



Hostmanship – The Art of Making People Feel Welcome

By Robin Bush ISR Communications

Peter enters the room, scanning faces for anyone he might know, and sees a sea of strangers. Not naturally outgoing, he turns to leave when a young man walks up to him, extending his hand and introducing himself as Alex. He looks into Peter’s eyes and says, “Welcome; I’m glad you are here.” Alex’s warmth and sincerity begins to melt Peter’s fear of being a stranger. Alex is curious and caring, and soon they begin to explore their different views on the important issue the group has gathered to discuss.

Think about what might change in the world if we all increase our efforts to help others feel welcome.

Jan Gunnarsson, a Swedish author, coined the word Hostmanship and offers these thoughts on what it is and the difference it might make in all our lives: “Imagine a world where people feel welcome and expected. A world where children, friends, strangers, guests, customers, and colleagues dare to and want to meet each other for real....this is the basis for true and lasting success for us as people, our businesses, and the places we live...Hostmanship is about wanting a welcoming world, where everyone feels expected and welcome, regardless of where or how they live in the world, be it today, tomorrow, or even years from now.”

He describes Hostmanship as commitment, believing that someone cares and is happy about your presence and you are happy about theirs, and feeling that everyone is important and valuable. How do we do that? Hostmanship is expressed as a warm, heartfelt welcome. The starting point is the desire and curiosity to want to meet the other person. There are three stages to Hostmanship. The first is welcoming others, where everything we think, say, and do makes people with whom we do not have a close relationship feel welcome. The second is welcoming those with whom we share a close relationship – family, friends, colleagues, or those with whom we live (in our home, town, or country). The third is welcoming yourself – being able to

HOSTMANSHIP continued on page 8

The Joys of The Center in Oak Harbor

By Christina Benjamin
Program Assistant, City of Oak Harbor Senior Services

When people think of a Senior Center what do you think is the first thing that comes to their mind? What do you picture? People playing cribbage and pinochle? Well, yes, we do have that! And it is great fun, but there is more. Much more. There is a variety of activities, programs and travel that go on here at The Center in Oak Harbor: Activities and Resources for 50+.

Programing at The Center in Oak Harbor is especially for adults aged 50+. There are fitness classes such as Enhance Fitness, Yoga and Tai Chi. Classes which include clogging, line dance and ball-room dance. Some of the programs that happen here at The Center are art with an instructor in which she teaches a wide range of art projects and quarterly world history classes taught by a local professional teacher. We have groups that meet here for billiards, lapidary, ping pong and Wii bowling. As previously mentioned, yes, there is a wide range of games played here as well including Mah Jongg, bunco, Mexican train, duplicate bridge, and pinochle.



Center members playing Mexican Train

The Center is often used as a social gathering place. Our members look forward to their days they spend at The Center because of the social aspect. Judy M. found herself often sitting in her home, most the time alone, when she realized she kept driving past The Center, and having never been in, one day decided to stop in. That’s all it took! Now she looks forward to her days she comes in and visits with her Mah Jongg friends, enjoys lunches meeting new people, and learning about all the other resources and opportunities available to her. Some of those opportunities include presentations by local organizations like the police department providing informa-

JOYS continued on page 3



The Center’s Travel & Front Desk Volunteers

DID YOU KNOW?




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Wall Street Journal Oct 2022.



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Daily Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 EnhanceFitness	8:45 Yoga	8:45 EnhanceFitness	8:45 Yoga	8:45 EnhanceFitness
9 Billiards	9 Billiards	9 Billiards	9 Billiards	9 Billiards
9 Quilting	9 Lapidary	9 Lapidary	10 Tai Chi	9 Quilting
10 EnhanceFitness (Low Impact)	10 Tai Chi	10 EnhanceFitness (Low Impact)	10 Walking Club (Meets at Flintstone Park)	10 EnhanceFitness (Low Impact)
10 Mah Jongg	10 Walking Club (Meets at Flintstone Park)	11 Duplicate Bridge	10 Wii Bowling	12 Pinochle
11:45 Lunch (ISR)	11 Tech Drop-In	12 Ping Pong	10 Wire Wrap	1 Line Dance
12 Bunco	11 Mexican Train	1 Textile Group	11:45 Lunch	7 Social Dance (2nd Friday)
12 Ping Pong	1 Line Dance		11:45 Music with Rene (1st Thursday)	
1 Art	1 Knitting/Crocheting			
2 Clogging	6 Lapidary (By Appt.)		12 Canasta	

The Center In Oak Harbor

51 SE Jerome St., Oak Harbor, WA 98277
Front Desk: 360-279-4580

Passport services & photos available by appointment

Current Business Hours:
Mon-Fri, 8:30 am - 4 pm
Additional evening and weekend classes and events as scheduled

Yearly Membership Dues: \$40
Available for anyone 50+ years

Liz Lange • 360-279-4581
Senior Services Administrator

Carly Larson • 360-279-4583
Program Coordinator

Christina Benjamin 360-279-4582
Program Assistant

Send comments and suggestions to thecenter@oakharbor.org

Membership Spotlight: Judy McAvoy

By Christina Benjamin
Program Assistant, City of Oak Harbor Senior Services

Judy McAvoy was born in Idaho Falls, Idaho and moved back and forth across the states growing up. Just over a year



ago Judy moved here to Oak Harbor from Virginia to be near her son in-law who is stationed at Naval Air Station Whidbey. Judy moved with her daughter, son in-law and granddaughter sweet little Fiona. Judy is known as JuJu to Fiona.

Judy was traveling back and forth in town from her house to her daughter's house and kept passing The Center in Oak Harbor. She decided to finally stop by one day because she was always spending time alone in her house. Judy joined in the fun and has made many friends, especially among the other Mah Jongg players.

The sense of community among each other is appreciated by Judy, for example, recently when she couldn't come in person her Mah Jongg friends kept in touch while she was out. Checking in to make sure she was doing ok and letting her know they missed her and looked forward to when she could return. Judy



Fiona (Judy's Granddaughter)

loves coming to The Center and playing Mah Jongg and visiting with people. Judy says about The Center, "What a great place to be!"

Judy also loves to explore new places and is looking forward to continuing to explore her Island home and beyond.

Unity of Whidbey

Sundays In-Person; 10 am
5671 Crawford Rd, Langley
Zoom service link online
unityofwhidbey.org

Whidbey Island Genealogical Searchers

ANNUAL HOLIDAY PARTY

All are invited to join us for a "Walk Down Memory Lane", socialization, caroling, and refreshments.

Thursday, December 15 • 1 p.m.

Oak Harbor Lutheran Church, 1253 NW 2nd Ave., Oak Harbor

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JOYS continued from page 1

tion on staying safe from scams and fraud, or Puget Sound Energy sharing information on ways to save money and keep your warm home in the winter.

There are meals served twice a week at The Center, both by donation. Island Senior Resources provides lunches on Mondays, and we provide meals on Thursdays. We partner with two local businesses to serve older adults a nutri-



Sheila showing off her artwork

tious meal. We rotate between Noe Jose and Kau Kau Corner.

While at first glance all this just looks like we are having a lot of fun, well because we are, it is also adding years to life! Our programs and classes are aimed, and even scientifically proven, to overcome two major issues for older adults, social isolation, and falls.

Do you want to be involved more in The Center? We love to have volunteers help with our travel program, front desk, events, and our lunches on Thursday. Please speak to a staff member to inquire how to join our growing group of volunteers. Even just come by to say hi!



CLASSES and EVENTS

at The Center In Oak Harbor

Membership at The Center is available for anyone over the age of 50 and is \$40 a year.

FITNESS

Month: \$25 members, \$30 non-members
Drop-in: \$5 members, \$7 non-members

EnhanceFitness

**Monday, Wednesday, and Friday
8:45 – 9:45 AM**

An hour-long evidence-based exercise class that includes aerobics, strength training, balance exercises, and stretching.

EnhanceFitness Low Impact

**Monday, Wednesday, and Friday
10 – 11 AM**

The low impact Enhance Fitness is very similar to our S.A.I.L class and taught at a modified pace with a chair for those who need to regain strength and balance.

Yoga

Tuesday & Thursday | 8:45 – 9:30 AM
A gentle yoga class taught by owner of Lotus Tea Bar & Studio, Maria McGee.

Tai Chi!

Tuesday & Thursdays | 10 – 11 am

\$25 a month for members, \$35 (+\$3 day use fee) for all others

Tai Chi is a martial art that uses gentle, flowing movements to improve the health of the body and mind. In its most common form in present day, it is known as moving meditation that improves flexibility, balance, strength, and mental focus as well as decreasing stress. Tai Chi is a low impact exercise that is beneficial for every fitness level and all age groups. In this class you will learn Tai Chi and Qigong forms and flows.

Free Fitness Classes

The Center is a Silver & Fit and Renew Active facility which means if you qualify for these programs through your insurance provider you can participate in Tai Chi, Yoga, and EnhanceFitness at no cost. Please check with a staff member to verify your eligibility.

EVENTS

Oak Harbor High School Band Holiday Performance

Friday, December 9 | 11:30 AM

Everyone Welcome
Enjoy a special holiday concert at The Center by the OHHS band.

COME SHOP THE

HOLIDAY MARKET

SATURDAY | DECEMBER 3RD | 9AM TO 2PM
THE CENTER IN OAK HARBOR | 51 SE JEROME ST.

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Please have donated gifts to The Center in Oak Harbor (51 SE Jerome St.) by Friday, December 9th.



Donate Funds

Want to help, but don't have time to shop?
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TRAVEL LOG

HOLIDAY LUNCH AT CHUCKANUT MANOR

Sunday, Dec. 11 | 10 AM – 2 PM
\$36 Members, \$45 Non-members

It is time once more for our Christmas Brunch and yearly visit with Santa Claus. Put on your holiday finery and head up with us to the beautiful Chuckanut Manor with us for a no-host holiday inspired lunch.



TULALIP CASINO & SEATTLE PREMIUM OUTLETS

Thursday, Dec. 15 | 8 AM – 5 PM
\$63 Members, \$75 Non-members

It almost feels like a Las Vegas casino and features a variety of great food options for a no-host lunch. If you don't feel like gambling, you can enjoy the Christmas sales at the Seattle Premium Outlet Malls or do both, the choice is yours!

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HOLIDAY LUNCH

Tuesday, December 20th
12:00 PM

\$20 Per Member
\$30 Per Non-Member
Live holiday music and program.

Enjoy a plated meal of holiday favorites.
Register by Friday, Dec. 16th

Planning ahead is simple. The benefits are immense.

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Island Senior Resources
will be closed
Monday, Dec. 26
and The Center in Oak Harbor
will be closed
Friday, Dec. 23 – Monday, Dec. 26
in observance of Christmas.



Medical Equipment Lending Libraries

Island Senior Resources has free medical equipment lending libraries for medical equipment, assistive devices (wheelchairs, walkers, canes, etc.), and hygiene products/ personal care items including disposable underwear, pads, wipes, bed pads, no water shampoo, body wash, and more.



LOCATIONS

South Whidbey (Bayview): Donations/pick-ups Monday, Wednesday, Friday 1– 4 p.m. at Island Senior Resources (Bayview), 14594 SR 525, Langley. Follow the signs and arrows to the Evergreen Room entrance. Please make sure donations are fully functional and clean.

North Whidbey (Oak Harbor): Donations/pick-ups Monday, Tuesday, Thursday 1– 4 p.m. at Island Senior Resources (Oak Harbor), 917 E Whidbey Ave, Oak Harbor, next to the Center in Oak Harbor. Please make sure donations are fully functional and clean.

Camano Island: Donations/pick-ups at the Camano Center, call 360-387-0222 8 - 5 p.m. weekdays. Please make sure any donations are fully functional and clean.

Island Senior Resources

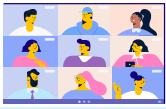


Support Groups




SOUTH WHIDBEY – 360-321-1600
OAK HARBOR – 360-678-3373
CAMANO – 360-387-6201

Virtual



- Parkinson's Support Group
Tuesdays, 10 am - 11 am
- Caregiver Support Group
Wednesdays, 10 am - 11:30 am

In-person & Hybrid



- Caregiver Support Group,
2nd Tuesday of the month,
1 pm - 2:30 pm.
ISR North 917 E. Whidbey st, Oak Harbor
- PD Support Group - Hybrid,
3rd Tuesday of the month,
10 am - 11:00 am.
ISR South 14594 SR 525, Langley
(Cedar Room)

senior-resources.org/support-groups/

 **MEALS ON WHEELS**
AMERICA 2022 MEMBER

DECEMBER

Contributions to cover cost of meals are appreciated

WEEK 1		
Fri	2	Cheeseburger Casserole w/Potato Bites
WEEK 2		
Mon	5	Chicken Parmesan w/Pasta
Wed	7	Fish Cheddar Sandwich & Red Potato Wedges
Fri	9	Loaded Potato Soup & Turkey Melt
WEEK 3		
Mon	12	Swedish Meatballs w/Brown Rice
Wed	14	Double Stuffed Pork Cutlets
Fri	16	White Chicken Chili & Slider w/Fixings
WEEK 4		
Mon	19	Chicken Pot Pie w/Vegetables
Wed	21	Salisbury Steak w/Sauce & Potatoes
Fri	23	Split Pea Soup w/Ham
WEEK 5		
Mon	26	Holiday, No Meal Service
Wed	28	Baked Rosemary Chicken
Fri	30	Turkey Meatloaf w/Tomato Topping

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FROM THE EXECUTIVE DIRECTOR

HAPPY HOLIDAYS FROM ISLAND SENIOR SERVICES!

By Michele Cato, Executive Director, Island Senior Resources

Happy Holidays from Island Senior Resources (ISR)... with gratitude for the support of our community, grace for a joyful holiday season full of friends and family, and best wishes for health and well-being.

In this time of celebration, I encourage all of us to look towards our religious, spiritual, and/or cultural roots and build a positive culture around aging. I have lived and worked among many cultures within Africa, Latin America, the Caribbean, and Asia. There I developed a profound respect for both our differences and our shared values. Here are a few related to aging and the elderly:

Islam teaches Muslims to respect the elderly. Caring for one's parents is an honor and a blessing. Parents reaching old age can expect to be treated with kindness and selflessness.

Judaism considers old age a virtue and a blessing. It demands that Jews respect all elderly because the experience one develops with each year of life brings wisdom that even the most accomplished young person cannot equal. Christianity considers old age to be a blessing from the Lord. Christians have a responsibility to show kindness, respect, and care for the elderly. Buddhists value respect for parents, elders, and ancestors as they offer unique perspectives on life from which we can learn much. They have taken care of us and deserve the same in return. Native American nations differ in practice, but all respect their elders for their wisdom and life

experience. In Korea and China, aging is rooted in filial piety, a fundamental value dictating that younger family members have a duty to care for aging family members and show deference to older individuals in general. Many East Indians live in communal family units with the elders serving as heads of household, with their word being final when settling disputes. They are supported by younger family members and, in turn, often help raise their grandchildren. In Latin American cultures, Hispanics often consider caring for an elderly relative or friend to be a positive experience. Caring for an aging loved one is embraced as gratifying because it is a way to fulfill the lessons one learned growing up.

In America, anthropologists would say that we have developed an ideology that emphasizes the social and cultural exclusion of people as we age. This is often a result of living apart from family members and our parents' fierce pride in their independence – rather than any particular value we share. I believe that here on Whidbey, our community values include those of these other cultures and religions. We respect and seek to care for our parents and elders to the best of our ability.

I challenge all of us to live these shared values this holiday season. Reach out to an older neighbor to help clean up their yard or take them a new plant; invite an older couple from your church or community group to join you for a special outing; write uplifting, newsy cards to your older relatives; contribute what you can to food banks, ISR, or other organizations providing care and holiday cheer to vulnerable seniors. Let's be true to our shared values this holiday season!

May you and your loved ones enjoy an abundance of joy, health, and good cheer!



Monthly eNews for seniors, adults with disabilities, and those who care for them
360-321-1600 or 360-678-3373

HOW TO REACH ISLAND SENIOR RESOURCES

For all departments and all staff call 360-321-1600 or 360-678-3373

- Nutrition/Meals on Wheels
- Aging & Disability Resources
- Family Caregiver Support
- Medicaid In-Home Care/Case Management
- Medical Transportation/Volunteer Services

SHIBA

Senior Thrift

For more information, visit www.senior-resources.org

OUR LOCATIONS

Island Senior Resources (Bayview)
14594 SR 525, Langley, WA 98260
Weekdays, 8:30 a.m. - 4 p.m.

ISR Oak Harbor
Call 360-321-1600 or 360-678-3373

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Island Senior Resources is an independent nonprofit 501(c)(3) that has been serving Island County since 1972. It is not an agency of local, state, or federal government. Island Senior Resources is the trade name for Senior Services of Island County. We are only partially funded by government sources.



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WHY NOT ME?

Helping my 80-year-old widowed mother locate the help and resources she needed wasn't easy. Without a single place to turn to, finding information was confusing and frustrating. I thought, someone ought to do something. Then I realized, why not me? I can be that someone. So, I joined the Island Senior Resources Board to help others like my mother and me avoid feeling lost and alone in getting help. What a satisfying journey it has been!

Our board is passionate about ensuring our island communities are emotionally, socially, and physically supportive places for seniors and disabled adults and their caregivers. We provide leadership and strategic planning for the future. We see first-hand how our committed and compassionate staff skillfully connects seniors with meals, medical transportation and equipment, caregiving help, and other resources so they can live comfortably in their homes. This work transforms and enriches their lives -- and ours as well.

The time will come when I can't do everything for myself. Maybe that's true for you or your aging parents, too. Do you have legal, financial, fundraising, or nonprofit board experience? Do you have the desire to enhance the well-being of seniors, adults with disabilities, and caregivers in our community? Join us to ensure we all have the resources we'll need as we age. If you're thinking someone ought to do something, as I did, ask yourself, "Why not me?" Join me on the Island Senior Resources Board. For more information call 360-321-1600, or email me at kathryn@islandseniorservices.org.

Kathryn Beaumont
Board Vice President

SNO-ISLE LIBRARIES

Let's Get Digital!

There's nothing quite like the scent of books—the aroma of crisp paper and bookbinder's glue is comforting to many bibliophiles. But, as much as we appreciate this unique scent at Sno-Isle Libraries, we also enthusiastically embrace digital reading tools like e-readers and tablets. What these tools lack in sentimental smells, they make up for with unmatched accessibility features. Sno-Isle Libraries uses Libby, a reading app to access Sno-Isle Libraries' OverDrive collection, to make checking out eBooks and audiobooks easy. The eBooks and audiobooks checked out from Libby are compatible with most eReaders, including "smart-phones." Plus, readers can enlarge the page, change font size, spacing, and color, and invert the page color for "dark mode." People who use Libby to listen to audiobooks on their devices also have the freedom to adjust the narration speed.

New to using an eReader device? Our librarians are available to help you navigate the process of checking out eBooks and loading

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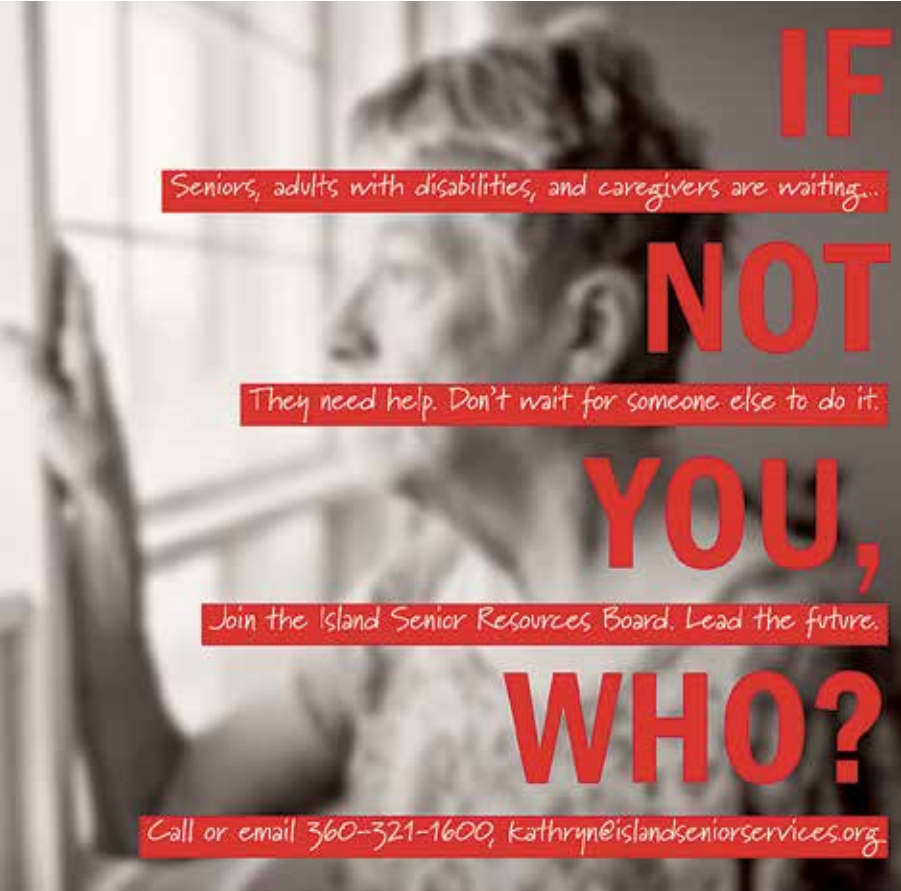
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You can also visit your local library to check out audiobooks on CD — perfect for long road trips. Customers can browse a wide selection of new releases and classics and even learn a new language with Pimsleur's CD courses.

With your Sno-Isle Libraries card, you can also access many periodicals online for no fee. Simply visit the Online Resources section of our website to browse current and archived issues of The New York Times, Seattle Times, The Wall Street Journal, The Daily Herald, and many more.

Sno-Isle Libraries will always treasure physical books with paper pages—but we celebrate the convenience of digital reading because it makes learning and stories accessible to even more people!

Find your library at sno-isle.org.



A SURPRISE GIFT

By Robin Bush ISR Communications

For over 50 years, Alice Waters developed and ran the legendary restaurant "Chez Panisse" in Berkeley, California. She changed the face of cuisine by cultivating the "farm to table" phenomenon of eating locally grown food in season.

In a recent interview for the Podcast "70 Over 70," she told a story of a camping adventure she had in Turkey more than 50 years ago, at age 24. She awoke one morning and found a bowl of warm goat's milk under the flap of her tent. In search of where it had come from, she went to a nearby gas station and found an 11-year-old boy who said the land she had camped on was his, and he had given her the milk. She was impressed by how sensitive and thoughtful he was. She credits that experience with instilling in her a lifelong trust in people. "We are so often afraid to accept things from people and be connected... We always think they want something from us, and he didn't want anything from me; there was no expectation." Since then, she has always sought and reached out to people who share that giving nature. At the restaurant, she always enjoyed sending something special to a table as a surprise for a patron, never telling them who sent it. She continues to "feed" people these days by nourishing them with ideas given through conversation. The challenge for everyone is to remain open to the gift.

Alice has remained as relentlessly open as she was at that moment in Turkey. "I learned to trust, probably in the '60s, when everyone wanted to help each other. I felt connected to the community, but today we are taught to be fearful and hold onto what is ours and not let anyone have it. We learn to trust when we are children. I hope we can re-learn that and find a way to love each other."

The Center in Oak Harbor and Island Senior Resources

If you have questions regarding senior activities at The Center in Oak Harbor, please contact 360-279-4580. Island Senior Resources does not administer or operate The Center in Oak Harbor.

For questions regarding programs and services to support seniors, adults with disabilities, and caregivers offered by Island Senior Resources throughout Whidbey and Camano islands, please contact at 360-321-1600 or 360-678-3373.



Guess Who?

I am an actress born in California Dec. 8, 1964. I was once employed as an NFL cheerleader for the San Francisco 49ers. I've played both a reporter seeking out a superhero and a meddling, upper crust housewife on two popular TV shows.

Answer: Teri Hatcher

*To everyone who donated to
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HOSTMANSHIP continued from page 1

welcome your thoughts, insights, self-esteem, and self-confidence. It's seeing your value and understanding you have something to share. It is also respecting your body through good self-care.

How do we begin to cultivate Hostmanship? First, you might look at your Hostmanship skills. Can you see a stranger as a friend you don't yet know? Can you see a colleague as someone who does things we don't expect, just like we do? Can you see a guest through what ties you together more than what separates you? Can you see past apparent differences and respect another person?

It's something to work toward patiently, understanding that we won't always succeed at it. Sometimes circumstances and how we and others behave make Hostmanship a challenge. Our stress, fears, ego, and indifference also become obstacles. But we learn as we keep trying.

"Hostmanship is a state of mind. It is the attitudes and values that appear in our words and actions in our encounters and meetings with other people." To express Hostmanship we can ask, 'what can I do to make you feel better?' Of course, it is unreasonable to feel responsible for everything that happens to everyone in the world. Still, Hostmanship means taking responsibility for how we choose to react to what happens. Do we take an event seriously? Do we blame someone else? Do we stay to learn or walk away? Do we stand shoulder to shoulder to

help improve the world? Do we seek to learn new things constantly? "Knowledge is about opening up to all cultures and people, regardless of origin or background. Reading and understanding what the recipient understands, seeing what they see and staring there. Hostmanship is therefore very much about meeting people from their point of view and situation and taking in the whole person, with interest and true commitment, and thereafter answering the questions being asked. Knowledge is far more than just knowing. It is the ability to use your knowledge in the context of another person's needs."

Hostmanship is also about dialog. To enter into a dialog, you must first learn to listen. We often tend to debate and explain why the other person is wrong or why we are right. Instead, Hostmanship is about opening yourself to the conversation, seeing what is unique in everyone, and trying to find understanding within yourself.

Hostmanship creates meaning, joy, success, pride in others, and gratitude for everyone. "Hostmanship is when you forget what you have given and remember what you have received."

During this holiday season and throughout the year, everyone at ISR is here to welcome you with outstretched hands. We are grateful for all you share with us along your life journey. Happy Holidays and Happy New Year to all from our board, staff, and volunteers.

(Quotes are from the Hostmanship Development Group)

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1131 SE ELY STREET | PO BOX 1098 | OAK HARBOR, WASHINGTON 98277

Publisher & Editor	Eric Marshall	Volume 6 Issue 8
Marketing Representative	Noah Marshall	
Graphic Design	Teresa Besaw	
Production Manager	TJ Pierzchala	
Circulation Manager.....	Noah Marshall	

PHONE: 360-682-2341 FAX: 360-682-2344