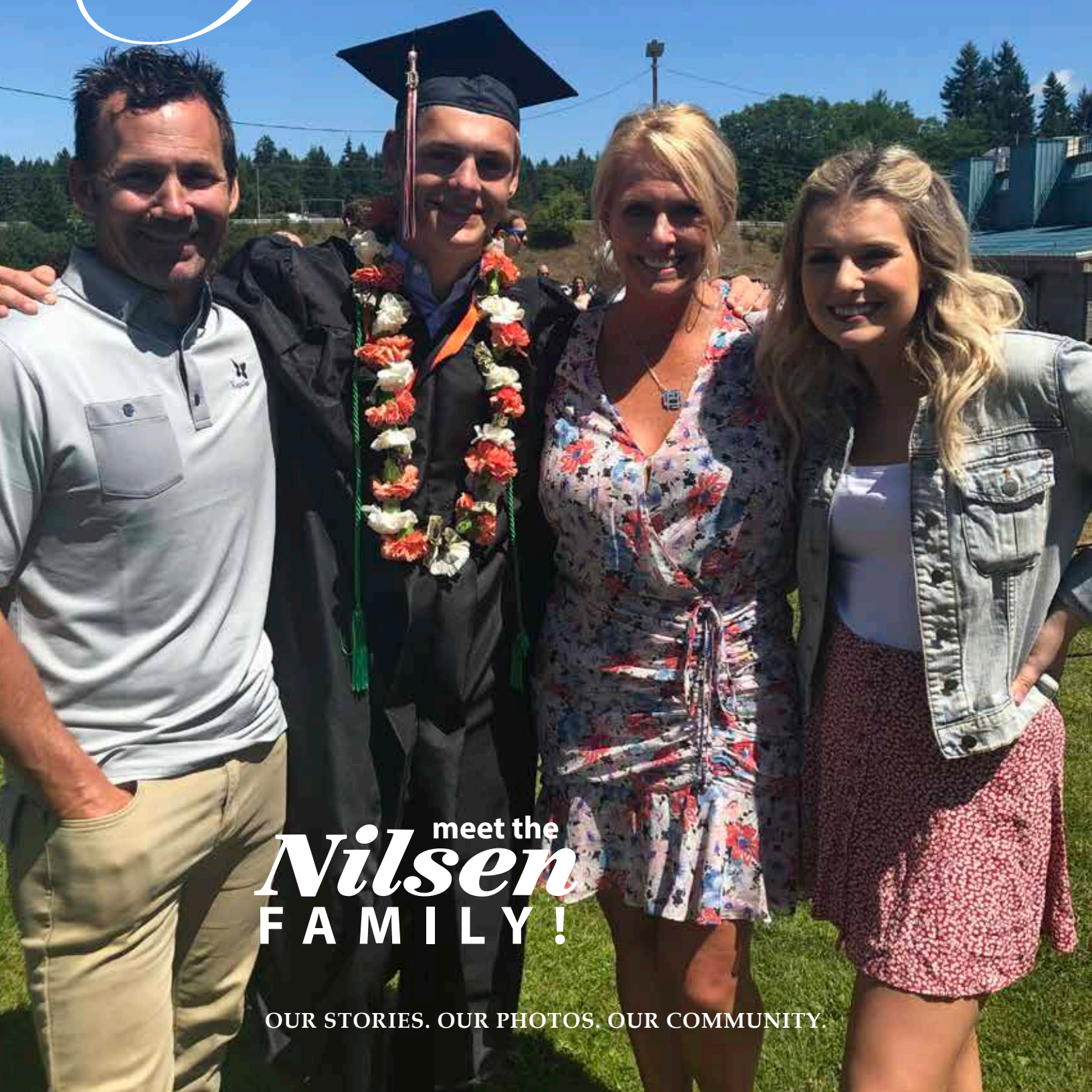


Life AT THE WOODS

JULY 2020

A SOCIAL PUBLICATION EXCLUSIVELY FOR THE RESIDENTS OF THE MCCORMICK WOODS COMMUNITY



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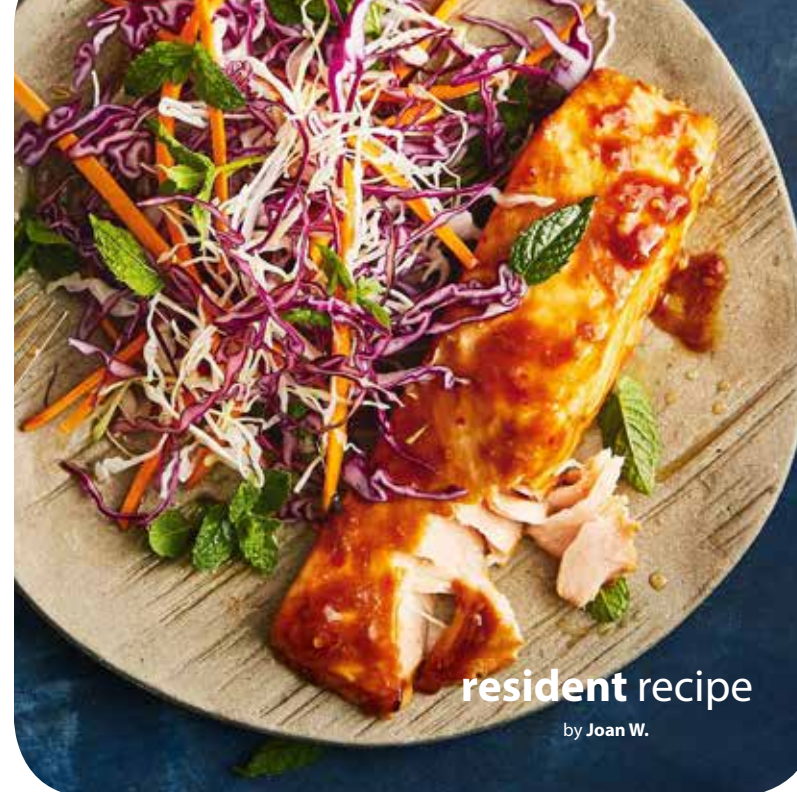


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resident recipe

by Joan W.

Sticky sweet chili GINGER SALMON

Just in time for summer!

INGREDIENTS

- 1/2 cup sweet chili sauce
- 2 tablespoons soy sauce
- 1 tablespoon finely grated fresh ginger
- 4 skinless **salmon** fillets

HONEY SESAME COLESLAW

- 1/3 cup apple cider vinegar
- 2 tablespoons honey
- 2 tablespoons sesame oil
- 1 teaspoon sea salt
- 3 cups finely shredded green cabbage
- 2 cups finely shredded purple cabbage
- 1 carrot, julienned into long strips
- 1 cup fresh mint leaves, plus extra 2 tablespoons, to serve

Step 1

Preheat the grill on high. Combine the sweet chili sauce, soy sauce and ginger in a large bowl. Add the salmon and gently mix until evenly coated. Set aside to marinate while you make the coleslaw.

Step 2

For the honey sesame coleslaw, whisk the vinegar, honey, sesame oil and salt in a small bowl. Place the cabbage, carrot and mint in a large bowl.

Step 3

Line a baking tray with foil and lightly brush or spray with oil. Remove salmon from the bowl and shake off excess marinade, reserving for later. Place the salmon on the prepared tray. Cook under the grill, without turning, for 8-10 minutes or until just starting to char at edges and flake when tested with a fork.

Step 4

Meanwhile, place the reserved marinade in a small saucepan over medium heat. Bring to a simmer, then reduce heat to low and cook, stirring occasionally, for 3-4 minutes.

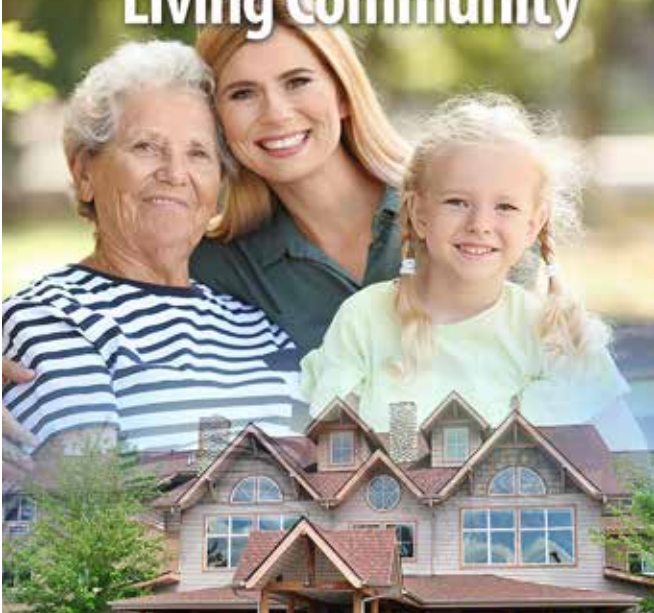
Step 5

Lightly whisk the dressing again and pour over the cabbage mixture. Toss until well combined. Divide the salmon among serving plates, drizzle over the reduced marinade and serve with the coleslaw and extra mint.

Tips:

- Don't allow too much marinade to pool on the tray, as it can burn easily.
- If your salmon starts browning too quickly, lower the tray away from the grill to allow the fish to cook through.

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By Allen & Brenda Allers



Puget Sound Auto Repair

Allen & Brenda Allers

We're the hidden gem a quarter-mile past Fred Meyer on Bethel Road, just before the fruit stand on the left. Our facility is fully fenced and wired with security and all vehicles are locked up and locked in the gates if staying overnight. Allen and Brenda are the third owners. They took over ownership on March 1, 2018.

It all started when Allen Allers met his high school sweetheart Brenda while they were both students at Bainbridge High School. Both Allen and Brenda have since lived in Port Orchard for the past 15 years.

"I married my high school sweetheart, Brenda. We have two great kids. Our son Chase is 19 and works at the shop with us. Our daughter Ava attends school at the local junior high and spends her free time at The Whole Horse Place working with horses," says Allen.

What led you to become the owner of Puget Sound Auto Repair?
I attended school on Bainbridge Island and worked for a local auto repair shop starting in my freshman year. After high school, I worked for a

Seattle based company that built the Amtrak Cascade trains for three years. After that, I went back to work on cars in the Poulsbo area for three years, then back to Bainbridge Island and worked there for 11 years.

When I moved to Port Orchard, I was commuting back and forth to Bainbridge Island until I started working for a local Port Orchard repair shop. There I worked as their lead technician and managed the shop for six years until I purchased Puget Sound Auto Repair.

The reason I decided to take the leap and go into business for myself is that I felt my career had plateaued and I wanted to venture out. With much support from my wife Brenda and family, I decided to purchase Puget Sound Auto Repair in March 2018.

The business has been preexisting prior to my purchase. I am currently the third owner of Puget Sound Auto Repair. The business has been a staple in the Port Orchard area for over 20 years.

How did you know that this was your calling?

I have been working on cars at a very young age and knew this was my calling. I felt frustrated running someone else's business and not having any control over how customers were treated. My ideas and work ethic differed.

What is unique about Puget Sound Auto Repair?

We are a family-owned and operated business that prides itself on top-notch customer service. Customer service is very important to me. I also believe that educating our customers is very imperative. Building honest, trusting, and personal relationships with everyone I encounter sets my shop apart from others. I like to make sure that my customers are informed at each step of the process. We are in business because our customers keep coming back. We are dependable and take pride in everything that we do. We treat everyone that encounters our company like family. We do not only care about the vehicles we repair and service but we also care about our customers.

We service all makes and models of vehicles; Gas or Diesel, European, Foreign, and Domestic. Our technicians are ASE Certified and we also offer courtesy rides for our customers within the immediate area.

Puget Sound Auto Repair offers discounts to Military, Law Enforcement, Fire and Rescue, and D.O.D. personnel. We also have a Student Special until the end of June as well as a Teacher Special until the end of August!

We also have a Better Business Bureau (BBB) Rating of an "A+" that we are certainly proud of!

Given your expertise, what advice can you offer to the residents of McCormick Woods?

When it comes to automotive repairs, trust your gut, and don't hesitate to get a second opinion if it doesn't feel right. Find someone you can trust, and you never need to worry.

Why did you choose to partner with the publication that serves the residents of McCormick Woods?

This is a great opportunity to reach out to our community and work with local advertising professionals.



What else should we know about you and your business?

We love animals. When you visit our family-friendly shop, you'll most likely be greeted by one of our loving dogs. As a family, we have five dogs, 11 chickens, and one love bird that I hand fed and rescued. We love classic cars, supporting the community, and family bar-b-ques!



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Good service, reliable, and trustworthy!

By Jim M. in Port Orchard, WA
Good people that know how to treat people, trusting in taking care of our Vehicles. Will and do recommend family, friends, and Car enthusiasts (Vette Owners) to have all repairs taken care of by Puget Sound Auto.

Vehicle: Jeep Wrangler
Service Date: 05/07/2020

Amazing service

By Johnny R. in Port Orchard, WA
It is amazing the fast and courteous service a person can get if you go to the right place. This is the right place.

Vehicle: Lincoln MKZ
Service Date: 05/04/2020

Super awesome repair - great service & price

By Marc S. in Gig Harbor, WA
Brenda and Allen amaze me with how wonderful they are as people. Their Repair Team stands out for three reasons: 1.) Competence, 2.) Timeliness, 3.) Pricing – Military Friendly and Super Fair. Having lived in many States across America and multiple Overseas Duty Stations, I understand mechanic shops and great service. Thank you.

Vehicle: Ford Police Interceptor
Service Date: 04/22/2020

Excellent service as usual

By Andrew L. in Port Orchard, WA
Puget Sound Auto has always provided excellent service and great customer support. I have been going here over 30 years and have always been treated well and provided fast, quality service.

Vehicle: Chevrolet Cruze
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meet *Kaija* Ogan!

By Piper Willson

Kaija and the rest of the Ogan family, including her dad Casey, her mom Kelly, and her older brother Quinn, have brought joy and positivity to McCormick Woods since they moved here in 2007 when Kaija was 5.

During her time in McCormick, Kaija blossomed as a runner and capitalized on the amazing trails that can be found in our neck of the woods. She credits her time in the trails to the Nass family, who urged her to join them on their frequent runs! Once Kaija reached the high school level, she fell in love with cross country and has stuck to it ever since. The camaraderie of running has kept Kaija loyal to it through the ups and the downs. Between the long runs and the 3-mile races, the cross country team has spent a great

deal of time together, forming bonds that Kaija knows will last a lifetime.

Kaija's strong work ethic has been a clear asset to her team as they took fourth in State her junior year after working up from second-to-last her freshman year. She remembers vividly her coach saying to her at the state race her freshman year, "You ladies are going to be up on that podium, I promise." From moments such as this one to racing through a stress fracture, Kaija hasn't lost her passion for running, or her drive to make her team proud.

However, it isn't just in her running excellence and dedication that Kaija shines bright; she also has left her mark on the South Kitsap Chamber Orchestra. Kaija has played the violin since she was 6 years old and enjoys the subtle team aspect that Chamber Orchestra brings to high school. Kaija recognizes that the Chamber Orchestra is a diverse group of people and values that everyone brings something different to the table. This might be what has made Kaija an amazing leader of the Chamber Orchestra and allowed her to strengthen the program as a whole

Kaija Ogan has been a disciplined and dedicated student at South Kitsap earning her spot as one of the 2020 valedictorians. From taking on the IB Diploma Program to tackling multiple extracurricular activities, there is certainly a method to the madness of her schedule. She learned quickly to set her own deadlines and keep herself in check with peer assistance and reminders set on her phone. Kaija's hard work in her high school career has led her to great success as she plans to attend Cal Poly San Luis Obispo to study biomedical engineering. Eventually, Kaija hopes to conduct research in artificial organ transplantations or the development of prosthetics that respond to nerve impulses. She thanks her parents for letting her find her groove on her own, but assisting her when she needed help. Kaija's hard work and dedication have left a legacy for many more students to come.

“

We know that the future is bright for Kaija, and we can't wait to see what's in store for her beyond *Life At the Woods*.

”



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meet the Nilsen

By Piper Willson



McCormick Woods, meet the Nilsen family! Brian, Sarah, Kennedy, and Carter have lived on Marymac for two years, though they are South Kitsap natives through and through. Brian and Sarah both graduated from South Kitsap High School, while Kennedy and Carter graduated from Central Kitsap High School. The Nilsen family has loved living in McCormick Woods where they enjoy the Clubhouse, golf course, and entertaining their friends and family in their home.

When the Nilsen family isn't enjoying all that McCormick Woods offers, you might find them fishing, putting on community events, traveling or enjoying motocross. Motorsports is in Brian's DNA, the family says. Brian, a WSU grad, grew up racing dirt bikes like his dad. He used to be on a NASCAR pit crew and always had a dream to bring big sanctioned racing to the PNW. He's been working on this new facility project for almost six years.

(www.circuitofthenw.com) Brian is also the owner of Brothers Powersports Dealership, which has been in the family for almost 70 years, and Circuit of the Northwest, a motorsport summer facility. Now the family enjoys spending quality time together at the race track. Brian also owns and operates MotoWest. It's a great moto-cross facility for kids and adults to come out, at all skill levels! Brian has even started his own race series called PacWest, which holds eight races at tracks around Washington and Oregon each year.

However, the Nilsen family has turned their love of motocross into a way to give back. Sarah Nilsen, the Director of Sales for Green Compass, founded a local fundraiser called Drafts & Drums on the Drag held every summer at the Bremerton Raceway. Each year, they choose a new charity to focus on and host a community event with bands, great food, and games. Additionally, they put on an event in the winter called the Redneck Supercross Party. Guests dress up and bring the craziest food to share. While enjoying a local band, guests watch motocross race on the big screen and dance the night away! If you are looking for a fun event, keep on the lookout for the Redneck Supercross Party every January. Motorsports and community service is a huge part of the Nilsen family and their legacy.

Both the Nilsen kids are leaders in their own right. Kennedy graduated from Arizona State University with a degree in criminal justice and now works at Purdy Prison. Younger brother, Carter, followed in her footsteps after graduating in 2019 from Central



Kitsap High School, where he played soccer, and is pursuing a business degree at Arizona State University in hopes of someday joining his dad at the Circuit of the Northwest. The siblings have a true entrepreneurial spirit as they recently bought an ice cream truck business together to serve the local neighborhoods. The siblings are excited to officially launch their business Memorial Day weekend, so keep your ears open for the sweet song of the Nilsen Ice Cream Truck!

When the family isn't hard at work making things happen for the community, they enjoy watching the Seahawks play—whether that be at home or utilizing the season tickets they've had since 1976. They also enjoy their annual ski trip that has been a tradition for 15 years or eating out at one of Port Orchard's many restaurants. Their favorites include the Brick House, MaryMac's, and Mana Sushi. However, what the family loves most is spending quality time together at their home. They have loved seeing their friends out golfing on hole #7, or making new friends in the McCormick Woods community as they stay active walking and golfing.

We've loved having the Nilsen family, and thank them for the work they do in our community. Whether it be their generous community service, or making new friends while walking or eating at MaryMac's, they have brought lots of joy and excitement to McCormick Woods, and we can't wait to see what's next at their Life In The Woods!



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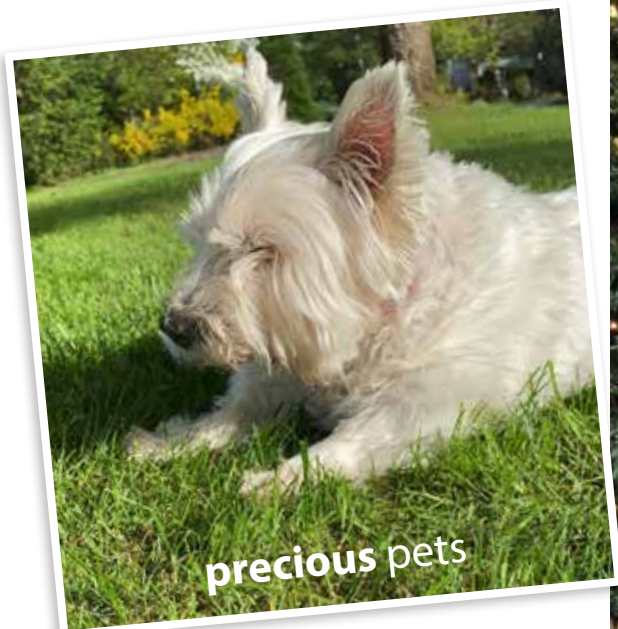
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meet SUGAR!

Diane and Ron Noyes would love to introduce you to Sugar, their beloved West Highland White Terrier! The couple has had Sugar since she was just 8 weeks old, and has recently celebrated her 14th birthday! Ron, who loves spoiling Sugar day in and day out, says that when he saw Sugar in a pool full of puppies, there was no tough decision to make. Sugar was the pick of the litter!

Sugar can still be seen walking up and down Muirkirk Lane where she has lived for the last three years. She is a sweet but rather sassy dog who enjoys being doted on by her owners and frequent visits from their grandchildren. The 20-pound terrier loves to give the many deer that surround McCormick Woods a good scare when she spots them out on the golf course, but the elderly dog prefers to peacefully watch the golfers play.

Sugar spends most of her time with Ron and Diane, whether that be making trips to the store, watching the sunset downtown Port Orchard, or eating dinner in the dining room. Sugar prefers the finer things in life and knows how to use those puppy-dog eyes to her advantage.

Sugar brings so much joy to everyone she walks past. She loves meeting new people and spending time with her beloved family when they come to visit Muirkirk Lane. She will never resist any belly rubs, or a chance to shower her family and friends with love. Thank you, Sugar, for bringing even more joy to *Life At The Woods*!



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Coffee break

Complete the Sudoku puzzle so that each and every row, column, and region (block of nine) contains the numbers 1 through 9 only once.



Answers toward the back of the magazine.

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C Y Q I V Z B Z S U G O X A U Y W J D U A H Y J E
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M K T E M F Q U Q J Y U V U B E T Z M B E X N G W
Z Y F F P E E Y H N W X B Z F O Z S W N J J G O Z

July Word Search

July	Fourth	Red
Summer	Parade	White
Barbecue	United	Blue
America	Sunshine	Fireworks
Freedom	Bonfire	Independence
Hotdogs	Party	

monthly musing

*“May We Think of Freedom Not as the
Right to do as We Please, But as the
Opportunity to do What is Right.”*
-peter marshall



Seasonal Samplings

- Apricots
- Arugula
- Beets
- Blueberries
- Broccoli
- Cherries
- Corn
- Cucumbers
- Fennel
- Garlic
- Green Beans
- Green Onions
- Lettuce
- Peas
- Potatoes
- Strawberries
- Swiss Chard
- Zucchini

Must-Do This Month

- Get a Patriotic Mani and Pedi
- Enjoy a BBQ
- Visit a Farmer's Market
- Cheer on Your Favorite Baseball Team
- Catch a Sunset at the Beach
- Swim
- Take a Camping Trip
- Sleep Under the Stars
- Watch Local Fireworks
- Go Kayaking
- Go to a Summer Concert
- Relax on a Pool Float
- Make S'mores
- Have a Picnic
- Go for Boat Ride
- Attend a Parade

Dates to Remember

- 1 - National Postal Worker Day
- 4 - Independence Day
- 5 - National Apple Turnover Day
- 7 - National Father-Daughter Take a Walk Day
- 10 - National Pina Colada Day
- 11 - National 7-11 Day
- 14 - National Mac & Cheese Day
- 15 - National Gummi Worm Day
- 17 - National Tattoo Day
- 19 - National Ice Cream Day
- 21 - National Junk Food Day
- 24 - National Cousins Day
- 26 - National Parent's Day
- 30 - National Cheesecake Day
- 31 - National Avocado Day

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around the neighborhood

By Piper Willson

Be on the watch for the Walkie Talkies!

No matter how long you have lived in McCormick Woods, you are sure to have seen the gang of walkers that roam the streets of “The Woods” day in and day out. These walkers, including Allan Rose, Wayne Tripp, Robb Osborn, Bob Brusa, Dennis Radtke, Bob Bondo, and Roy Santos, have been filling the streets of McCormick Woods with their positive and joyful energy for years, as members of their walking group have come and gone. Allan Rose, who moved to McCormick Woods in 1999, has been a walker most of his life, and started walking in McCormick immediately. The beautiful area made for good walking, Rose said.

However, it isn’t just their walking regime that makes this troupe so impressive; it is their friendship and positive impact on McCormick Woods that makes them shine. Over the years they have played basketball, pickleball, and other sports in McCormick Woods. Along with their healthy lifestyle, they have volunteered in the community and enjoyed the many social opportunities that come along with living in McCormick Woods.

We can all learn a little bit from this group, as they walk together as friends in their efforts to stay healthy and alert as the years go by. Their combined passion for keeping active has allowed them to make endless memories, jokes, form lasting friendships and staying healthy while doing so. Though they have lost pals to new neighborhoods or the circle of life, they are thankful for the memories they have made. The group loves the social interactions it gives them, and welcomes all with a similar passion and zest for life.

We love seeing McCormick on the move, and the inspiration that these gentlemen bring the rest of us is something certainly something we love and appreciate about *Life at the Woods!*



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HEALTHY HABITS FOR Working FROM Home

home matters

By Shauna Osborne



Dressing for work from home has real psychological benefits in boundary-setting, impacting both how you view your company culture and yourself professionally. Plus, you'll be gorgeous for all those Skype and Zoom calls!

Set your work hours (and stick to them!).

Start and end your day at specific times, and *be strict with yourself about it*. It's tempting to let work and home lives bleed into each other since it's all happening in one place; setting solid boundaries is crucial for work-life balance and mental health!

Take breaks.

Simply put, get up and leave your workspace regularly to stretch your legs, clear your mind, and rest your eyes.

Set goals, and establish routines.

Start each day and each week with your goals and to-dos in mind; write them down if that's useful. And, some may cringe at the word "routine," but mini-routines for your workday from home can be useful in maintaining structure and flow. Predictability can be comforting, too!

Bonus tip: Stock your kitchen with healthy snacks, and drink lots of water! The "quarantine 15" is *no joke*!

As someone who has (successfully!) been working fully remotely since 2010, I'd like to welcome you to the telecommuting workforce! Like it or not, many of us have been relegated to our homes to perform our jobs (or some version of them) during these months of sheltering in place. As you've no doubt discovered, there's much more to working remotely than simply setting up a home office and popping into the occasional Zoom meeting. And, as we slowly begin to re-emerge into society, we will likely find that telecommuting has become a more permanent part of our work lives. This change has been coming for a long time. Establishing a handful of key habits for working from home will allow you to work smartly and effectively, making the most of this "new normal" in our professional lives:

Establish a dedicated "office" space.

As tempting as it is to work from your comfy couch and/or in front of the television, resist! To set the tone for your workday, you should physically change locations. Set up a designated, distraction-free work area, preferably with a door you can close in case your "coworkers" get noisy. If possible, invest in a quality office chair or one of the newer, ergonomically healthy choices, such as a standing desk or yoga ball chair (my personal favorite!).

Dress for work.

In the same vein, get yourself in a productive mindset by starting your day much like you would if you were going into the office. Wake up early, take a shower, make some coffee, and get out of those sweats. They don't call it "dress for success" for nothing!



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Life AT THE WOODS

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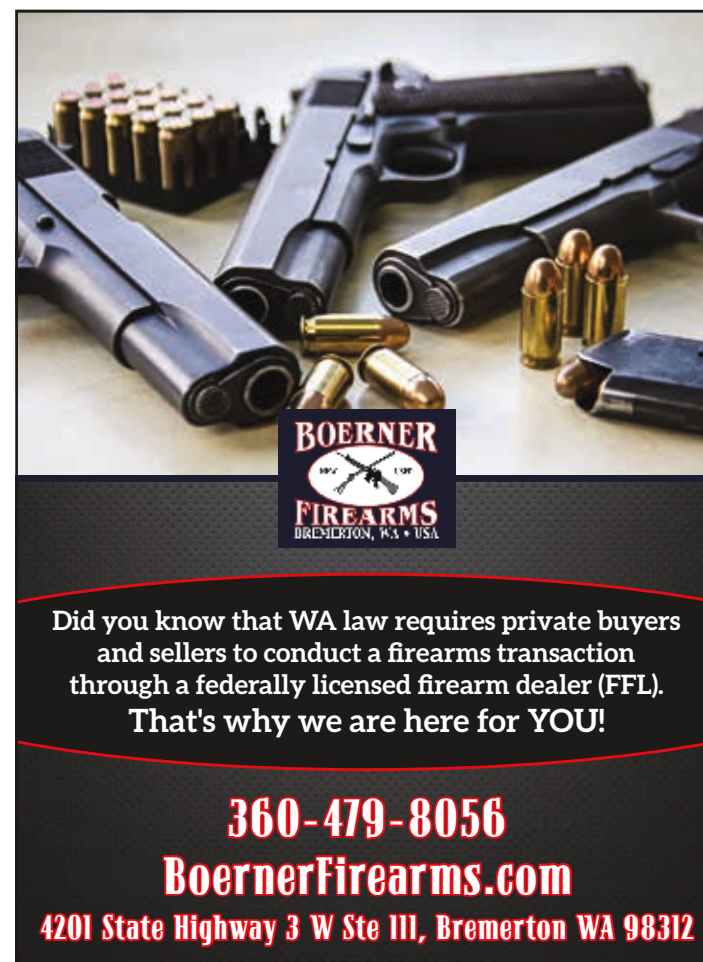
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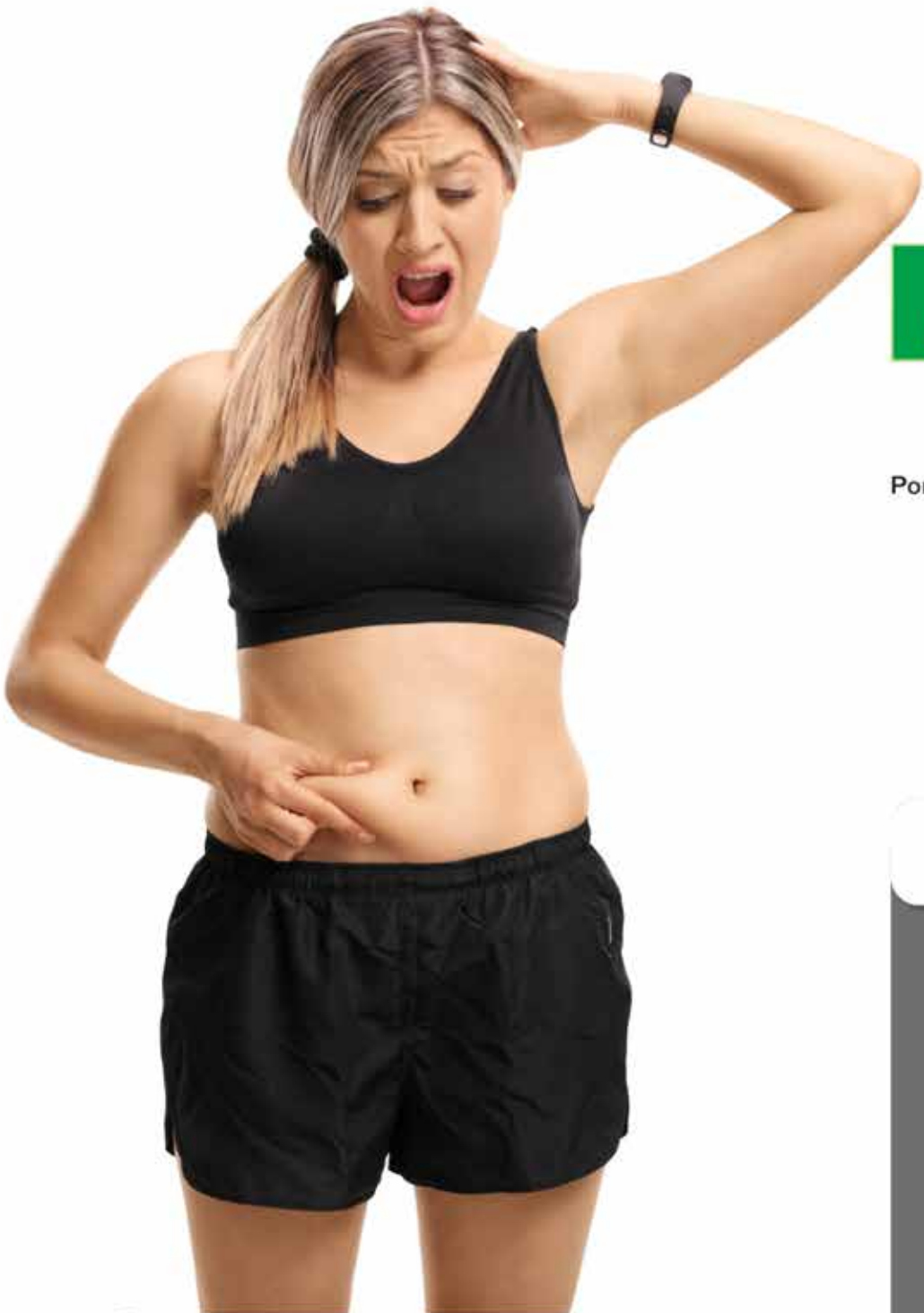
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4	2	3	5	7	6	1	8	9
9	8	5	1	4	3	7	2	6
6	5	4	2	9	7	3	1	8
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