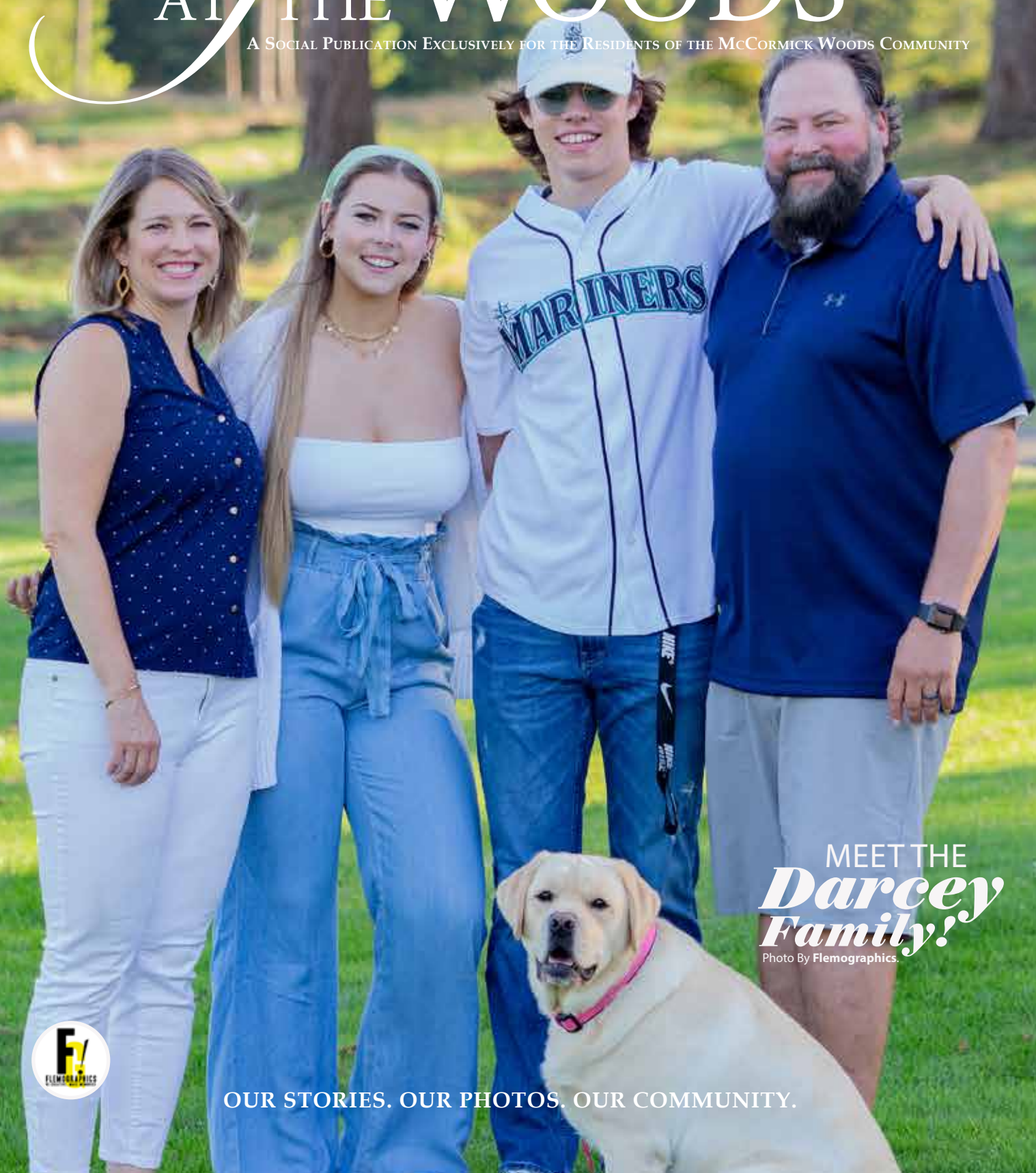


Life AT THE WOODS

SEPTEMBER 2020

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



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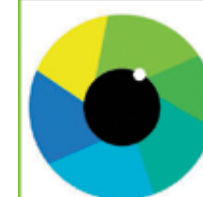
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15 MINUTES FROM GIG HARBOR ■ CLOSED SUNDAYS FOR FAMILY DAY

PeninsulaSubaru.com



By Hailey Nass

Makes 9 Pockets

Vegan Chickpea Cheese:

- Nonstick baking spray
- 3 and 1/2 cups plus 2 Tbsp water
- 1 cup plus 2 Tbsp chickpea or garbanzo bean flour
- 3 Tbsp nutritional yeast
- 3 Tbsp tapioca starch
- 1/4 tsp salt

PEA-zza Pockets

Crust:

- 1 cup brown rice flour, plus more for dusting
- 1/2 cup sweet white sorghum flour
- 3/4 cup plus 2 Tbsp potato or tapioca starch
- 1 and 1/4 tsp xanthan gum
- 2 tsp baking powder (gluten-free)
- 1/4 tsp baking soda
- 1/2 tsp salt
- 4 tsp olive oil
- 1/2 cups plus 2 Tbsp plant milk (oat, rice, hemp, almond)
- 1/2 tsp apple cider vinegar

Tomato Sauce and Filling:

- 5 Tbsp tomato paste
- 1/2 tsp oregano
- 1/2 tsp basil
- 1/2 tsp garlic powder
- Any desired toppings that aren't too watery (bell peppers, olives, sun-dried tomatoes, spinach, etc)

For the chickpea cheese: Spray a 9x5 inch loaf pan with baking spray. Add water to a large pot over medium-high heat. Bring water to boil and add remaining cheese ingredients and stir until thick and smooth. Turn off heat and pour cheese into prepared pan. Refrigerate until firm (approx. 5 hours), then shred. Keep shredded cheese refrigerated until ready to use.

For the crust: In a large mixing bowl, mix brown rice flour, sorghum flour, potato or tapioca starch, xanthan gum, baking powder, baking soda, and salt. Add olive oil and mix until the flour has small pea-sized clumps. In a measuring cup, mix plant milk and apple cider vinegar, then add flour mixture. Stir with a fork until dough forms. Refrigerate until ready to assemble pockets.

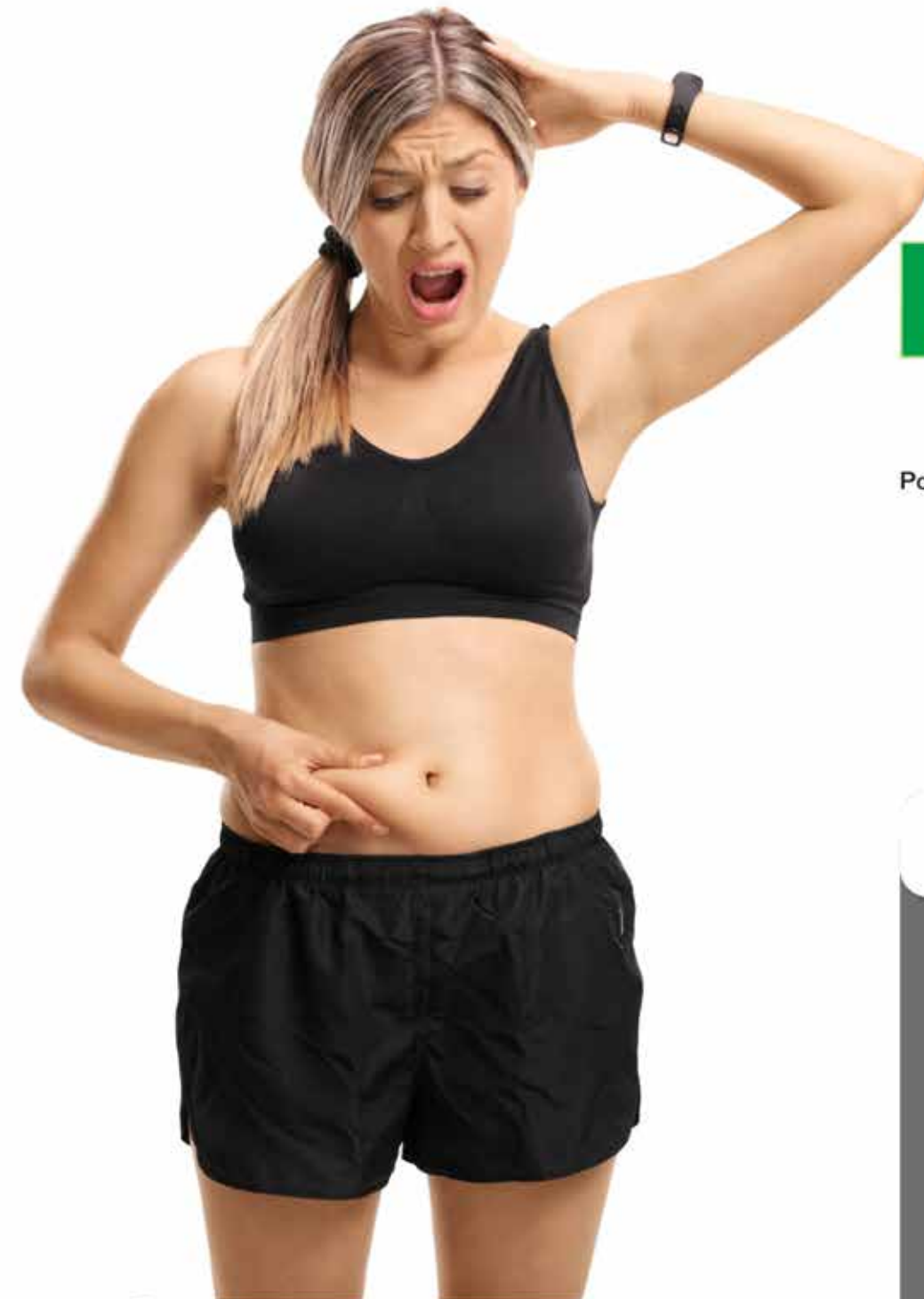
For tomato sauce and filling: In a small bowl, mix the tomato paste, oregano, basil, and garlic powder, then set aside. Cut any desired filling into bite-sized pieces.

For assembly: Preheat oven to 425 degrees F. Line baking sheet with parchment paper and set aside. Lightly dust a cutting board with brown rice flour. Roll a 1/3 of dough into a 10x9 rectangle (dough thickness should not exceed 1/4"). Cut dough into 3 3x10" rectangles. Spread about 1/2 Tbsp of tomato paste into the middle of each rectangle. Add desired toppings and 1/4 cup of shredded chickpea cheese to half of each rectangle. Fold half of the dough over the filling and crimp edges with a fork to seal. Repeat this process with remaining dough and filling. Place pockets onto the baking sheet and bake for 15-20 minutes or until tops are golden brown. Serve and enjoy!



Do you have a yummy recipe to share? Email us at LATW@n2pub.com.

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featured family
By Piper Willson | Photos by Flemographics

THE *Darcey* FAMILY!



McCormick Woods, meet the Darcey family! Kim, Kevin, Kennedy, and Cole have lived on Troon Ave. for 13 years, blessing our neighborhood with their passion for our community! The family has capitalized on the amazing outdoor opportunities that McCormick Woods provides and the friendly community that McCormick Woods has built!

Kevin, a teacher at John Sedgwick Middle School and baseball coach at South Kitsap, and Kim, a physician assistant, are Port Orchard natives. The couple met at John Sedgwick and started dating in high school. The couple attended Washington State University together, where they are sending their oldest, Kennedy, off to this fall!

Cole, who is going to be a junior at South Kitsap High School, and Kennedy, who is kicking off her freshman year at WSU have both contributed greatly to their community over the years. Kennedy played volleyball at South Kitsap High School while Cole continues to fill his schedule with golf, basketball, and baseball. However, it is not just Cole and Kennedy that are activity enthusiasts. Kevin, a PE teacher, enjoys golfing in McCormick woods and coaching baseball and football in the South Kitsap School District. Kim enjoys spending her time running with her dad, who is a fellow McCormick Woods resident and their dog, Keagan!

Another favorite pastime of the Darcey family is enjoying the great outdoors! The family of four loves camping in their trailer, visiting Maui on vacation, and enjoying summer nights in their backyard! The Darcey household is often the gathering place of many of Cole and Kennedy's friends, which keeps their house full of excitement and energy.

The Darcey family is a wonderful addition to the McCormick Woods community. Whether you see the family enjoying the trails, parks, or in the community, you will know this family by their contagious laughter and joy! Thank you to the Darcey family for making *Life at the Woods* a little bit sweeter!





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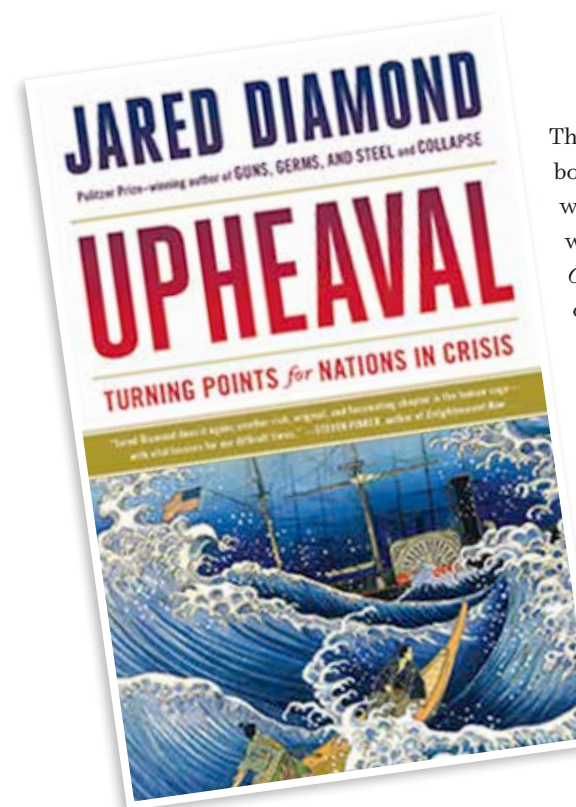


resident book review

reviewed by Helen Punches

UPHEAVAL

by Jared Diamond



This is the third in a series of books by Jared Diamond in which he explores the reasons why nations rise and fall. In *Guns, Germs, and Steel*, he outlined how geography and natural resources (including native animals) affected the uneven development of civilization around the globe. And by the way, from this epic book, which I thoroughly enjoyed, the fact I remember most clearly is that from the vast array of mammals on this earth, we have managed to domesticate only 14! See if you can name them. For reasons

you know if you have a kitty, cats don't count.

Collapse is a study of how external pressures, the misuse of natural resources, and just plain denial caused some seemingly successful societies to fail. Upheaval looks at six nations that experienced extreme crises and how their responses, like individual responses to life crises, changed them in small and profound ways but allowed them to survive.

The six nations in question are Finland, Japan, Chile, Indonesia, Germany, and Australia. Except for Japan, Diamond has lived in and speaks the languages of all of them. The crises felt by Finland and Japan were caused by pressure from outside. The crises that rocked Chile and Indonesia were created internally, and Germany and Australia suffered not from an immediate crisis, but the gradual build-up of intolerable situations. In each case, the crisis was resolved or is being resolved by applying many or all of the same tools that are used to overcome personal crises, as well as some that apply to nations but not individuals. Diamond also devoted two chapters to the growing crises in the United States, which have the potential to undermine American democracy. But he points out that the U.S. has the national memory of overcoming crises in the past and can do it again, using the same toolbox employed by the other nations.



The tools Diamond identifies for coping successfully with crises are:

- Acknowledging the problem
- Acceptance of responsibility to do something
- Isolating the problem to be solved
- Getting help
- Using others as models for solving the problem
- Ego strength (a sense of national identity)
- Honest self-appraisal
- Experience of previous crises
- Patience
- Adherence to core values
- Freedom from personal (or national) constraints

This is an interesting and informative book. I sometimes felt that maybe too much time was spent on peripheral or introductory material and then facts about the various national crises were kind of thrown out there very fast. But I quibble.

There are a number of questions inherent in this study of crises. Does a nation need a crisis in order to make changes? Do leaders make a difference? Can we actually learn from history? Will we?

young achiever

By Piper Willson



the lives of students at South Kitsap High School, she has been inspired to major in elementary education in college so that she can make a positive impact on children during their crucial developmental years. Hailey hopes to attend Western Washington University or Washington State University and participate in the Disney College Program. The Disney College Program is a highly competitive program where college students work in the Disney parks and gain on-the-job experience while continuing their education. Hailey hopes to work in California, making the magic happen!

Currently, Hailey is involved at South Kitsap through Acting Ensemble, FCCLA, wrestling stats, and golf. Hailey has taken part in Acting Ensemble, South Kitsap’s competitive acting troupe for two years, which she was inspired to join after watching her sister steal the show during her time on Acting Ensemble. Hailey brings her creativity and fun-loving energy to all her activities. Mrs. Nass, the FCCLA advisor at SK High School, enticed her daughter into joining the CTSO her freshman year, where Hailey ended up thriving. Hailey made it to state in the food innovations category. She made a vegan/plant-based entree that kids her age and younger would enjoy eating, and it certainly was a hit! Hailey plans to continue to improve her skills and dominate at FCCLA.

With Hailey’s busy schedule and dedication to excellence, it takes great time management and self-discipline, which luckily Hailey possesses! Hailey keeps herself accountable by completing her homework and tasks as soon as she can, utilizing all free time in the evening, during class, and even before school at times. Hailey also values her amazing family and tries her hardest to fit in quality time with them when possible. Fortunately, Mr. and Mrs. Nass both work at South Kitsap High school and are avid runners just like Hailey. Hailey and her parents capitalize on their passion for running by using it as a way to spend quality time together!

Hailey thanks her family for always supporting her, especially her older sister Emily. Emily, who graduated in the class of 2019, is a hardworking student and natural leader. Hailey says that she admires how hard Emily works for what she wants regardless of what others think. Hailey says that Emily inspires her to be kind to others and keep working hard in every facet of life so that she may reach her highest potential.

Hailey Nass brings joy with her everywhere she goes, and we are lucky to have her as a member of our community. Watch for her as she goes on to achieve great things in her final two years of high school and beyond! Thank you, Hailey, and we can’t wait to see what comes next for you in your *Life at the Woods*!

Hailey
NASS

McCormick Woods, meet Hailey Nass, one of our amazing Young Achievers! Hailey, a junior in high school, has lived in McCormick Woods for 13 years. You might have seen Hailey out running or walking in McCormick Woods with her parents, Chad and Suzie, and her older sister Emily.

Hailey, a compassionate and kind girl, hopes to follow in her parents and her sister’s footsteps as she pursues a career in education. As Hailey has grown up watching her parents shape



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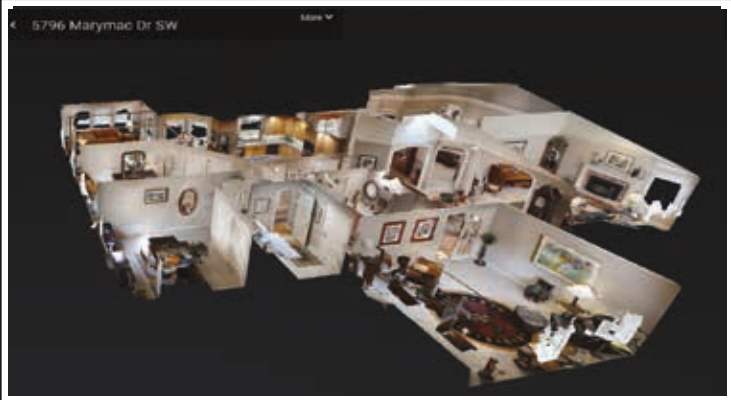
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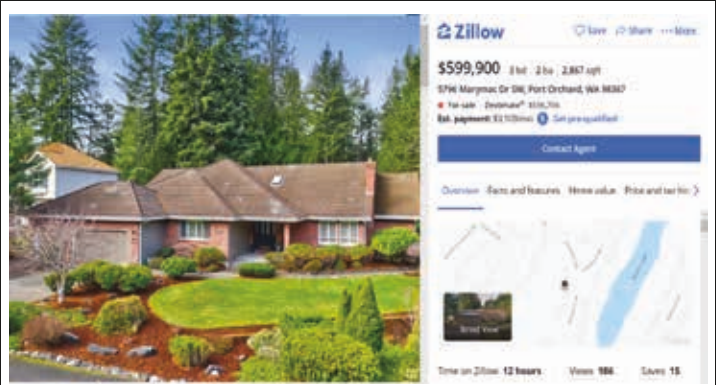


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resident musician

By Piper Willson

KADIN BACKLUND

McCormick Woods is continually amazed and blessed by the outstanding talent of Kadin Backlund. While we have recognized him as a Young Achiever in our community, and a valedictorian of the class of 2020, you may not know that Kadin Backlund is an outstanding musician!

Kadin, 18, began to play the piano when he was in kindergarten. His teacher, Ms. Sullivan, had a son who played and recommended piano for an extra challenge for Kadin, who was already an exceptional student. Twelve years later, Kadin continues to develop his skill and impress anyone who gets the opportunity to listen to him play. While Kadin is humble and prefers to practice and refine his skill, he enjoys the occasional “jam session” with some of the other McCormick Woods residents who are passionate about music!

Kadin has moved from teacher to teacher throughout his years of playing; however, he credits his second teacher, Dr. Irene Bowling, who he was with for ix years for lots of his growth as a musician. Dr. Bowling taught Kadin that he could apply the work ethic he was learning with piano to every facet of his life, and that patience and diligence will pay off not only in music but in business, athletics, and life overall. If you spend time with Kadin, you will find that these skills are ingrained deeply into his life. His patience and diligence are unparalleled as he shines in athletics, academics, and music.

While Kadin mainly enjoys listening to pop music and rap, he idolizes Billy Joel for his self-made success and career as a



pianist. Kadin’s interest in Billy Joel also stems from Kadin’s interest in history, as Billy Joel was involved in the Cold War when he performed his music live in Moscow. Kadin even got to travel to watch Billy Joel perform live in Portland and New York City. In addition to seeing Billy Joel perform live, Kadin was able to meet the band the Lords of 52nd Street, which was Billy Joel’s backup band through his prime years until Joel and the band had a falling out.

Kadin has also had many impressive performances of his own. Kadin performed in the Sounds of the Season Winter Showcase at the Admiral Theater in Bremerton in 2017 and 2018 as well as various mall performances at the Silverdale Mall during the holidays. His most memorable experience was performing at the Admiral theatre because the professional setting with a large audience gave him the excitement and recognition that made all the hard work and practice worth it.

Overall, Kadin says that music has changed and shaped his life in many positive ways. He has learned that patience and diligence will be more rewarding in the long run than any immediate gratification will be. Not only has it taught him life lessons, but it has brought joy and an escape from stress into Kadin’s busy life. Kadin’s passion for music has provided a great escape especially during the recent quarantine and the ups and downs of his senior year. Kadin recommends and suggests music for everyone, and urges people to follow their passions and not be afraid to try new things. Music is different for everyone, Kadin says, and some approaches work better for some people than for others. Don’t be afraid to experiment!

Kadin never ceases to amaze his friends, family, and neighbors, and we can’t wait to see what’s next for him in his *Life at the Woods*!



Do you know a resident that plays an instrument? Let us know at LATW@n2pub.com.

precious pets

By Piper Willson

Tali

THE SHETLAND SHEEPDOG

Welcome to McCormick Woods, Tali! The beautiful Shetland sheepdog is a newcomer to the Woods. Tali, now 3 years old, was adopted by the Willson family in March when they decided the best way they could spend their quarantine was loving up on a new furry friend!

Tali was adopted by the Willsons after her old owner, a show dog enthusiast, could no longer show her or breed her. Tali had spent the first three years of her life being trained and showed in Ellensburg before she chipped her tooth and was disqualified from the sport. Tali has since won over her owners with her intense and masterful puppy-dog eyes and her flair for drama.

The Willsons were warned that Tali was a bit of a food guru but weren’t prepared for Tali’s true passion for treats! In just the second week of Tali living with the Willsons, she snuck three whole hotdogs from the dinner table, and since then, she has enjoyed serving as the family “vacuum cleaner.” Tali’s favorite foods so far are ham, bacon, popcorn, and shortbread cookies -- which her owners occasionally give her when the puppy dog eyes are strong enough!

When Tali isn’t begging for food, she enjoys chasing her tail, laying in the shade, and watching golfers pass by her house. You might have seen Tali on one of her many many rest stops while she walks. Tali prefers to lay in the shade than get her steps in, but her owners cheer her on by giving her loves and the occasional “jump start.” This is one of Tali’s few “diva” behaviors that makes her so fun and entertaining to have around.

Though Tali has diva tendencies, she also is a very sweet and loving dog. While her family keeps busy, she likes to follow close behind, making sure she is a part of every event and experience she can be. She already loves to cuddle and sleep with her owners, and play with her family whenever she can!

While Tali has only lived in the neighborhood for a short time, we have loved seeing her out and about (or lying in the shade) and making the neighborhood a more joyful place. If you see tali out for a walk, be sure to say hello and give her a pet, as she gets used to *Life at the Woods*!



Does your pet deserve to be highlighted? Email LATW@n2pub.com.





Did you know about all our McCormick Woods trails?

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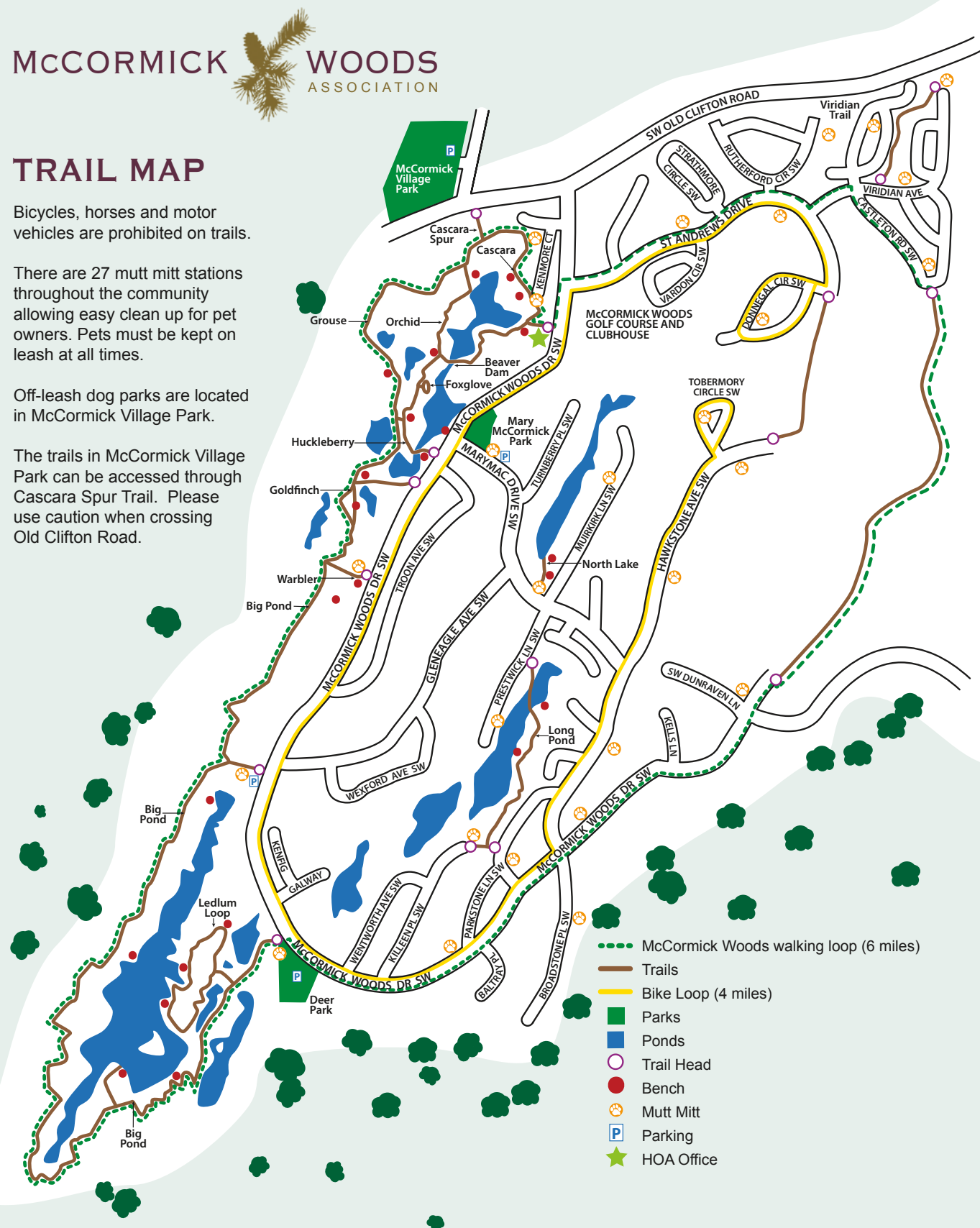
TRAIL MAP

Bicycles, horses and motor vehicles are prohibited on trails.

There are 27 mutt mitt stations throughout the community allowing easy clean up for pet owners. Pets must be kept on leash at all times.

Off-leash dog parks are located in McCormick Village Park.

The trails in McCormick Village Park can be accessed through Cascara Spur Trail. Please use caution when crossing Old Clifton Road.



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making a difference
 By Mary Buzas

McCormick MASK MAKERS



Several residents of McCormick Woods have been participating with Kitsap Masks for Caregivers (KMC), a group of about 500 people coordinating supplies and sewers to make masks for health care and essential workers as well as students. Together, these residents have sewn and contributed hundreds of masks, fabric, and supplies, as well as mask pick-up and delivery. So far, KMC has provided over 10,000 masks to our community, and they're still going strong.

The McCormick Woods group leader, Lisa Norman Fiorito, said that residents from The Ridge also joined in on the efforts, stating, "I think it's a beautiful example of two developments uniting for a common cause." Group members include Katie Baker, Mary Buzas, Nancy Reid, Vicki Ebat-Selke, Ann Welsh, Patti Aycock, and Emily Leary.



Do you know fellow neighbors that are making a difference?
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Tranquil Backyard Living

By Mary Buzas

We're halfway through 2020, and I'm sure most of us could use a little bit of relaxation. We may not be able to relax on a beach listening to crashing waves or spend the week at a spa, surrounded by a lush garden and beautiful fountains, but we can create that same serene setting in our own backyards. All you need is a little water.

The soothing sound of running water instantly brings a sense of relaxation to any setting, and there's a reason for that. In his book, *Blue Mind: The Surprising Science That Shows How Being Near, In, On or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do*, author Wallace Nichols explains the science behind the serenity. According to Nichols, seeing and hearing water releases neurochemicals in your brain that promote wellness, and also increases your blood flow to both your heart and your brain, creating an immediate feeling of relaxation.

living spaces



This sense of calm can be achieved in your own yard regardless of your budget, with an easy weekend DIY project or more elaborate landscaping.

You can create your own water feature in a single afternoon using a large ceramic pot and an inexpensive electric or solar-powered fountain. First, plug the hole at the bottom of the pot, place a large container upside down inside to fill most of the space, and put the fountain on top. Then place stones from your yard around and over the container. Finally, fill the pot with water, and plug in the fountain. Done!

If you have the time and patience, you can also create a more elaborate water-scape. Susanne Braun, a resident of McCormick Woods since 2016, has made many improvements to her own backyard, designing and doing the work herself.

There was already a pond in place when she purchased her home, igniting her inspiration to create her own enchanted forest. Braun highlighted the natural, lush surroundings of our neighborhood with plants in a variety of shapes, heights, and different shades of green, and to top it off, the right lighting and décor. She brings attention to her water feature with a miniature bridge, and copper spinners add a little bit of that enchanted feel. This is not a one and done project. Braun has worked over the years to build this tranquil escape in her backyard, tying in something new every spring.

Interested in creating a similar space? Her number one piece of advice is to maintain a clear and pristine pond. Ensure that the design of the waterscape you choose allows for a rapid enough flow of water to allow for good algae control. It's also important to be diligent in cleaning the skimmer baskets and lower intake, or the flow of water decreases slightly and algae are harder to control.

Whatever your budget, yard size, or available time, adding a water feature to your lawn can help create a calm retreat and connect you with the wonderful forest surrounding us here in McCormick Woods.



If you have a unique living space that you'd like us to feature in upcoming issues, please contact Mary at mary@homestylebymary.com.



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Quarantine B I N G O

Phase 1 Quarantine Bingo

Had to convince family to stay inside	Ordered food delivery from a new place	Looked up old flame on social media	Gave yourself or family member a haircut	Got disappointed when an event was cancelled
Set up a home office	Participated in a Zoom meeting	Tried to learn a TikTok dance	Gave up on working out	Did a jigsaw puzzle
Wondered how you made it this long living with your significant other	Realized that checking the news all the time gave you anxiety		Binge watched more than one show on Netflix or similar media	Cleaned out your closet/drawers/cupboards/garage
Started that project you always wanted to do	Had to convince family member to wear a mask	Wore sweats or leggings at least three days in a row	Made a meal out of food you didn't realize you still had	Watched Outbreak, Contagion, or Quarantine
Didn't start that project you always wanted to do	Pretended to be working when you weren't	Still trying to figure out what TikTok is	Streamed a workout from a local fitness center	Listened to a podcast or audiobook

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sponsor spotlight

Topham Home Renovations

Craig Topham

Topham Home Renovations is a construction company owned and operated by Craig and Elizabeth Topham. The couple began serving Kitsap County and the surrounding communities in 2019. This local family-owned and operated business prides itself on attention to detail, exceptional customer service, and open lines of communication.

This particular family and business journey began in 1989 when Elizabeth and Craig met each other at a private high school in Auburn, Washington. The pair would later then get married in 1992 and subsequently have two daughters. Kylie (oldest) is married and has a child

of her own and her husband Matthew occasionally works with Craig and Elizabeth. Emma is pursuing her dream of drumming, but in her “spare” time, she works with her mom and dad on a full-time basis.

Elizabeth also works for the South Kitsap School District but often helps in the office for the family business, as well. They even have a nephew, Aidan, who also helps during summer vacation. *“We truly are a family business!”* notes Elizabeth.

The entire Topham family enjoys frequent discussions at their own home while sharing their excitement about their customer’s projects. Flooring, cabinets, and countertops conversations seem to always weave itself in during their family dinner time.

“My father owned a construction company in the Skagit Valley. I grew up watching and participating in the building of custom homes whenever I could. It allowed me to develop skills and a strong work ethic as I observed my dad turn people’s dreams into works of art. With the construction boom of the 1990s, I decided to go into commercial construction, and I worked in that field for 20 years before deciding to return to my roots. In 2011, I started remodeling homes in Seattle, and in 2015, Emma began working with me,” Craig added.



With the desire to limit their commute and improve their quality of life, Craig and Elizabeth started to look into the need for remodeling services in their own local community, and in 2019 as a result, the Topham family fully shifted their attention to the peninsula. *“This shift has allowed us to concentrate more working hours on the essential pieces of our customers’ projects.”*

Topham Home Renovations embraces all aspects of the creative and problem-solving process when it comes to home remodeling and renovations. *“I enjoy helping people achieve their vision for their homes and the creative solutions we often get to employ to reach those dreams. It’s been rewarding finding designers and sub-contractors in the area whose work ethics align with our own. We believe in having a strong team and working with people whose commitment to producing a quality product is at the top of their priorities,”* Craig noted.

What kind of advice can you give to the residents that are interested in home projects?

I would recommend that residents do their homework when thinking of starting a project in their homes. When they receive a bid that seems too good to be true, take a breath, and try to find reviews. As a homeowner myself, I understand the desire to get the most for your dollar, but if a company cuts corners, that is money not well spent. At Topham Home Renovations, we try to protect the customer’s interests and make sure they are getting honest and quality workmanship at a fair price.”

Tell us a little more about the Topham family:

“We live on a small farm called Caper Hill with four goats, multiple chickens, four dogs, a cat, and many, many fish in our backyard pond. Our quiet life allows for growing our own produce and the ability to spend many hours in the garden, developing hidden corners for our grandson to explore and a beautiful backdrop for the occasional wedding. Our leisure activities include boating around the Sound, island camping in Priest Lake, Idaho, and vacationing in our remodeled vintage Airstream.”

What do love about our neighborhood?

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For more information, contact Craig at
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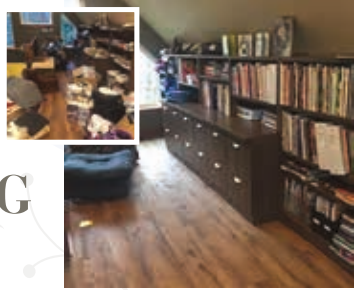


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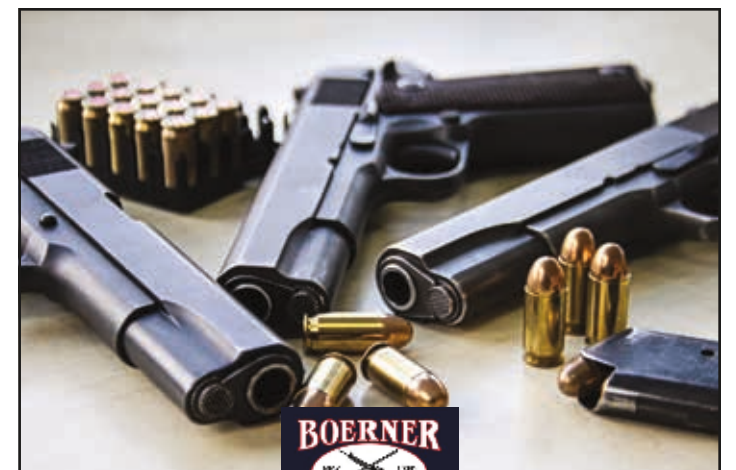
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