



# Tidal Times

## *September-October 2025*

## September 2025

**Come and Play on Labor Day– Aug. 29-  
Sept. 1st 2025-South Bend, WA**

**43rd Annual NW Garlic Festival– Sept.  
13-14,2025-Ocean Park, WA**

**Christmas in September– Sept. 27,  
2025– Port of Ilwaco, Ilwaco, WA**

## October 2025

**32nd Annual Cranberry Harvest Festival-  
Oct.11-12th 2025– Grayland, WA**

**Jumanji– 7:30-9:00 PM Oct. 24-25th, 7th  
Street Theatre, Hoquiam, WA**

**Halloween Block Party– 4:00-9:00pm-Oct.  
31st– Lake St. Ilwaco, WA**



## In This Issue

- **Page 2– Information**
- **Page 3–**
- **Page 4–**
- **Page 5– Recipes**

## Resources

### Join us for an "Adventure to Wellness" Health & Wellness Fair

Saturday, October 4th, 2025

10:00 am to 2:00 pm

Willapa Harbor Hospital



#### Join us for an adventure!

Get information about health and wellness,  
meet some providers, sign up for MyChart,  
enter to win **PRIZES**, meet Bigfoot,  
and much more!

*Fun for the whole family!*

#### You could be eligible for

- Free Flu Shot
- Free Lab work
- Free Mammogram



800 Alder Street, South Bend, WA, 98586, ph. (360) 875-5526, [www.willapaharborhospital.com](http://www.willapaharborhospital.com)

### Únase a nosotros en una "Aventura hacia el bienestar" Feria de Salud y Bienestar

Sábado, 4 de octubre de 2025

10:00 a. m. a 2:00 p. m.

Willapa Harbor Hospital



#### ¡Únase a nosotros para una aventura!

Obtenga información sobre salud y bienestar,  
conozca a algunos proveedores, regístrese en  
MyChart, participe para ganar PREMIOS, conozca a  
Bigfoot, y mucho más!

*Diversión para toda la familia !*

#### Usted podría ser elegible para

- Inyección contra la gripe gratuita
- Pruebas de laboratorio gratuitas
- Mamografía gratuita



800 Alder Street, South Bend, WA, 98586, ph. (360) 875-5526, [www.willapaharborhospital.com](http://www.willapaharborhospital.com)

## **September 2025– Columbia Pacific Heritage Museum**

On Friday September 19th, we will be heading to the Columbia Pacific Heritage Museum in Ilwaco. We will meet up at South Bend Health Department at 9:00 AM to head out to Ilwaco. We will explore the museum and then head to Captain Bob's Chowder Sisters in Long Beach for lunch and possibly also explore Marsh's Free Museum. We will head back to the Health Department around 1:00PM which should get us back in town around 2:00 PM. Please bring at least 20 dollars for lunch and possible items from gift shops, and also have transportation to and from the South Bend Health Department.

## **October 2025– Painted Plate in Olympia**

On Friday October 17th, we will be heading to the Painted Plate in Olympia to paint some figurines. We will meet up at South Bend Health Department at 9:00 AM to make our way towards Olympia. After the Painted Plate, will be lunch at Vic's Pizzeria at 233 Division Street NW and then it will be time to head home. We should be back at the health department between 2:30-3:00PM. Please bring around 20 bucks for lunch and have transportation to and from the South Bend Health Department.

**For any clients who reside on the Long Beach Peninsula that wish to join any Social Rec. events, please contact Brianne Cline by either phone or email ([bcline@co.pacific.wa.us](mailto:bcline@co.pacific.wa.us) 360-642-9300 ext. 2617). Please RSVP by calling Joshua at 360-214-6216 or 360-875-9343 as the car seats are limited.**

## Payton Clements Interview

1. **What is your job title and what does it entail?** I am honored to be in the position of School-Based Crisis Care Coordinator at Pacific County Health Dept! My role entails working with the local school districts in both North and South Pacific County, to become more unified in crisis response and crisis prevention at the school level. I started with the health department in May, so I haven't been able to dive deep into the work with schools yet, but I have been able to meet with mental health support staff in all school districts to start brainstorming plans for the 25-26 school year! Some ideas we have come up with are county-wide district meetings to ensure everyone is on the same page when it comes to crisis response for students, sources of strength support in the schools, Girls Circle groups in the schools, educating staff on when to contact CPS/ how to make appropriate referrals while being trauma-informed, and partnering with school counselors and FRC staff to support in any way possible! Since I started at the health department, I have been trained in Sources of Strength Elementary and Youth Mental Health First Aid!
2. **Was your current position your dream job growing up, and if not, what was?** If you would have told 18-year-old Payton that she was would be working in social work with an emphasis on youth mental health, I would never have believed it! I tossed around the ideas of a massage therapist. I wanted to help others RELAX! One of my most valued teachers in high school told me I should just apply to college to see what it is like and see if I learn anything new about myself. So, I did, and that is when I became aware of the juvenile justice system and the gaps in services for youth and families. I still have a far-reaching dream of owning my own spa business and going to esthetician school, but I tell myself that is only if I marry rich and can afford to not work for awhile or provide benefits for myself, which I don't see that happening anytime soon, if ever :)
3. **What is one place in the world you would want to go and why?** I love traveling so much that I have traveled across the country alone 3x! However, I have never left the country and I really want to! Destinations that are high on my list are Amsterdam (for the history), Disneyland Paris (cause why not), and Japan (for the 7-Eleven food and skincare). I also have never been to Mexico or Canada and I feel like I just need to go there because of how close we are! Locally, destinations in-country that are on my list are Palm Springs/ Joshua Tree, Savannah, Georgia, NOLA, Montana, Wyoming, Virginia, Salem, Massachusetts, Nashville, and Sioux Falls, South Dakota.
4. **Name one thing you are good at and one thing you could improve on?** I would say I am a good listener with a large heart full of empathy. However, I think over-thinking and worrying is something I could work on. I love hard to a fault, and I am always thinking of how others are doing, how others perceive me, if I upset anyone, etc. It is a slippery slope, that's for sure! I have been told my empathy is my strength, but it also feels like my weakness at times because I have often lost myself in worrying about others and becoming obsessed with if I am liked or if I made someone mad. What I have learned through therapy is that both can be true, and there is nothing I can do about how others see me or how they react-I can only focus on what I have control over and that is myself!
5. **Payton Clements' perfect day is ....?** HOME ALONE- literally no in sight but animals, sleeping in without an alarm or plans the next day! Silence and nature only! I love days when I am rarely contacted or needed! I would love to be in the middle of the woods with no cell service and untraceable :)

## Payton Clements Interview Part 2

**6. What is your favorite food?** Carbs... I hate to admit it...but if it involves bread, I am there. Picture this...Olive Garden breadsticks dipped in alfredo and some Chicken & Gnocchi soup. Love me some basic cheese pizza with ranch, anything buffalo flavored. My comfort snack when watching shows is sour cream mixed with Frank's buffalo sauce and I dip tortilla chips in it...yum!

**7. Your least favorite household chore is?** Cleaning the bathroom-especially since I live at home with my mom and younger brother... gross. I however am obsessed with laundry and would do it all day if I needed to! So satisfying to me!

**8. What do you like to do outside of work?** Outside of work, I love to go on walks (I recently bought myself an Apple Watch and joined the StepBet app and followed an influencer named Jenna Bestie's walk challenges, it has helped my physical and mental health a ton). I love to pet/house sit (it gets me out of the house and fuels my love to spend time alone with animals), acupuncture and massage, facials and waxing, listen to live music, and play Bingo at Willapa Brewing for charity. I have a love/hate relationship with therapy, but it has helped me a ton, and I am a passionate and avid Auntie- I value that role the most and adore my friends' kids as if they are my own.

**9. Your favorite season is?** I used to think Spring-because I love color and flowers, but I recently feel I thrive the best in Fall! Something about the crisp air, spooky vibes, and

colors of the leaves makes me really happy! And it is socially acceptable to dress in baggy, layered clothes and stay home :)

**10. How would friends describe Payton Clements?** I texted a few of my closest friends to get the truest answers for this! I got: "Laid back, loyal, caring, big heart, thoughtful, passionate, genuine, adventurous, empathetic, warm, friendly, nurturing, independent, confident, generous."



**5-Ingredient No Peek Chicken by RecipeLion Test Kitchen****Ingredients**

- 3 boneless, skinless chicken breasts
- 1 (7 oz.) box Rice A Roni Long Grain & Wild Rice MIX
- 1 (10.25 oz.) can cream of celery soup
- 1 (10.25 oz.) can cream of mushroom soup
- 1 1/4 cup water
- 1 packet Lipton Onion Soup Mix

**Instructions**

1. Preheat oven to 350 degrees
2. Combine rice mix, cream of celery soup, cream of mushroom soup, and water and pour into a 9x13 baking dish
3. Place chicken evenly on top of rice mixture
4. Sprinkle with onion soup mix
5. Cover tightly with aluminum foil and bake 1 hour 45 minutes
6. Remove dish from the oven and ensure that chicken is cooked through and that the rice has absorbed all of the liquid. Then serve and enjoy!

**Pumpkin Dump Cake by Shelly Jaronsky****Ingredients**

- 1 (15 ounce) can pure Pumpkin
- 1 (10 ounce) can Evaporated Milk
- 1 cup light brown sugar
- 3 eggs
- 3 teaspoons pumpkin pie spice
- 1 box yellow cake mix
- 1 cup (2 sticks) butter melted
- 1 cup coarsely crushed graham crackers or pecans
- 1/2 cup toffee bits (optional)

**Instructions**

1. Preheat oven to 350 Degrees F. Coat a 9x13 baking pan with nonstick spray and set aside.
2. In a large bowl, combine the pumpkin, evaporated milk, sugar, eggs, and pumpkin pie spice. Stir to combine and pour into your prepared pan.
3. Sprinkle the entire box of cake mix on top, followed by your nuts or graham crackers and toffee chips.
4. Pour your melted butter evenly on top.
5. Bake for 45-50 minutes until center is set and edges are lightly browned.
6. Serve warm or at room temperature.