in other words, who eats whom, who is enemy, who is friend, how nesting places are chosen and acquired, the optimum balance of boldness and caution, all the lessons that must be learned for an animal to survive. All this is delivered, not as a lecture, but as intrinsic parts of the various life stories he tells.

Regarding lessons learned, animals learn quickly and forever. My brother had a young mare that he rode frequently on a certain route. She was impervious to farm trucks, tractors and other hazards that should be scary. A bulletproof horse. Then one day, a

familiar bush just in front of them literally exploded with pheasants, launching at eye level, as pheasants do. Scared the daylights out of the mare. From that day on, she was certain that bush would kill her if she gave it a chance. That, I imagine, is how animals learn to survive.

Sorry for the digression. I couldn’t help it. Anyway, I think you would really enjoy this book. So would your kids+. And I’ll bet that if you do read it, you’ll take that next walk on the nature trail without your earbuds so you can hear what’s going on in the animal world around you. You might like it a lot.





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