



“SOUND BYTES”

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

Looking Ahead

September

- Golf Club—9/9
- Welcome Tea—9/13
- Outdoor Club—9/16
- Book Club—9/17
- Bunco—9/19
- Lunch Club—9/24
- Wine Club—9/27

The WSOSC Welcome Tea is the most special event of the year. Any active duty or retired military spouse can join the WSOSC.



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Message from our President

Hello Military Spouses,

I am so excited to kick off this year with West Sound Officer Spouses Club (WSOSC) as your new President! Together, we are going to continue to have informative and fun monthly meetings, social gatherings, active clubs, and supportive community service.

We hope you can join us for our “Welcome Tea” so you can witness what a great group of spouses we have this

year. This Tea is a great opportunity to introduce WSOSC to fellow military officer spouses, so bring a friend! We look forward to seeing each and every one of you on Friday, September 13th at 10 am at the beautiful home of Vice Admiral (ret) & Mrs. Richard Nelson.

Our Executive Board and Coordinators are dedicated, friendly and are here for you. As a reminder, we still have a few open positions (Golf Club Coordinator and Dinner Club Coordinator) that need to be

filled. Please email us if you are interested.

One final note... West Sound could not be an awesome organization without member feedback and recruitment. If you have any ideas or suggestions to help us grow or improve, feel free to share with us.

Warmest wishes,



Lisa Aldrich

WSOSC WELCOME TEA

Friday, September 13

10 am - 12 noon

Home of Vice Admiral & Mrs. Richard Nelson

13129 Page Road Northwest

Silverdale, WA 98383

(near the back of Bangor Sub Base)

Wear your Sunday best



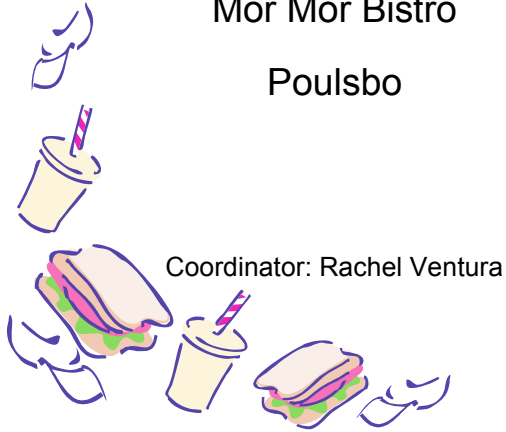
Lunch Club

Tuesday, Sept. 24th

11:30 am

Mor Mor Bistro

Poulsbo



Coordinator: Rachel Ventura

Book Club



Tuesday, Sept. 17th, 6:30 pm

Christine Williamson's House

Book: Unbroken by Laura Hillenbrand

Next month's book: The Light Between Two Oceans by ML Stedman

Coordinator: Christine Williamson

Outdoor Club

Monday, Sept. 16th

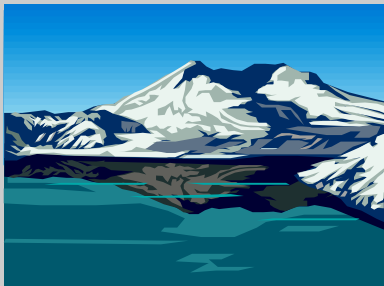
9:30 am (meeting time)

Day of Kayaking

(Meet at Walmart parking lot

in Poulsbo)

Coordinated by Elizabeth Garnett



Bunco



Thursday, Sept. 19th

6:30 pm

Linda Power's house

Coordinator: Linda Power

Golf Club

Monday, Sept. 9th

12:30 pm

McCormick Woods Golf Course



Coordinated by Casey McCartney
(new coordinator needed)

Wine Club

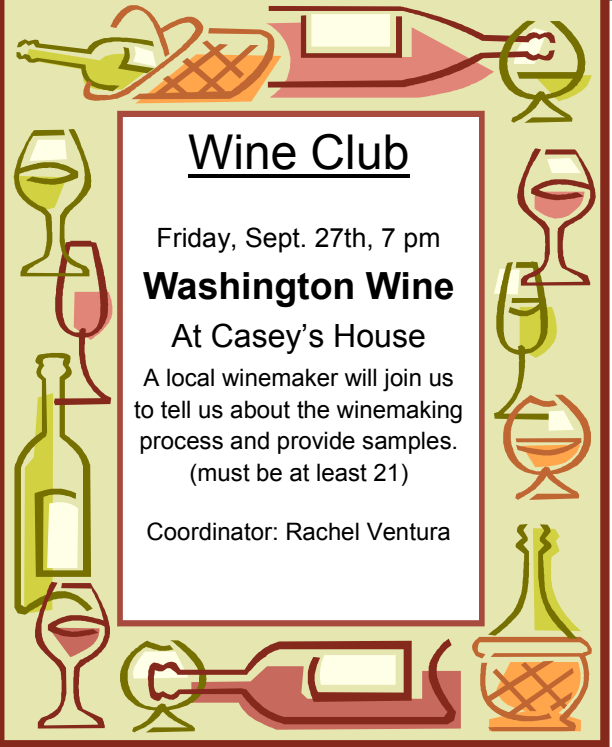
Friday, Sept. 27th, 7 pm

Washington Wine

At Casey's House

A local winemaker will join us to tell us about the winemaking process and provide samples.
(must be at least 21)

Coordinator: Rachel Ventura



Dinner Club

Coordinator Needed

Email WSOSC if
interested



Mah Jongg

Every Monday

9:30 to 11:30 am

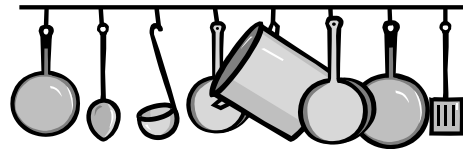
Café Noir in Silverdale

Join in or learn to play!

Coordinator: Alice Thomas



COOK'S CORNER



Fresh Mango Salsa

From the Kitchen of
Jenna Cotherman

- 2 mangoes (peeled & chopped into 1/2" chunks)
- 2 plum tomatoes (seeded and diced)
- 1 small red onion (diced)
- 1/4 cup chopped fresh cilantro
- 1 Tbls diced jalapeno pepper
- 2 cloves garlic (minced)
- Juice of 2 limes
- Kosher salt to taste

Combine all ingredients and let sit for at least 15 minutes (it always tastes better the next day).

Serve with homemade tortilla chips by lightly brushing both sides of corn tortillas with a few tablespoons of oil. Stacking the tortillas, cut through stack making 4-6 equal wedges. Spread the wedges on a baking sheet. Season with salt and bake for 15 minutes (or until crisp and golden) in preheated 350 degree oven.

Fun Things for September

- Aug 31- Sept 2 Bremerton Waterfront Blackberry Festival
- 02 *Epic* (PG - Free Admission) 1pm @ The Bangor Plaza
- 04 *After Earth* (pg13 - Free Admission) 6pm @ The Bangor Plaza
- 05-22 Washington State Fair in Puyallup
- 07 Pizza, Peddle & Run in Bremerton - Go to <http://beta.active.com/> for more info and to register
- 07 Crystal Mt Gondola Ride with views of Mt Rainier- contact NBK Trips & Tours for more info
- 09 Legos at the bookstore - Liberty Bay Books in Poulsbo
- 11 5k Walk/ Run Remembrance Run 11:30am Bangor Fitness Center
- 14 Oktoberfest in Mt Angel, Oregon - contact NBK Trips & Tours for more info
- 18 or 20 Navy Marine-Corps Relief Society Budget for Baby class (\$80+ free baby stuff included)
- 21 The Color Run 5k Tacoma - Go to <http://thecolorun.com/tacoma/> for more info and to register
- 21 Free women's volleyball clinic @ Bremerton's Concourse West Fitness Center from 10am-1pm

POW-MIA 5K RUN/WALK REMEMBRANCE RUN

SEPTEMBER 11 AT 11:30AM
NBK BANGOR FITNESS CENTER

Register by Sept. 9 at noon or by Aug. 28 at noon to guarantee a T-shirt! Register online via myFFR: #824411 or in person at the gym front desk.

Open to authorized base patrons and sponsored guests. For more info, call (360) 315-2134 or (360) 476-2231.

FREE RUN!
\$15 T-SHIRT

EXECUTIVE BOARD:

Elected Officer Positions:

Lisa Aldrich, President

Jenna Cotherman, Vice President pending vote

Elizabeth Garnett, Secretary pending vote

Tessa Ferguson, Treasurer pending vote

Suzy Klorig, Parliamentarian

Ellen Smith, Advisor

Karin Zwolfer, Advisor

STANDING COMMITTEES:

Linda Power, Newsletter

Jenna Cotherman, Webmaster / Social Media

Kristin Korody, Community Service

Tryph Heryford, Member Services

ACTIVITY GROUPS:

Elizabeth Garnett, Outdoor Club

Rachel Ventura, Lunch Club

Vacant, Dinner Club

Alice Thomas, Mah Jongg Club

Linda Power, Bunco Club

Christine Williamson, Book Club

Rachel Ventura, Wine Club

Vacant, Golf Club

New! Becoming a member and renewing your membership has become quick and easy.

To pay your dues electronically, go to: <http://www.wsosc.org/membership.html>

Save the Date

October 8th @ 630pm

General Membership Meeting at the Bangor Chapel

Our guest speaker will discuss, **How to travel using Space-A Flights (MAC Flights)**



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The WSOSC Newsletter "Sound Bytes" is published monthly. Submissions are due by the 20th for the following month's edition. Contact Linda Power, 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.