



Woodinville Oral Surgery

RALPH K. ZECH, D.D.S., M.S., P.S.

Fellow American College Oral & Maxillofacial Surgery
Board Certified
17000 140th Avenue NE, Suite 301
Woodinville, WA 98072

Ph 425.483.1986
Fx 425.481.1898
www.drzech.com

MONTHLY NEWSLETTER :: JUNE 2016

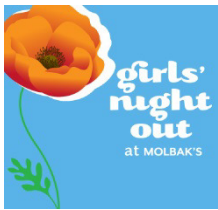


photo by Dr. Zech



Join the Kirkland Youth Council and Kirkland Teen Union Building (KTUB) for the 14th Annual **Bluefish Festival**. Local bands perform during this showcase of music and art for local teens at Juanita Beach Park and

it's free! www.ktub.org



Its back... **Girls' Night Out** at Molbak's, on June 10 from 7:30-9:30PM. Gather your girlfriends for a fabulous night of shopping and fun. Toast the evening with a complimentary glass of wine from Woodinville's own Goose Ridge Estate and save 10% on everything in the store all

while benefitting Evergreen Women's Breast Health Center. www.molbaks.com



Salsa Marina is the only outdoor salsa event on the Eastside! On June 18 from 5:30-10PM watch the professional performances or join in for free Zumba or Intro to Salsa Class. Bring your dancing

shoes and be ready for some fun. www.lavidastudio.com



Take your funny bone out on Wednesday June 22 at 7PM to Marymoor Park for the concert event **Flight of the Concords**. This New-Zealand based duo combines deadpan comedy with folk-rock and promises a

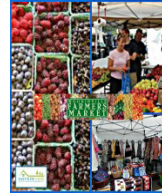
night full of hilarity. www.experinceredmond.com



Kick-off the summer season by joining your family and friends for an evening of fun showcasing all things Woodinville.

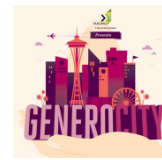
Experience Woodinville is a lively event bringing together the best of Woodinville

Wine Country, food and local craft artisans. On June 28 from 5-9PM watch as our local chefs and winemakers team up and square off against one another in "Quick Fire" challenges. It's fast, it's furious and tons of fun. Steel drums set the back ground music at Willow's Lodge and a silent auction will be held to benefit Little Bit Therapeutic Riding Center. www.willowslodge.com



The **Woodinville Farmer's Market** is open Saturdays from 9AM to 3PM through the summer. It is located in DeYoung Park and all produce is grown in the area, quite often picked on Friday. Eat Local/Eat Fresh/Eat Well.

www.woodinvillefarmersmarket.com



Take one night to learn, celebrate and enjoy the nonprofits and individuals that made Seattle the most generous on earth. **Generocity** takes place on June 15 from 6-10PM at Filson Flagship on 1st Avenue in Seattle. Become a volunteer, donate

your time or simply revel in the amazing accomplishments of your fellow Seattle-ites who are changing the world.

www.genrocity.org



Summit
Imaging

Summit Imaging has a mission...to be the biggest and very best ultrasound support company in the world. A man named Larry and a few friends began fixing and selling refurbished parts out of outdated Ultrasound Machines in 2006. Today Summit is growing by over 60% year over year because of their outstanding reputation and primarily through word of mouth. Yet another multimillion dollar Woodinville based business. www.mysummitimaging.com



At **Zazu's House** the focus is on giving each bird their own little paradise with the choice to live cage free and fly, socialize..or not. No bird will be bought or sold, only allowed to be the unique, magnificent creatures they are. View this

amazing sanctuary at www.zazushouse.org

Who Said...

"It is better to be a young June-bug than an old bird of paradise"

Last month we quoted Pablo Picasso

"I am always doing that which I cannot do, in order that I may learn how to do it."



FIELD PEA AND PASTA SALAD

For the fullest flavor make the dressing a few days in advance.

DRESSING:

- | | |
|--------------------------------|----------------------------|
| 1/4 cup white wine vinegar | 1 tablespoon Dijon mustard |
| 1 tablespoon fresh lemon juice | 2 teaspoons honey |
| 3/4 teaspoon salt | 1/4 teaspoon black pepper |
| 1/2 cup olive oil | |

Whisk together all but oil then gradually whisk in oil until incorporated. Chill until ready to use.

SALAD:

- 4 cups field peas, cooked and cooled
- 8 ounces mini farfalle pasta, cooked, rinsed with cold water and drained
- 1/2 cup each: red, yellow and orange peppers
- 1/4 cup chopped fresh parsley
- 2 tablespoons fresh, chopped each: basil, dill and mint

Toss all together then gently toss with well chilled dressing until all is coated.

To make this a meal add chicken, salami, tuna or anything else that sounds good. Enjoy!



HEIRLOOM TOMATO AND CHICKEN TOSS

- | | |
|--|-------------------------------------|
| 4 tablespoons white wine vinegar | 3 tablespoon extra-virgin olive oil |
| 2-1/2 teaspoons each: sugar & salt | 1/2 teaspoon black pepper |
| 3 cups shredded chicken | 1 tablespoon fresh thyme |
| 2 pounds heirloom tomatoes cut into 1/2 to 1 inch wedges | |
| 2 tablespoons chopped, fresh each: basil, chives and parsley | |
| 1/2 cup thinly sliced red onion | |

Whisk together vinegar, oil, sugar, salt and pepper. Gently toss together all the rest of the ingredients. Add vinegar mixture and gently toss until thoroughly combined. Serve immediately **OR** cover and let sit at room temperature for up to one hour. Yum!



EASY BLACKBERRY COBLER

- | | |
|------------------------------|---------------------------|
| 4 cups fresh blackberries | 1 tablespoon lemon juice |
| 1 large egg | 1 cup each: sugar & flour |
| 6 tablespoons butter, melted | |

Preheat oven to 375 degrees. Place blackberries in a lightly greased 8-inch square baking dish or 6 (8-ounce) ramekins. Sprinkle with lemon juice. Stir together egg, sugar and flour until it resembles coarse meal. Sprinkle over berries. Drizzle with melted butter. Bake for 35 minutes or until lightly brown and bubbly. Let stand for 10 minutes. Serve warm. Top with whipped cream and fresh mint sprig if desired.



MIXED BERRY LIMONCELLO SANGRIA

- | | |
|--|---------------------------------|
| 1 cup fresh raspberries | 1 cup halved fresh strawberries |
| 1/2 cup fresh blackberries | 1 medium lemon, thinly sliced |
| 3/4 cup frozen pink lemonade concentrate, thawed | |
| 1/2 cup Limoncello | |
| 2-750 milliliter bottle sparkling chilled wine | |

In a large pitcher or glass jar combine all the berries and lemon slices. Stir in lemonade concentrate and Limoncello. Cover and refrigerate for at least 4 hours up to 24 hours. Just before serving add sparkling wine.



Mr. Blackberry and Mr. Lemon were talking about the bear giving Ms. Grape a hug. "I think he squeezed her a little too hard" said Mr. Blackberry

"Why do you think that?" asked Mr. Lemon

"Because she let out a little wine"