



Tidal Times

July-August 2025

July 2025

Old Fashioned Tokeland 4th of July Parade & Picnic– Saturday, July 5, 2025, 10:30 AM-4:30PM-Tokeland, WA

Sandsations-July 16th-July 20th 2025-Bolstad Approach, Long Beach, WA

Clamshell Railroad Days– Sat. July 19th–Sun. July 20th– Columbia Pacific Heritage Museum, Ilwaco, WA

August 2025

Willapa Harbor Festival– Fri. August 1st-Sat. August 2nd, 2025- Raymond, WA

Tokeland Woodfest– Sat. August 9th-Sun. August 10th, 2025– Tokeland Hotel, Tokeland, WA

Pacific County Fair– August 20th-August 23rd, 2025– Menlo, WA



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July/August National Days (other than July 4th)

- **Tuesday July 1st– International Joke Day**
- **Monday July 7th– World Chocolate Day**
- **Saturday July 12th– National Simplicity Day**
- **Friday July 18th–Nelson Mandela International Day/ World Listening Day**
- **Sunday July 27th National Disability Independence Day**

- **Monday August 4th– National Chocolate Chip Cookie Day**
- **Tuesday August 12th– World Elephant Day/ International Youth Day**
- **Friday August 15th- Hawaii Statehood Day/National Relaxation Day**
- **Tuesday August 19th– National Aviation Day/World Humanitarian Day**
- **Sunday August 31st– World Distance Learning Day/International Overdose Awareness Day**



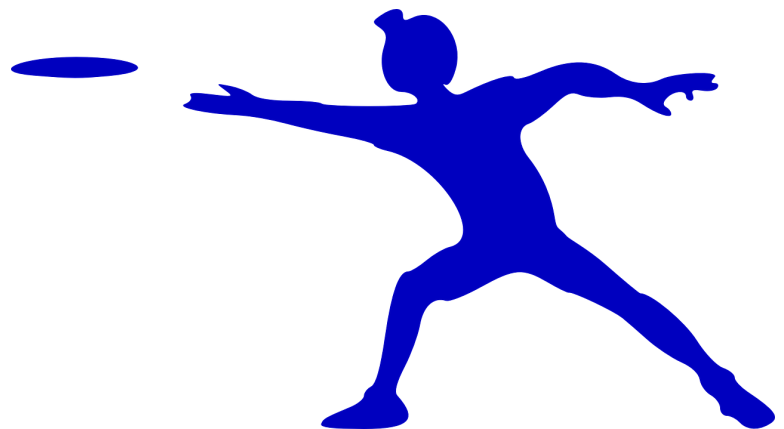
July 2025– Aberdeen Disc Golf

On Friday July 18th, We will head to Sam Benn Park in Aberdeen for a day of Disc Golf. We will meet up at South Bend Health Department at 9:30 AM to head towards Aberdeen. We will first head to Aberdeen's Parks and Recreation office to rent out discs for a \$10 deposit, which is refundable after we return the discs. Once we have the discs, we will then head to Sam Benn Park for some disc golf. When we are done with disc golf and return the discs to the Parks and Rec building, we will then head to lunch at Mazatlán. Finally, we will head to Walmart and then head back to South Bend around 2:00 PM, getting us back a little after 2:30 PM

August 2025– Pacific County Fair

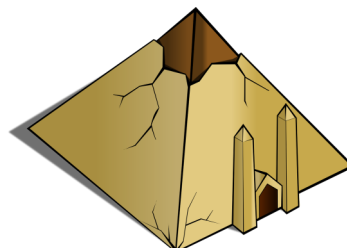
On Friday August 22, we will be heading to the Pacific County Fair. We will meet at the South Bend Health Department at 8:45 to head out to the Pacific County Fairgrounds. We will be there from 9:00 AM to 1:00PM enjoying everything the Fair has to offer, including exhibits, animals, and fair food. At 1:00, we will head back to the Health Department and disperse. Please bring money for food and entertainment and have transportation to and from South Bend Health Department. **Please RSVP by calling Joshua at 360-214-6216 or 360-875-9343 as the Fair Passes and car seats are limited.**

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 (bccline@co.pacific.wa.us or 360-642-9300 ext. 2617).



Claudia Mimna Interview

1. **What is your job title and what does it entail?** I am the Pacific County Community Based Crisis Care Coordinator! I receive referrals for community members who need help accessing local resources and behavioral health services. Since it can be challenging to access those things on your own, it's less stressful having someone who knows how to navigate them help guide you through it.
2. **Was your current position your dream job growing up, and if not, what was?** Although my current position is awesome, being an archaeologist who specializes in ancient Egypt is actually my dream job! That field seems competitive so I don't believe it will ever happen, but I still like to learn about the discoveries they find there!
3. **If you could go anywhere in the world, where would it be and why?** Of course, I would want to go to Egypt to see the pyramids, but I would also love to go to Peru to see all the ancient megalithic sites there!
4. **Name one thing you are good at and one thing you could improve on?** One thing I would say I'm good at is helping people in a crisis and one thing I could improve on is calling people on the phone more in my personal life who don't live close to me.
5. **What do you like to do outside of work?** Recently, since buying our first house, I love to spend time working on my house and being outside with my dogs and husband. I also love to fish, hike, take drives, and go shopping lol.
6. **What is your favorite food?** My favorite food is pizza and ranch, hands down.
7. **Your least favorite household chore is?** FOLDING LAUNDRY.
8. **What would your perfect day look like?** My Perfect day would be sleeping in unbothered by my dogs, cats or husband lol and no alarms set, then getting dressed and ready to go drive to a cool spot to fish for hours. First, stop for breakfast and an iced coffee, grab some snacks for later, then head to the spot. I don't even have to catch anything for it to be a perfect day.
9. **Which season is your favorite?** I used to love Winter season, specifically Thanksgiving-Christmas time period, but since moving to Raymond, I am starting to become a Spring lover because it is just so beautiful here when the trees are bright green, the flowers blooming and the sun is out.
10. **How would friends describe Claudia Mimna?** They would probably say I'm loyal, funny, accepting... and that I need to answer my dang phone more often!



Turkey Taco Rice Skillet by Kathryn Doherty**Ingredients:**

- 1 tablespoon extra-virgin olive oil
- 1 small onion, chopped
- 1 small bell pepper, chopped (any color)
- 1 small zucchini, chopped (optional)
- 2 cloves garlic, minced
- 1 to 1.25 lbs. lean ground turkey
- 3 tablespoons taco seasoning
- 1 (15 oz.) can black beans, rinsed and drained
- 1 (15 oz.) can diced tomatoes, drained
- 1 (11 oz.) Mexicorn, drained
- 3 cups cooked brown or white rice (from about 1 cup uncooked)

Instructions:

1. Heat a large skillet over medium heat. Add olive oil.
2. Add chopped onion, bell pepper and zucchini, if using. Sauté for 3-4 minutes, then add garlic and stir well.
3. Add ground turkey and cook, breaking up with a spatula, until cooked through and no pink remains, about 5-6 minutes.
4. Sprinkle everything with taco seasoning and stir well.
5. Add black beans, tomatoes, and corn. Bring to a simmer and let cook for 3-5 minutes over medium heat to get everything heated through and allow any extra liquid to cook off.
6. Stir in cooked brown rice then turn off heat. Season to taste with salt and pepper if needed.
7. Serve hot with desired toppings and enjoy!

Bisquick Blackberry Cobbler by Alesandra Dubin**Ingredients:**

- 4 cups (about 16 oz.) fresh blackberries (from 2 [12-oz.] pkg.)
- 3/4 cup granulated sugar
- 1 tsp. grated lemon zest plus 2 tsp. fresh juice (from 1 lemon)
- 1 cup (about 4 1/10 oz.) all-purpose baking mix (such as Bisquick Original Pancake & Baking Mix)
- 1 cup whole milk
- 1/2 cup (4 oz.) unsalted butter, melted
- 1 tsp. vanilla extract
- Vanilla ice cream

Directions:

1. Preheat oven to 375 degrees F. Stir together blackberries, sugar, lemon zest, and lemon juice in a medium bowl.
2. Let stand, stirring occasionally, until berries are macerated and slightly softened and sugar is partially dissolved, about 30 minutes.
3. Whisk together baking mix, milk, melted butter, and vanilla in a medium bowl until smooth. Pour mixture into an ungreased 11 x 7 baking dish.
4. Scatter macerated blackberries over mixture in baking dish, and spoon over any sugar and juices remaining in bowl.
5. Bake in preheated oven until top of cobbler is golden brown and blackberries are bubbling all over, about 45 minutes. Remove from oven, and let cool slightly on a wire rack, about 15 minutes. Serve warm or at room temperature with vanilla ice cream, if desired.