



# Peace Of Mind Pacific County

## Hope Letter #4



### Gardening and Nature

Gardening is the one consistent thing I have done all my life. First it was growing herbs in an apartment window, and later renting space in a community garden. Now I am privileged to have a half-acre of land with an orchard and raised beds.

During the most challenging times of my life I would always turn to a garden or simply spend a lot of time outdoors. Now in this strange and unexpected spring of 2020, a great many of us are dealing with stay at home orders or limited times to be with friends and family. As a gardener I am surprised to find power in the daily routines I've taken for granted up to now. They may be helpful to other people who don't have gardens but are looking for peace in nature and the outdoors.

Getting up early, just after dawn, I listen to nature waking up for the day and plunge my hands in the cool, moist soil. My mind quiets, my muscles relax, and I am focused on the moment. I hear an early bird call. This is my peace.

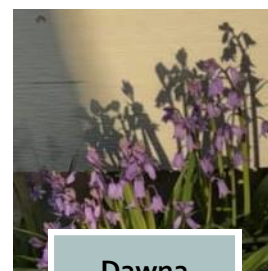
At midday, when the sun has warmed the soil and bees and butterflies flit from flower to flower, I can close my eyes and soak up the warmth. Any pain in my body becomes less intense and the light helps my mind. I can smell the soil, and the breeze carries sweet scents of blooming flowers.

By evening, everything is finishing up the business of day. Bees are flying home, the birds are nestling in for the night, and the quiet descends around me. I look around and realize that the day was spent breathing in the world around me rather than accomplishing big tasks. I smile. It has been a fine day. My mind and body are relaxed and ready for sleep.

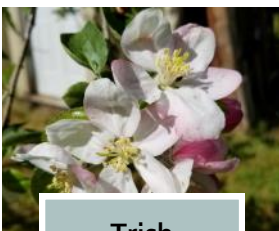
Whether caring for a garden or taking a walk we are in a space of hope. While connecting with nature we are improving our health and safety and that of others. - Trish Berrong



Janet



Dawna



Trish



Sandy



Trish



Nikki



Sandy



OP Village



Coffee Hour and  
POMPC Contact: Barb  
@360.244.5566

OR based Warm Line  
1.800.698.2392

WA based Warm Line 1.877.500.9276

Pacific County Covid-19  
News and Info  
360.642.9407 South County  
360.875.9407 North County

Mobile Crisis 1.800.224.2289

Crisis text line "HELLO" to 741741

Teen Link 1.866.833.6546

PO Box 708  
Ocean Park, WA 98640

## Hope Hero of the Week Correction

In a previous edition the picture of our Hero of Hope was erroneously labeled. The photo is of Loretta Fink. Mrs. Fink also wanted our readers to know that at least thirty - five other women in the community in addition to the Quilting Club members have combined their energy to produce over 2000 masks. Truly a heroic feat in support of our community. ( The writer apologizes for errors and omissions in this story.  
- Candy Rutledge)



**Join us for our virtual coffee hour every  
Wednesday from 1:00 until 2:00 pm.  
Zoom meeting ID: 651-369-196  
Call 360-244-5566 or  
email [info@pompc](mailto:info@pompc) for more information.**

### HOPE HEROES Casey and Gail Barella



Casey and Gail Barella arrived on the Peninsula three years ago from Longview. Gail had a job lined up in Astoria cutting hair, and Casey landed in the commercial fishing industry. But Casey had wanted for years to be a chef, and Gail wanted to use her skills to support local young people. Both of them had big hearts, wanting to do things for the community they had grown to love.

I met Casey at Grays Harbor College in Ilwaco when he was enrolled in my GED preparation class. Casey's goal was to make and sell clam chowder on the Peninsula. He started by offering his clam chowder and paninis at the Long Beach farmer's market during the summer. And Gail found her niche on the Peninsula as a barber, offering free and discounted haircuts for local kids and a free "Fancy Clothes Closet" for young people.

The Barellas found more permanent locations for using their talents in a new Chowder Stop site near the Bolstad Beach Approach in Long Beach and the new Barella's Barber Shop nearby.

Casey and Gail demonstrated their community spirit recently in a major way through the free Community Meal offered on April 25th as a takeout from The Chowder Stop. They handed out 566 meals, including 60 gallons of delicious chowder and 30 gallons of their chili. Other merchants stepped in, and water and sandwiches were added to the menu. Financial donations went to the local food banks. The Barellas plan to make this an annual event.

Casey and Gail have proved themselves to be worthy Hope Heroes during a difficult time in our community. Thanks to their energy and goodwill, Barella's Barber Shop and the Chowder Stop are significant new assets to our little slice of heaven.

-Submitted by Carol Wright



*"We find ways to use our skills for coping with problems." - POMPC principle*