



"SOUND BYTES"

The Official Newsletter of the West Sound Officers' Spouses' Club

Wsosc1@gmail.com

Wsosc.org



Looking Ahead

March

- Running Club—3/2
- Membership Mtg—3/4
- Bunco—3/7
- Book Club—3/11
- Wine Club—3/21
- Outdoor Club—3/25
- Moms & Tots and Golf are on break.
- Lunch & Dinner Clubs—
Coordinators needed

Inside this issue:

- WSOSC Activity Hot Sheet 2-3
- Fun things 4
- Cook's Corner 4
- Membership Information 5
- Board & Committees 5

Message From Our President

Hello Members,

Hope all is well in your world. Can you believe we are approaching the month of March? We only have four more general meetings left, so please come and join us on March 4th! This next general meeting discusses the GI Bill and the important, useful ways you and your family may benefit from this educational resource.

Also, I want to share with you the board positions that we know will be open next membership year (Sept 2014 - June 2015). This organization would not be possible without the support of our board, activity coordinators and fellow volunteers. In the spirit of the Olympics, the baton is being passed in the following positions:

Vice President
Secretary
Member Service
Newsletter
Lunch Coordinator

Feel free to talk to the members who are currently holding those positions to see what they are all about. Our goal is to initiate our new board members for the upcoming year at our "End of the Year" Party on June 3.

Warmest wishes,
Lisa Aldrich

GENERAL MEMBERSHIP MEETING

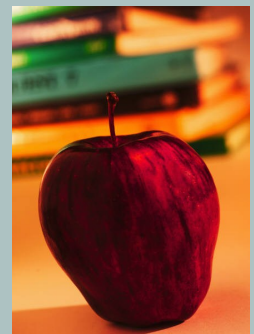
Tuesday, March 4th
10:00 am

Jackson Park Community Center

Topic: Post 9/11 GI Bill/Yellow Ribbon
Guest Speaker: Dave Coughran from Dept. of VA Affairs

Child care is available
Look for details on your Evite.

RSVP today!! We look forward to seeing you all.





Book Club

Tuesday, Mar. 11th 6:30 pm

Christine Williamson's House

Book: Modoc by Ralf Helfer

Next month's book: Brooklyn by Colm Toibin

Coordinator: Christine Williamson

Outdoor Club

Tues, Mar. 25th

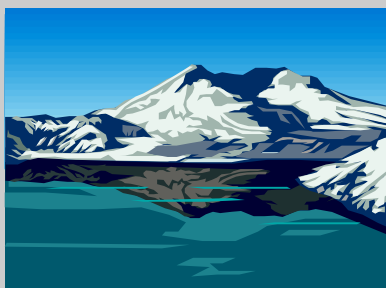
9:30 am

Green Mountain - Wildcat Trail

2-3 miles

(Meet at the Silverdale Target parking lot.)

Coordinator: Elizabeth Garnett



Bunco



Friday, Mar. 7th

6:30 pm

Karin Zwolfer's House

Coordinator: Linda Power

Running Club

Hot Chocolate Run

Sunday, Mar. 2nd
6:45 am

Location: Seattle Center



Easy training runs every Thursday at
9:30 am at Clear Creek Trail

Coordinator: Annie Calvin

Wine Club
 Friday, Mar. 21st,
 7 pm
 Clara Ryan's
 House
 St. Patty's Theme—wear green or
 bring an Irish dish to pair (optional)
 Bring a bottle of wine and dish you
 think will pair well.
 (Members 21 and older only)
 Coordinator: Rachel Ventura

Coordinators Needed!

We are currently seeking
coordinators for Lunch Club
and Dinner Club

If interested, please email
wsosc1@gmail.com

Mah Jongg

Every Monday

9:30 to 11:30 am

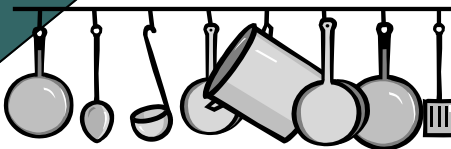
Café Noir in Silverdale
Join in or learn to play!

Coordinator: Alice Thomas



COOK'S CORNER

Burrito Bowls
From the Kitchen of
Brooke Sweet



Part 1: Pork Carnitas

2 lbs. boneless pork shoulder	3 tbs. Vegetable Oil
1 tsp. cumin, 2 tsp. oregano	1 tbs. Olive Oil
1 onion coarsely chopped	1 orange cut in half
1 jalapeno, seeded with ribs removed	4 cloves garlic minced, salt and pepper

-Rinse pork and pat dry. Mix spices with olive oil and rub on pork. Place in slow cooker; top with onions, garlic, and jalapeno. Squeeze orange over top and add to slow cooker. Cook 8 hours on low or 4 hours on high. Remove pork from slow cooker and shred. Heat vegetable oil in skillet over high heat. Press pork into oil and fry on one side only until crispy.

Part 2: Pico de Gallo

Pinch of sugar, salt	½ medium sweet onion finely chopped
2 medium tomatoes seeds removed and chopped	1 lime, 1 avocado cubed
1 jalapeno finely chopped	3 tbs. cilantro

-Mix salt and sugar. Toss tomatoes in the mixture. Add onion and jalapeno; combine. Top with avocado and coat with lime juice. Sprinkle with cilantro and mix.

Rice - Toss rice with cilantro and orange zest

3 cups cooked white rice, 2 tbs. Cilantro, 1 tbs. orange zest

-Serve with black beans, cheddar cheese, sour cream and green onions. Layer pork, rice, black beans, and Pico de Gallo in bowls, top with cheese, sour cream and green onions.

Email us at WSOSC1@gmail.com with your recipe

Fun Things for March

- 1 Dr. Seuss' Birthday at Bremerton Base Rec Center, 11am. Free games, story time, and pics with Cat in the Hat.
- 1 Future of Flight Aviation Museum & Boeing Tour- NBK Trips and Tours- Register at *MyFFR
- 8 Snowshoeing at Mt. Rainier – Longmire. NBK Outdoor Adventures- Register at *MyFFR.
- 8 Penn Cove Mussel Fest in Historic Couville. NBK Trips and Tours- Register at *MyFFR
- 12 CPR class at Bangor. Register at *MyFFR
- 14 Seabee Birthday Ball
- 20 Protecting yourself from Cyber Attacks Webinar, 10-11am. Register at NavylifePNW.com
- 22 Snowshoeing at Salmon La Sac. NBK Outdoor Adventures- Register at *MyFFR.
- 22 Supply Corps Birthday Ball
- 28-30 Oregon Coast Weekend Getaway. NBK Trips and Tours- Register at *MyFFR
- 29 Military Appreciation Day at Fairgrounds in E Bremerton. Family friendly activities, free food, door prizes, and more!

*MyFFR: <https://myffr.navyaims.com/wbws/nrnwrec.wsc/wbsearch.html?xxmod=TP>

EXECUTIVE BOARD:

Elected Officer Positions:

- Lisa Aldrich, President
- Jenna Cotherman, Vice-President
- Elizabeth Garnett, Secretary
- Tessa Ferguson, Treasurer
- Suzy Klorig, Parliamentarian
- Ellen Smith & Karin Zwolfer, Advisors

STANDING COMMITTEES:

- Clara Ryan, Newsletter
- Jenna Cotherman, Webmaster / Social Media
- Shenafa Kenney, Community Service
- Tryph Heryford, Member Services

ACTIVITY GROUPS:

- Christine Williamson, Book Club
- Linda Power, Bunco Club
- Vacant, Dinner Club
- Tina Salter, Golf Club
- Rachel Ventura, Wine Club
- Veronica Gore, Lunch Club
- Alice Thomas, Mah Jongg Club
- Brooke Sweet, Moms and Tots
- Elizabeth Garnett, Outdoor Club
- Annie Colvin, Running Club



Spread the Word

Feel free to forward information to new spouses or those that may not have heard of us yet. Our most powerful marketing tool is our members! Sometimes it's the spouse that you least expect that may need a hand – by connecting with each other socially, we build bonds and create opportunities to look out for each other and lend that helping hand when it's needed. So, let's not keep this club a secret – help us get the word out!

Save the Date

April 8th @ 6:30 pm

General Membership
@ Jackson Park Community Center



Like Us On Facebook!



The WSOSC Newsletter "Sound Bytes" is published monthly. Submissions are due by the 20th for the following month's edition. Contact Clara Ryan, Newsletter Editor, at wsosc1@gmail.com

Mission Statement: WSOSC shall be a nonprofit social organization whose primary purpose is to provide morale, friendship, and community service to Military Officers' spouses in the West Puget Sound area. Its goal is to promote social, cultural, and enrichment activities for its local military community at large.