

May-June 2026 Tidal Times Newsletter

May 2026

Ilwaco Saturday Market- Saturday May 2nd, 2026, 10 AM-4PM @ Port of Ilwaco, Ilwaco, WA

Sofia Talvik Concert-Wednesday May 6th, 2026, 4:00PM@ Peninsula Arts Center, Long Beach, WA

Adult and Teen Lego Club- Tuesday May 19th, 2026, 3:30-4:30PM @ Aberdeen Timberland Regional Library, Aberdeen, WA

June 2026

Columbia Pacific Farmers Market (Long Beach)- Saturday June 6th, 2026 @ Long Beach, WA

Explore ART in Ocean Park, WA- Sat. June 20th-Sun. June 21st @ Boondocks Vintique Upcycled Art Store & Bay Avenue Gallery, Ocean Park, WA

Ilwaco Art Walks- Sunday June 28th, 2026, 11 AM-3PM @ Port of Ilwaco and Downtown Ilwaco, WA

Friday May 22nd, 2026- Nemah Fish Hatchery

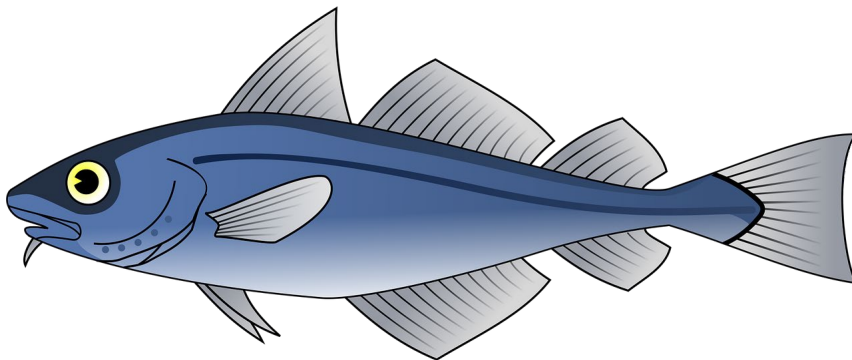
On Friday May 22, 2026, we will be heading to Nemah Fish Hatchery. We will meet up and leave from the South Bend Health Department at 9:30 AM, which should get us there around 10:00 AM. We should be done with the Hatchery tour around 12 to 12:30, then we will head to Willapa Brewing for lunch. We should be done about 1:30-2:00 PM, so please bring \$20 for lunch and have transportation to and from South Bend Health Department.

For any clients who reside on the Long Beach Peninsula that wish to join any Social Rec. events, please call Jenny Penoyar or Claudia Mimna by phone or email (jpenoyar@co.pacific.wa.us, 360-875-9343 x2631; cmimna@co.pacific.wa.us, 360-875-9343 x2626)

Friday June 19th, 2026- Astoria Day

On Friday June 19, 2026, we will be heading to Astoria to see the Heritage Museum. We will gather at the South Bend Health Department at 9:00 AM. When we arrive, we will explore the museum and walk around Astoria for a bit then it will be time for lunch. We should be done no later than 2:00 PM which would get us back to SB Health Department around 3:00 PM. Please bring around \$40 (\$5.00 museum admission, \$20 for lunch, and \$15.00 for possible shopping.), and have transportation set up to and from South Bend Health Department.

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Crystal Hampton Interview

- 1. What is your job title and what does it entail?** Job coach/Community Inclusion Specialist- I help people learn, keep, and succeed in a job, often providing hands on guidance and support in real work settings. A client's duties can vary depending on the workplace and the needs of the person I am coaching, but generally include a mix of training, support and coordination. As a Community Inclusion Specialist, I help clients participate more fully in everyday community life such as community participation and building social communications.
- 2. Was your current job your dream job growing up? If not, what was?** Actually, it is pretty close! I have always loved helping people and from the time I was young, I thought about being a social/case worker so I can do just that. However, this job falls right beside it 😊.
- 3. What would Crystal Hampton's version of a perfect day be?** My perfect day would be spent with family. Preferably out in the sunshine! Have a BBQ, play games and all have a wonderful day of quality time laughing and having fun.
- 4. If you could go anywhere in the world, where would it be and why?** There are a few places but I think Norway would be at the top because I have many family members there that live on a big farm. It would be great to see them and see where they grew up.
- 5. What is your favorite food?** Hmm. This is a tough one because I am a total foodie! I love everything from cheeseburgers and fries to Thai food. Steak and Mashed potatoes, yes please! 😊
- 6. Your favorite season is what?** Fall and Spring
- 7. What are the best and most frustrating parts of your job?** The best part of my job is making my clients smile. I love helping them succeed in whatever goal they are working towards but also just getting them out in the community and interacting with others always seems to bring joy to their day which makes me happy to see. What is frustrating is when I am searching for a job but here are little to no opportunities locally.
- 8. What is your least favorite household chore?** I love to cook! For some, it's a chore but for me, it is therapeutic 😊. Laundry is not something I enjoy because it never ends.
- 9. Name one thing you are good at and one thing you would like to improve on.** I am a good singer and will sing every chance I get LOL. Some people know this about me and some do not. Surprise 😊. I would say I need to improve on my organization skills. I feel that sometimes my weakness is procrastination. I would like to be more organized and on top of things.
- 10. How would your friends/coworkers describe you? They would probably describe me as funny and kind.** 😊

Ingredients

- 5 chicken thighs
- 1 teaspoon salt, plus more to taste
- 1 teaspoon pepper, plus more to taste
- 1 teaspoon paprika
- 1 teaspoon dried parsley
- 1 tablespoon olive oil
- 1 tablespoon garlic, minced
- ½ cup red onion, diced
- 1 cup long grain rice
- 1 ½ cups chicken broth

Preparation

1. Preheat oven to 400 Degrees F (200 Degrees C).
2. In a large bowl, evenly season chicken thighs with salt, pepper, paprika, and parsley.
3. On high, heat olive oil in a oven-proof pot and place chicken thighs, skin-side down, in the hot oil. Cook 5-6 minutes or the thighs develop brown crispy skin and flip over.
4. Cook an additional 5-6 minutes to brown the other sided and remove from the pot.
5. Add the garlic and onions to the pot, and cook until the onions are transparent.
6. Pour in the rice and chicken broth to the pot and season with salt and pepper. Stir well, bringing to a boil.
7. Add the chicken thighs back into the pot, skin-side up, on top of the rice, bring back to a boil and cover with a lid.
8. Bake for 35-40 minutes, or until the rice is fully cooked
9. NOTE: For a crispy skin, remove chicken thighs and broil.

Easy Strawberry Crisp by Allison Mattina

Ingredients

Topping

- 2/3 cup old fashioned oats
- 2/3 cup all-purpose flour
- ¼ cup light brown sugar
- 1/3 cup granulated sugar
- ¼ teaspoon salt
- ¼ teaspoon ground cinnamon
- ½ cup unsalted butter, melted

Filling

- 5 cups halved/quartered fresh strawberries, approximately, approximately 2 pounds
- 1-2 tablespoons orange juice
- ¼ teaspoon vanilla extract
- 2-4 tablespoons granulated sugar
- ¼ cup all-purpose flour
- Vanilla ice cream, for serving (optional)

Instructions

1. Preheat oven to 350 degrees F with a rack in the center of the oven. Grease a 9-inch deep dish pie plate or similar sized baking dish. Set aside.

Topping

1. In a bowl, combine oats, flour, brown sugar, granulated sugar, salt, and cinnamon. Add melted butter and stir until well combined. Place in the refrigerator for several minutes while you proceed with the filling.

Filling

1. In a large bowl, combine strawberries, orange juice, vanilla, sugar, and flour. Stir gently until well combined. Scoop or dump into the prepared baking dish. Sprinkle the topping over the strawberries, pressing some of it together with your finger to form clumps.
2. Bake for 30-40 minutes, until the fruit is bubbling around the edges and the topping is light golden brown. Cool slightly, serve warm with vanilla ice cream.