



Tidal Times

January-February 2025

January 2025

**Saturday January 18th- Alcohol Ink- 1-2PM
@ Raymond Timberland Library- Raymond,
WA**

**Friday Jan.24- Saturday Jan. 25-Raiders of
The Lost Ark at 7th Street Theatre- 7:30 PM
at 7th Street Theatre in Hoquiam, WA**

**Tuesday Jan. 28- Ilwaco Cider Company
Family night- 6:00-9:00PM @ Ilwaco Cider
Company, Ilwaco, WA**

February 2025

**Friday February 7th- Family Movie Night-4-6
PM @ Raymond Timberland Library- Ray-
mond, WA**

**Monday February 10th- Coffee & Conversa-
tion- 10-11AM @ Hungry Heifer-Raymond,
WA**

**Tuesday February 11th-Parent Education and
Support Group- 4-5:30 PM @ BASICS NW-
Raymond, WA**

**Sunday February 23rd- Sunday Afternoon
Live- The Wardens- 2PM @ Raymond Thea-
tre, Raymond, WA**



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2024 Social Rec Recap

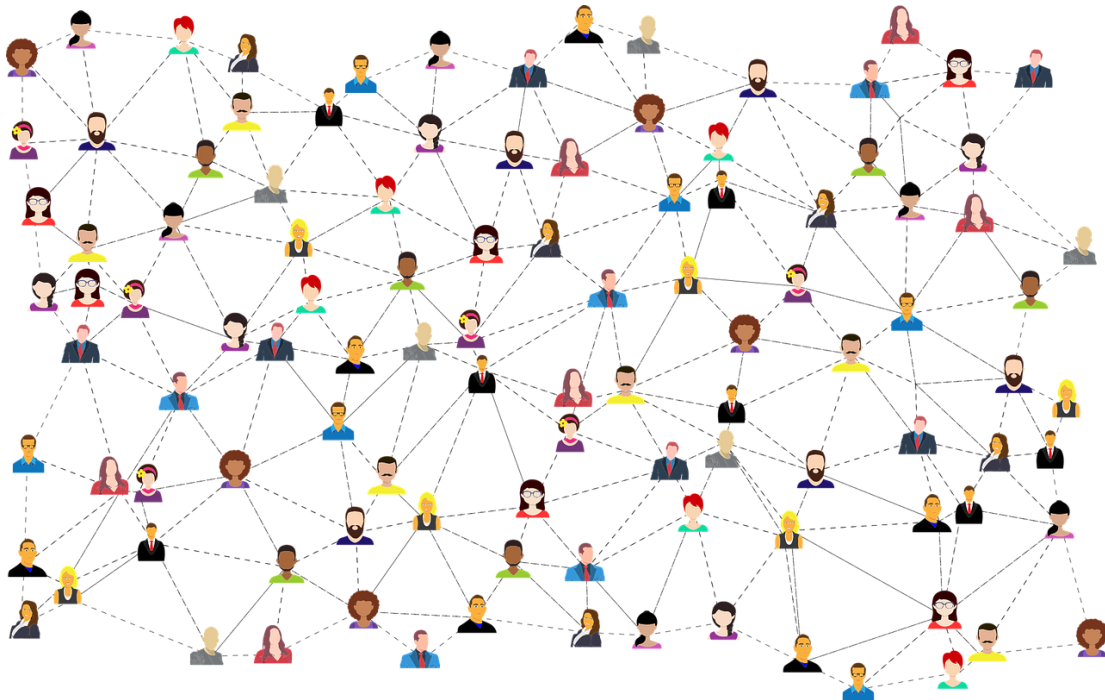
Hello all, here is the 2024 Social Rec Recap. In **January**, we headed to the Pacific County Health Department's Long Beach office for a day of activities including coloring, games, and sandwich making. In **February**, we went to the Neptune Theatre in Long Beach to see a movie. In **March**, we went to Naselle Timberland Library for a day of games/activities.

In **April**, we went to the International Mermaid museum, Denny's, and Walmart in Aberdeen. In **May**, we went to Long Beach for some mini-golf and bagged lunches on the boardwalk. In **June**, we headed to Cape Disappointment State Park and Corral Drive-In in Long Beach. In **July**, we went to Raymond Timberland Library and saw part of a movie, then walked over to Raymond High School for Touch-A-Truck and then C&C's Diner for lunch.

In **August**, We were at the Pacific County Fair in Menlo. It was a day full of exhibits, food, and entertainment. **September** led us to Astoria and the Flavel House Museum. We explored the historical building and then went to Plaza Jalisco for Lunch and finally Lower Columbia Bowling Alley for some bowling. **October** was a time for Tie-Dye and Halloween activities at the South Bend Health Department.

November was a day of Christmas shopping at the Capital Mall in Olympia. After getting our Christmas gifts, we headed to Insert Coin for Lunch and headed home. **December** was time to make some Christmas cookies. After lunch at Subway, we headed to Raymond Senior Center to make and decorate some cookies.

It was a very eventful and fun year for Social Rec. We would like to thank Emily, Aidan, Brianne, both South Bend and Long Beach Health Dept. Staff, Floyd, Marie, Kenzie, and many others for keeping Social Rec up and running.



January 2025– Pizza Making in Long Beach

On Friday January 17th, We will be heading to the Long Beach Health Department to make some English muffin pizzas, watch a movie, and some other activities. We will meet up at the South Bend Health Dept. at 9:00 AM to head out to Long Beach. Once there, we will watch a movie and then start making the pizzas. After we are done with the pizzas and other activities, we will clean up and head back to South Bend at 2:00, getting us back close to 3:00 PM. Please have transportation to and from South Bend Health Department.

February 2025– Chehalis Museum Day

On Friday February 21st– We will be heading to Chehalis for the Lewis Co. Historical Museum. We will meet at the South Bend Health Dept. at 9:00 AM to head towards Chehalis. We will then head to the Lewis Co. Historical Museum and explore. Next will be lunch at Applebee's and then we will head to Walmart to finish things up. We will start heading back to South Bend at 2:00, getting us back around 3:00. Please have transportation to and from South Bend Health Department, and have around \$40 for expenses (\$5 for museum admission, \$20 or so for lunch, plus extra spending money).



Aliza Quinlan Interview

1. **What is your job and what does it entail?** I am the Clinical Supervisor for BASICS NW Raymond Clinic. I get to support families and their children, and adult clients who experience Autism and other behavioral differences. After meeting with clients and getting to know them and doing some assessments, I get to create plans to help teach skills that aim to increase social skills, problem solving skills and create opportunities for them to connect with their families and friends as well as access their community! I get to do a lot of playing, teaching and having fun all while helping people!
2. **Was your current job your dream job growing up? If not, what was?** My dream job when I was growing up was to work with dolphins! I wanted to be a marine biologist or something like that. Something to do with being at, by or in the ocean as much as possible.
3. **If you could travel anywhere, where would it be and why?** My favorite place to visit is Croatia! I love the Adriatic Sea, love the fresh pasta and truffles and how warm the weather is all the time.
4. **What is one thing people don't know about Aliza Quinlan?** I am a cookbook collector :). I love collecting cookbooks and books about food culture and history of specific ingredients and how that ingredient was important to different cultures. I can really get lost in all of that!
5. **Name one thing you are good at and one thing you are bad at.** I am good at writing and crossword puzzles, and I'm really , really bad at math!
6. **Your least favorite household chore is**

what? My least favorite household chore is laundry! Oh and dishes... ewww dishwasher!

7. **Which of the four seasons is your favorite and why?** I am a beach lady at heart! I love summer! Summer here in the PNW is worth the wait during the winter, especially out here on the Willapa Bay. I love being at the beach and I love being in the sun, if it is sunny, I am Outside!
8. **What are the most rewarding and challenging parts of your job?** The most rewarding part about my job is being able to see families have experiences with their kiddos, that they thought were not going to be apart of their parenting journey. The most challenging part of my job is ... my own worry about whether I have done all I could for a client or utilized all my resources for them to grow and make progress.
9. **What is your favorite food?** My favorite food is definitely PHO (anything Vietnamese, but Pho mostly).
10. **How would your friends describe Aliza Quinlan?** I think my friends would describe me as quiet and silly...humor is my go to!



Chicken Pot Pie Soup by Insanely Good Recipes**Ingredients:**

- 2 Tablespoons butter
- 1/4 cup onion, finely chopped
- 1 1/2 cups Progresso chicken Broth
- 1 1/2 cups milk
- 1 (1.6 oz) package garlic and herb sauce mix
- 1/4 teaspoon pepper
- 1 cup potato, diced and peeled (1 medium or 2 small potatoes)
- 1 (10- oz) bag frozen mixed vegetables
- 2 cups deli rotisserie chicken, chopped

Instructions

1. Prepare a 3-quart saucepan by melting butter in the bottom over medium-high heat.
2. Once the butter is fully melted, add the chopped onion. Cook in the butter, occasionally stirring, for approximately 2 to 3 minutes. The onions should be tender but not soggy.
3. Mix in the chicken broth, milk, sauce mix, and pepper. Whisk frequently until the mixture is smooth.
4. Add the diced potatoes and heat the mixture until it starts to boil. Then, reduce the heat to medium and continue to cook for another 5 to 7 minutes until the potatoes are tender. Stir occasionally throughout
5. Add the frozen vegetables and chopped chicken. Stir well.
6. Cook the soup for 10 to 15 minutes, stirring often. Once the soup has thickened and is hot all the way through, remove it from heat. Transfer to serving bowls, and enjoy!

Snickerdoodle Bars by Ree Drummond**Ingredients:**

- 2 1/2 cup all-purpose flour
- 1 tsp. baking powder
- 1/2 tsp. kosher salt
- 1 cup unsalted butter, at room temperature
- 1 1/2 cup granulated sugar, divided
- 1/2 cup packed light brown sugar
- 2 large eggs, at room temperature
- 1 1/2 tsp. vanilla extract
- 2 tsp. ground cinnamon

Directions

1. Preheat the oven to 350 degrees F. Coat a 13-by-9-inch baking pan with cooking spray and line with parchment paper, leaving a slight overhang on the long sides.
2. In a large bowl, whisk together the flour, baking powder, and salt. In a separate large bowl, beat the butter, 1 1/4 cups granulated sugar, and the brown sugar with a mixer on medium speed until light and fluffy, 2 to 3 minutes. Beat in the eggs and vanilla, mixing well and scraping down the sides of the bowl as needed. Reduce the mixer speed to low and beat in the flour mixture in 3 batches, mixing until just combined after each addition.
3. Transfer the dough to the prepared pan and spread into an even layer with a small offset spatula or knife. In a small bowl, stir together the remaining 1/4 cup granulated sugar and the cinnamon. Sprinkle the cinnamon sugar over the top of the dough.
4. Bake until the edges of the bars are golden and the center is puffed slightly, about 25 minutes. Let cook completely in the pan, then remove from the pan using the parchment paper and slice into diamonds or squares.