

#### A DAY IN THE LIFE OF A BRINNON SENIOR

If you ever decide that dentures are the route you must explore, please be sure to have a discussion with your dentist about <u>all</u> your options. Ask questions, lots of questions, because they may assume you have already googled it and know everything. There are no stupid questions. This is a permanent decision. I take that back. There are stupid questions, the ones never asked.

After the procedure you will be given a "tip sheet". You will be warned of nausea and to time your pain meds carefully. They will taunt the importance of rest and recovery, with nutrition and sleep being the first priorities. Oh, and hydrate. Hmm. Some things they don't put on your handy dandy tip sheet - You may become very emotional after the oral surgery to remove all of your remaining teeth. You may even feel like a failure, especially if the oral surgeon tells you that you've made horrible life choices, you are not taking control of your health and he knows more



about everything because he is an oral surgeon and has years of experience. Oh, and if you have a heart attack during the procedure, it would make him look bad.

You may become overwhelmed and filled with regret about your decision to turn to dentures as an option when you look in the mirror after 24 hours, with your mouth empty, your face drawn and you are staring into the eyes of your mother. There could possibly be depression when you see the bruises on your face and swollen gums and realize you cannot ever go back. This is you now.

Be sure to have a small support group of people you trust to share what you are about to go through. It is amazing how much it helps to have someone text to check on you (because taking a call is torture) or to bring your family pizza because you can't pull it together enough to cook because the thought of food passing through your mouth is not an option.

You will not look like the people in the dentures ad, smiling and

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For letters to the editor, submitting an article or questions, please email CrierBrinnon@gmail.com

carefree, for approximately a year. It will be 4-6 weeks before the gums begin to heal from the extractions. Half of your bone changes will happen in the first three-to-six months, requiring adjustments, along with learning how to eat and speak with a large piece of plastic in your mouth. At the one year mark you will be evaluated again to check the fit. One year of changes, adjustments, adaptation. Twelve months. Fifty-two weeks. Three hundred and sixty five days of change, adjustment and adaption. There will be good days, bad days and days that generally just suck. Expect highs and lows. This is a very personal, ego hitting journey.

But! But, it is the beginning of the healing adventure. It is taking back your health. It is taking back your life. Living life with intention, good or bad, each day, not merely surviving life. Making choices to heal. Making choices to break bad cycles and create new goals. And that helps. ~ A Brinnon Senior

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Sun	Mon Tue		Wed	Wed Thu		Sat
<b>AP</b> 20		1 Foot Care by Appt 6:45am Yoga & 8:30am 10am-Noon Bookmobile 12pm AA	2	3 10am Seniors Meeting	4 Yoga 8:30am South County Task Force Meeting 2pm-4pm	5 Visitor Center Hrs:9am-5pm 10:30am- 12:30pm Book- mobile 12pm AA
6 Visitor Center Hrs:9am-5pm Juggling Class 2pm-4pm	7 8amYoga 11am-1pm SOUP: Chili Cost:\$2.00	8 6:45am Yoga & 8:30am <b>10am-Noon</b> <b>Bookmobile</b> 12pm AA	9 Brinnon Youth 6th Grade & Up Group 5:30pm @ Brinnon Church	10	11 Yoga 8:30am Melissa Dinner Party 5pm	12 Visitor Center 9am 10:30am- Book- mobile 12pm AA Craft Fair 9am
13 Visitor Center Hrs:9am-5pm Juggling Class 2pm-4pm	14 8amYoga 11am-1pm SOUP: Chicken Pot Pie Cost:\$2.00 Shrimp Fest Meeting @ Fire Hall 6pm	15 6:45am Yoga & 8:30am <b>10am-Noon</b> <b>Bookmobile</b> 12pm AA	16	17 Home Owner Septic Class 1pm-4pm Pleasant Harbor Resort MPR Meeting 5pm	18 Yoga 8:30am Brinnon School Talent Show 6pm-7:30pm	19 Visitor Center Hrs:9am-5pm 10:30am- 12:30pm Book- mobile 12pm AA
20 Visitor Center Hrs:9am-5pm	21 8amYoga 11am-1pm SOUP: Cook Choice Cost:\$2.00 NHCCOC Meeting 5:30pm	22 6:45am Yoga & 8:30am <b>10am-Noon</b> Bookmobile 12pm AA			25 Yoga 8:30am VFW Loyalty Day Parade 1pm Community Dinner \$10 @ 5pm	26 Visitor Center Hrs:9am-5pm 10:30am- 12:30pm Book- mobile 12pm AA
27 Visitor Center Hrs:9am-5pm	28 8amYoga 11am-1pm SOUP: Clam Chowder Cost:\$2.00	29 6:45am Yoga & 8:30am <b>10am-Noon</b> <b>Bookmobile</b> 12pm AA	30	Brinnon Comm. Manager Jerem 306144 Hwy 10 PO Box 9 Phone: 360-796 Cell: 360-390-40 Email: jsimmons	y Simmons	ΟΙγϹΑΡ



Spring into Safety: Outdoor Fun with a Focus on Protection

*By Fire Chief Tim Manly, Brinnon Fire Department* 

As the days grow longer and the flowers start to bloom, many of us in Brinnon are eager to get outside and enjoy the beauty of spring. Whether it's biking, skateboarding, hiking, or exploring the outdoors in other ways, this season offers a great opportunity for fun, fitness, and family time. But with that excitement also comes the responsibility to stay safe.

One of the simplest and most effective ways to prevent serious injury is by wearing proper safety gear especially helmets. Head injuries can happen in a split second, and wearing a helmet significantly reduces the risk of traumatic brain injury. It's a small step that makes a huge difference.

At the Brinnon Fire Department, we're committed to protecting our community, both in emergencies and through prevention. That's why we're proud to share that every student at Brinnon School recently received a brand-new helmet, thanks to the generosity of local donors, grant funding, and our partners at the Northwest EMS Region. This initiative reflects our belief that safety starts young and should never be out of reach due to cost or access.

Parents, we encourage you to help reinforce these safety habits at home. Make it a routine: if your kids are going out to ride or play, they wear their helmets. The same goes for knee and elbow pads, life jackets near water, and reflective gear when visibility is low.

Spring is a wonderful time in Brinnon, and we want everyone to enjoy it to the fullest—safely. Let's work together to make this season not only full of adventure, but free from preventable injury.

Stay safe and enjoy the sunshine!





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Please contact us if we can be of service!

#### Sudoku Puzzle #G191EN Presented by Puzzle Baron

#### Rated: Medium



# IN SPACE, NO ONE CAN HEAR YOU LAUGH

In 1965, astronauts Virgil "Gus" Grissom and John Young made history by blasting off on NASA's first two-man space mission, Gemini 3. It was also the first instance of space smuggling: Fellow astronaut Wally Schirra convinced Young to sneak a whoopee cushion aboard in his spacesuit.

Once in orbit, Young took it out and informed Grissom that he wished he hadn't eaten so much freeze-dried food while casually ejecting air from the novelty device.

A Swedish April Fools' joke in 1962 convinced some viewers that they could convert their black-and-white TV sets to color sets. An "expert" re-ported on Sweden's TV station that nylon stockings stretched properly over the screen could bend the light enough to produce color. Thousands searched drawers for nylon stockings, producing not color but angry women.





#### **PENGUINS CAN FLY** Everyone knows that penguins can swim, slide and waddle around. But an April 2008 promotional video for BBC nature documentaries used computer animation to show a colony of airborne penguins migrating from the Antarctic to a tropical rainforest.



Hoodspor

### TIMEX KEEPS ON TICKING (AND TICKING)

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Hoping to expand time itself, Timex watches introduced a bogus 25th Hour Watch in April 2019. Timex, the ad said, "has done the impossible. Imagine if you could add one hour to every day for the rest of your life." The ad showed various 25-hour watch faces.

Answers on page 8

# Looking for a Real Estate Agent?

#### I'm happy to help you navigate the process.

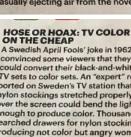
Looking to sell your home this year? This is a good time to start decluttering and doing home improvements that will help showcase your home. Call me to discuss which home improvement will give you the best bang for your buck.

# Belinda J. Graham

**Hood Canal Real Estate** Hoodcanalliving@gmail.com

360-640-2354

hlliwaup



# Why Were So Many Cars Parked on the Entrance to Mt. Walker on April 1<sup>st</sup>?



Expose' by William Barnet

The word got out that there was a new Taco Bell at the Summit and that Chris Pratt from Lake Stevens, the famous actor, was the new



owner and was giving free meals to all Brinnon students who are on the Honor Roll.

# BRINNON SENIORS OF BRINNON WA

The **First Thursday at 10:00am**, **the Brinnon Seniors of Brinnon WA** gather for their monthly meeting to discuss events and committee happenings. Anyone 50 and over are encouraged to attend and join the Seniors for an annual cost of \$5, or if you are 80+ your annual dues is \$1.

# Here are a few of April's happenings:

January Board Nomination Results: President: Mike Melheim Vice President: Jenny Loring Sec./Treasurer: Cliff Melheim 1st Trustee: Mona Thacker 2nd Trustee: Lydia Guinn 3rd Trustee: Carolina Steadman

The **Community Meal** is Friday, April 25 at 5:00pm at the Brinnon Community Center. Cost is \$10.

Each week there is **Hot Soup Mondays** from 11am-1pm. This is for not only our seniors but also for the whole community. Stop in for a hot bowl of soup with a dessert for only \$2. Be sure to check the calendar on page 2 for other events to attend.

**The Brinnon Crier** is published by the Brinnon Senior Organization, with the intention of informing the Brinnon community of local events and happenings. If you have something of interest you would like to see, email CrierBrinnon@gmail.com. To receive the Brinnon Crier digitally, email brinnonnews@gmail.com.

### THE BRINNON SENIORS OF BRINNON WA

Please feel free to join the any time. We accept Memberships for ages 50 and older. You can pay your \$5.00 dues in person at the Brinnon Community Center, 306144 Highway 101 or mail to: Brinnon Seniors PO Box 9, Brinnon, WA 98320

### PLEASE REMEMBER RENEW YOUR MEMBER-SHIP EACH JANUARY.

OVER AGE 80 SPECIAL-DUES ARE \$1.00

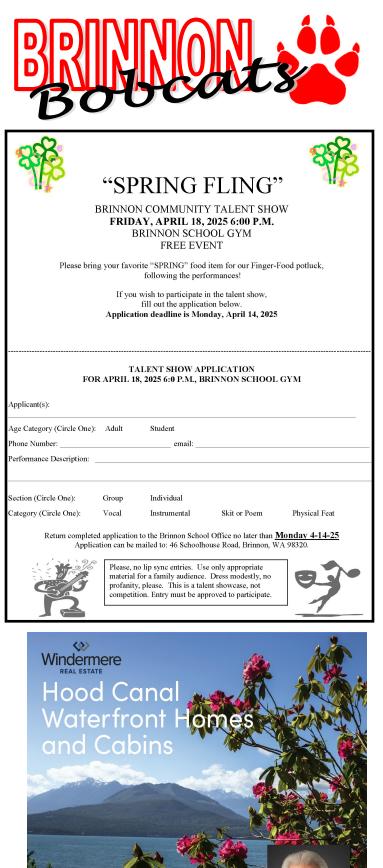
Brinnon Senior Organization
Dues \$5 per person Jan 1st thru Dec 31st
Send or deliver to:
Brinnon Senior Organization
PO BOX 9, 306144 Highway 101 Brinnon 98320
Name:
Address
Address:
Phone #:
Email:
Birthday (month & year only)

#### **RELEASING THE SALMON**

The Brinnon School has spent several months watching the marvels of the growth of salmon eggs developing into fry to be release by Ms. Madill's 3-4 class. They enjoyed the weather as they released the beautiful salmon back into nature at the Big Quilcene River under the supervision of Whitney McDonald with the Hood Canal Salmon Exchange. Students had a blast with the activities that were planned for them before the release. Each student had a chance to name their salmon before releasing them back to their natural habitat. They are looking forward to next year's release. What a joy!







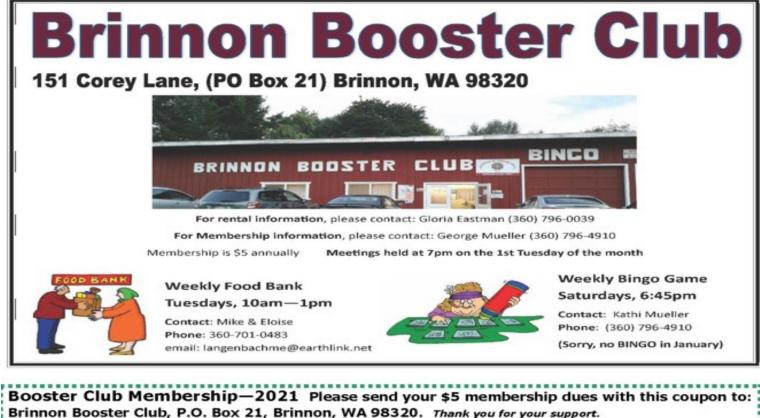
**Bill Barnet** billbarnet@windermere.com 425-512-6476 WindermereHoodCanal.com



**Brinnon VFW Auxillary Proudly Presents the** Friday, April 25th, 2025 1:00 pm We are excited to announce the 2025 Loyalty Day Parade on Friday, April 25 in Brinnon. On behalf of the Brinnon VFW Auxiliary, we invite you to partici-

We are strongly encouraging entrants to prepare floats for this year's parade but we welcome marching units, cars, horses, etc., to gather at the Brinnon Booster Club (151 Corey Lane) by 12:30pm to line up for the parade, which begins at 1:00pm.

If you would like to participate in our parade, please email alicia.smmons@gmail.com. (Note: there is no "i" in the simmons.) to receive an application. Return the form by Friday, April 18.



Brinnon Booster Club, P.C	D. Box 21, Brinnon, WA 9832	0. Thank you for your support.
Name	Address	
Phone Number	Email	
		_

## **Brinnon Community Church**

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52 Church Road 360-796-4462

**www.brinnonchurch.org** *Check out the new website!* 

#### <u>Sundays</u>

9am Sunday School 10am Sunday Service with Pastor Alvin Wood NEW! 6:30pm Sunday Evening Service

#### <u>Tuesdays</u>

9:30am Ladies Bible Study 9:30am Men's Bible Study

6	9	2	7	3	8	4	5	1
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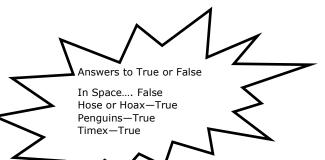
Mailing: PO Box 151, Brinnon, WA 98320

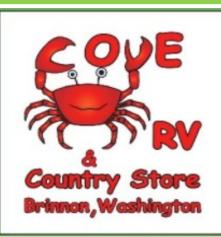


Smitt'y the Guardian Angel

#### By Lydia Guinn

Marie and Lydia had a guardian angel in 2021, when it snowed 10" making it impossible to get out. The electric was out for 5 days. It got 38 degrees in the house. The landline phone was not working. The cell phone was dying. On the third day Smitt'y brought over two gas heaters to warm the house. Smitt'y had a battery pack for to charge the cell phone. Smitt'y had warm bacon to eat. Smitt'y helped Lydia shovel the snow so a car could get in and out of the driveway. Smitt'y still comes over any time Marie goes to the hospital and helps me get her in the house. Smitt'y is our angel.





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# Jefferson County Library - April 2025

# Emergency 🙆 Preparedness

**Two Sessions!** (identical content)

### 3:30 – 5:00 pm or 5:30 – 7:00 pm

Join us each month at the Library for a presentation on disaster and emergency preparedness. Each session will focus on a different topic and outline steps to prepare for various emergencies, including winter storms, earthquakes, and wildfires.

#### Thursday, April 17 Wildfire Preparedness

Thursday, May 15 Water Storage and Food Resiliency

Tuesday, June 17 Extreme Heat and Wildfire Smoke Safety

Visit *iclibrary.info* for complete details.

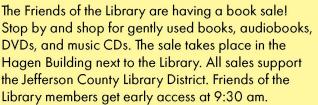
# **Seed Library**

The Library District partners with WSU Master Gardeners to offer locally grown seeds to gardeners and seed savers. Borrow seeds and raise beautiful, healthy plants to eat and for seed saving. At the end of the season, return a portion of cleaned and dried seeds to the Seed Library for next year's borrowers. It's that easy! Visit the Library or Bookmobile during regular business hours to access the WSU Seed Library. Visit <u>iclibrary.info</u> for Library District hours.

# Friends of the Library Book Sale



## Saturday, April 12 10:00 am – 3:00 pm



# Fun for Kids

Storytime



for Toddlers & Preschoolers

### Tuesdays, 10:30 – 11:00 am at the Quilcene Community Center

Listen to stories, sing songs, and enjoy physical movement to build children's love of reading and learning. Storytimes are created with preschool and toddler-age children in mind. All ages are welcome!

# **LEGO®** at the Library Thursday, April 10 3:45 – 4:45 pm

Build something amazing in an open, creative space! Each session features a new design challenge to spark ideas. This program is designed for kids 7–11 years old, but children of all ages are welcome.

# Local Authors

at Jefferson County Library

### Wednesday, April 16 6:00 – 7:30 pm **Betsy Howell**



Betsy will share excerpts from her essay collection, Wild Forest Home: Stories of Conservation in the

**Pacific Northwest**, highlighting the wildlife species she has encountered over the past thirty years.



### Wednesday, April 23 6:00 – 7:30 pm **Meg Kaczyk**

Meg will discuss her book, Notes from Next to the Bed: A Caregiving Love Story in Words

& *Pictures*, reflecting on her caregiving experiences during the last eight months of her husband's life.

Visit jclibrary.info to learn more about these events.

OPEN: Mon - Thu, 10 am - 7 pm, Fri & Sat, 10 am - 5 pm, Sun, 1 -5 pm 🚌 360-385-6544 or information@jclibrary.info

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AND BEAUT

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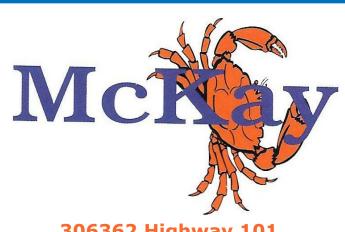
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Shannon McClanahan

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an appointment