



SERVING THE SALISH REGION

KITSAP, JEFFERSON, AND CLALLAM COUNTIES

Summer Fun for Everyone

Summer can mean greater freedom for kids, but often leave parents wondering how to fill their children's days with wholesome fun. The June meeting of Salish FYSPT took up this problem, and these are a few of the ideas that came from that discussion.

The region's parks are a great resource, providing not only chances to play, but to learn more about the natural world. National and State

parks do require a fee or pass, but on August 25th all state and national parks will be fee free. Along with the Olympic National Park and Washington State Parks that populate our area, there are dozens of wonderful county parks, all of which are free for day use. [Kitsap County](#)'s many parks include Newberry Hill, with its many family-friendly trails, Point No Point Lighthouse, and the immense Port Gamble Forest. Among [Jefferson County](#)'s parks are the HJ Carroll Park, which is perfect for sports, and Indian Island Park, with wonderful waterfront views and beachcombing opportunities. [Clallam County](#) has such diverse parks as the Rainshadow Disc Golf Park, Robin Hill Farm, and Clallam Bay Spit.

Youth groups and clubs are especially active in the summer. While joining these groups may not be for everyone, they often offer workshops and events that all kids can be a part of. One of the most active groups in the area is [4-H](#), which is run by the WSU extension. They offer not only farm-based activities such as livestock raising, but sailing, 'Know Your Government' programs, and Adventure Education. Both [Boys Scouts](#) and [Girl Scouts](#) are active in the area, and allow children to experience a wide variety of experiences while making friends. There are Boys & Girls Clubs in [Bremerton](#), [Port Angeles](#), and [Sequim](#) which offer a range of mostly indoor activities. Average annual fees for joining these groups are: \$25 for 4-H, \$25 for Girl Scouts, \$24 for Boy Scouts, and \$50 for Boys & Girls Clubs.

There are plenty of free, family-friendly events happening in the area this summer. Here are a few local favorites. Tribes from around the Salish Sea will be participating in the traditional canoe journey in their [Paddle to Lummi](#) until July 28th. The [Lavender Festival](#) in Sequim lets families roam several local farms and enjoy free music in Carrie Blake Park from July 19-21. [Whaling Days](#) in Silverdale, July 26-28, includes fun runs, canoe races, and music. On August 3rd, Joyce has its annual [Blackberry Daze](#), with a parade and pie contest. Unlike the Clallam and Jefferson County Fairs, the [Kitsap County Fair](#), August 21-25, is a free event. The fair has free entertainment, plenty of animals, and exhibits from around the county. The [Olympic Peninsula Air Affaire](#) at Sequim Airport on August 24th and 25th is a great spot for watching aerial demonstrations, remote controlled

Upcoming Events

- Salish Canoe Journey to Lummi – July 10-28
- WISe Symposium in Kennewick – July 17-18
- Salish FYSPT Meeting – July 29, 3-5
- Child Brain 101 in Port Angeles – August 8, 9-2
- Kitsap County Parent Coalition Picnic in Bremerton – August 8, 11-3
- Teenage Brain 101 in Port Angeles – August 9, 9-2
- Statewide FYSPT in Lacey – August 14, 10-3

For details and more events visit www.salishfysprt.org/calendar

aircraft, and even a has chance to ride in a hot air balloon. And don't forget to check out your local library for many other events, classes, and excursions for families and children of all ages.

There are a surprisingly large number of free or low-priced museums in the area, perfect for families with children who have specialized interests or enjoy a quiet day out. The [U.S. Naval Undersea Museum](#) in Keyport has many exhibits about submarines, underseas exploration, and military history. [Jefferson Museum of Art & History](#) in Port Townsend has many relics of the area's Victorian past, including the original, creepy county jail. The [Forks Timber Museum](#) is great for any tiny lumberjacks out there. The [Kitsap History Museum](#) and [Valentinetti Puppet Museum](#) share a building in Bremerton, and offer a variety of amusements for children. The [Puget Sound Navy Museum](#) in Bremerton has a combination of naval and local history with resources to engage children of various ages. All three counties in the area have their own aquariums. The [Marine Science Center](#) in Port Townsend has many hands-on exhibits that young children love. The [Feiro Marine Life Center](#) at the Port Angeles City Pier has youth programs and a touch tank. The [Sea Discovery Center](#) in Poulsbo has a tidal pool, movies, and games.

Family Recipe Time

Homemade Chili

Ingredients:

- 1 bag dry beans
- large soup pot
- 7 cups water
- 1 lb cooked ground turkey or beef
- 1 medium white onion, diced
- 1 green bell pepper, diced
- 3 cloves of garlic, chopped
- 1 can diced tomatoes 14.5 oz
- 1 6 oz. can tomato paste
- salt to taste
- 2 tablespoons chili powder
- 1 teaspoon ground cumin (optional)

Directions:

Step 1 – Rinse and sort beans. Beans are a natural product, so you just want to make sure there are no stones or debris in the beans.

Step 2 – Cover with 2 quarts of water and soak overnight or at least 8 hours.

Step 3- After the beans soak, drain and rinse them off.

Step 4- Cook your ground beef, then drain the oil and add the beef to the beans. Add onion, garlic, green pepper and 8 cups of water. Turn on HIGH and bring to a boil, reduce heat and simmer on low for 2-3 hours.

Step 5 – Once the beans are tender, add tomato paste, canned tomatoes and seasonings. Cook another 30-60 min. on low. To thicken the chili, uncover it. If it gets too thick add a little more water. Keep on LOW till you are ready to eat, with additional time the flavors will become rich.

You will need to salt to taste... my family loves to eat it with cheddar cheese, sour cream, green onions and corn chips.