



**KING CITY**  
**CIVIC ASSOCIATION**  
 AN ADULT - 55 AND OLDER - COMMUNITY

**NEWSLETTER**

Also available on KCCA's office website: [www.mykcca.com](http://www.mykcca.com)

**Getting To Know Your Aquatic Center – Part 4**

Submitted by Sandi Fuhrman

Understanding the design and mechanics of the aquatic center equipment room may not seem like the most exciting topic for most of us but it is crucial to the longevity of the equipment and ease of maintaining the aquatic center. The equipment room has to protect the filtering, re-circulating and disinfecting equipment necessary to keep the pool water crystal clear and properly disinfected.

The equipment room houses and controls, among other things, three tankless, on-demand hot water heaters, pool pumps and heaters, the automated chlorination system, three automated water PH controllers providing real-time web-based monitoring for the staff, the UV system and the dehumidifier.

The initial cost of a tankless water heater is greater than that of a conventional water heater, but

tankless water heaters typically last longer and have lower operating and energy costs as they provide hot water only as it is needed instead of producing standby hot water, creating energy loss.

Because we have individual tankless water heaters to support each dressing room Energy Star estimates a 27%-50% energy savings. To overcome the possibility that one or more water heaters cannot supply enough hot water for simultaneous use all three water heaters have been connected in parallel for simultaneous demands.



Most tankless water heaters have a life expectancy of more than 20 years in addition to having easily replaceable parts that extend their life by many more years. In contrast, conventional water heaters have a life expectancy of 10-15 years.

*continued on page 3*



## New Resident Welcome Event on August 5

Clubhouse Lounge to hear about various aspects of community life, including important basic rules and regulations, and those specifics that we often overlook in our day to day lives. There will also be a tour of our Clubhouse and upper area amenities. If you were unable to attend a Welcome Event in the past, feel free to come to this meeting. You don't want to miss the fun, prizes, and refreshments!

Please call the KCCA Office at 503-639-6565 to RSVP by August 3. We look forward to seeing you on August 5!

**New Neighbors**

The Hello Neighbors Social Committee invites all new KCCA residents to a Welcome Event where you can meet new neighbors and learn about your community. Join us on Sunday, August 5, 2018 at 2:00 p.m. in the KCCA

## 2019 Resident Directory!

It's time to prepare the 2019 KCCA Resident Directory. Directory forms will be distributed to all residents in August and September, and each household **must** return their completed forms to the KCCA Office no later than Monday, October 1, 2018.



## ABOUT THE KCCA NEWSLETTER

Publisher/Advertising ..... Tigard Life 503-692-9215

The King City Civic Association Newsletter is published monthly and provided on a non-subscription basis to all members of the KCCA.

In 2018, articles for the next month's KCCA newsletters are due to [admin.assist@mykcca.com](mailto:admin.assist@mykcca.com) no later than:

**Tuesday, August 14 • Friday, September 14 • Friday, October 12  
Wednesday, November 14 • Friday, December 14**

**For advertising information**, please contact Mike Antonelli:

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## KCCA BOARD OF DIRECTORS 2018

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**Marty Williams** - Director  
[mwilliams@mykcca.com](mailto:mwilliams@mykcca.com)

The KCCA Board of Directors and each of the KCCA committees meet monthly in one of the KCCA facilities.

Board Meeting .....	2nd Tues .....	6:30 p.m.
Board Meeting .....	4th Tues .....	6:30 p.m.
PCC - Board Meeting .....	Every Fri. ....	8:00 a.m.
Finance Meeting .....		closed
Greens Committee .....	1st Thur .....	1:00 p.m.
Landscape Committee .....	1st Mon .....	10:00 a.m.
House Committee.....		to be announced
Hello Neighbors.....	1st Fri. ....	10:00 a.m.

## KCCA CONTACT INFORMATION

Ronnda Zezula, Administrator.....[administrator@mykcca.com](mailto:administrator@mykcca.com)

Clubhouse Office Window.....**503-639-6565**


Regular Hours: Monday, Wednesday & Thursday 8:00 am - 1:00 pm  
Tuesday 2:00 pm - 7:00 pm • Friday Closed

Address: ..... 15245 SW 116th Ave., King City, OR 97224

Pro Shop, open dawn to dusk.....**503-639-7986**  
15355 SW Royalty Parkway

Crown Center - 16880 SW 126th Ave. .... **503-639-0084**

**KCCA's Website: [www.mykcca.com](http://www.mykcca.com)**



**Just a  
Reminder**

from KCCA  
Board Members

## Coffee with a KCCA Board Director

On the first Thursday of every month at 9:00 a.m., a KCCA Board Director will attend the Coffee Time in the Clubhouse Lounge. All residents are encouraged to join the coffee hour and ask questions or discuss any issues they may have.



## Outdoor Pool

The KCCA Outdoor Pool is open for the season! Pool hours are 8:00 a.m. to 8:00 p.m. or dusk, whichever is earlier. Guests under the age of 18 may use the pool between 11:00 a.m. – 1:00 p.m., and 6:00 – 7:00 p.m., and must be accompanied by a resident at all times while inside the outdoor pool enclosure.

## Kids at the Pool

If a resident happens to witness a young guest misbehaving at a KCCA pool, they should not confront another resident's grandchildren unless it's a behavior so dangerous the children are in imminent danger of being injured or causing a severe injury. Otherwise, residents should politely discuss behavior issue(s) directly with the children's adult guardian or report the issue immediately to the KCCA Office, if it happens on a weekday. Thank you!



## EMPLOYEE *Spotlight*

It is bittersweet to spotlight an invaluable member of Team KCCA following her departure. One example of the need to express appreciation in the moment rather than waiting for the “right” time.

As you may know, Julie Chappelle’s last day was July 25. Julie began working with us as a “temp” in April 2017, during a high pressure time of transition when very few office processes were set or documented. She literally paved her own way, and KCCA is grateful for her dedication. Julie was asked to join the

KCCA Team permanently as our Administrative Assistant in October 2017 and since then continued her hard work toward bringing the office in to cohesion.

Without Julie’s ability to be calm, flexible, and responsive; our jobs would have been exponentially more difficult. Members say they will miss her instant recollection of their names, faces and life details. Coworkers will miss her lighthearted sense of humor and devoted team-playing. Specifically, the Administrator will miss a teammate who understood the challenges of the past

and present well; and remained eager to help shape the future to be more successful.

We will miss Julie and wish her the best in the wonderful things she is setting out to accomplish. Thank you, Julie, for your time at KCCA - we are all better for it!



Julie Chappelle

While we find a replacement who can capably fill Julie’s shoes, the office window will be offering limited services. Please see the information on page 4.

## Getting To Know Your Aquatic Center – Part 4 (continued)

The best pool water starts with a UV system. Our UV system harness the power of ultraviolet light to lower chemical levels, eliminate chlorine by-products, and to make pools safe, healthy, and easier to manage. UV systems destroy over 99.6% of pathogens that may enter the pool. Our UV system does the heavy lifting by lowering chemical demand up to 90%, drastically reducing chemical cost. Toxic chloramines and other disinfection by-products are safely eliminated. With a UV system there is no longer a need for an algacide. This combined with a drastic reduction of chlorine makes for a very stable environment, meaning regular pool maintenance is far less onerous. Additionally, the operating cost of the UV system is very low; a single lamp system is equivalent to running a 60W light bulb. UV pool sanitation is a trademark of the most socially responsible swimming pools.

Pools make for challenging construction in outside installations, but they become increasingly complex as you bring them indoors. The poolroom environment is in a constant state of flux and we need to control and balance five crucial variables that include indoor air quality, occupant comfort, energy cost, pool water chemistry and asset protection.

Excess moisture releases into the indoor pool enclosure when pool water warms to swimming temperature. This moisture is heavily laden with disinfectants and in most cases this condensate includes chloramines, a corrosive byproduct of the pool’s

sanitization process, that aggressively attacks metallic surfaces including furniture, fixtures and structural components. If left uncontrolled, mold and mildew will eventually permeate every inch of an indoor swimming pool facility, as well as any adjoining structures and may create very high operating cost and destruction of equipment.

So where does all the evaporated water — the moist air — go? If not removed through ventilation or mechanical dehumidification, it will condense on any cold surface it touches. To avoid mold and structural problems, investing in the proper dehumidifier can save money and maintain a healthy environment.

Now imagine having a dehumidifier that

- protects all critical components from corrosion by isolating them from the pool air stream in a separate vestibule
- delivers the longest life possible by using fully coated coils and pipes
- includes state of the art, corrosion resistant, ultra-efficient, quiet fans that maximize air flow and minimize noise with no belts or pulleys to wear out or adjust
- has fully dipped coils for total corrosion protection – not just the fins
- removes 45 to 170lbs/hr of moisture and 3,000 to 16,000 CFM of air handling in the absolute smallest footprint possible to prevent interior room damage
- uses 85% less refrigerant charge, has superior compressor performance with advanced refrigeration monitoring and control technology
- is energy efficient by heating the

pools and the room using recycled energy by recovering energy from the dehumidification process, which will often heat an entire pool room for the cost of operating the dehumidifier alone instead of bringing in outdoor air which must be heated or cooled to the desired room temperature, in effect wasting energy.

- Cools the room during the warm months and can make the air feel cooler, even when temperature is held constant, by stabilizing room temperature.
- is monitored 24/7 via the internet to ensure peak performance for the lifetime of the unit. Provides WebSentry monitoring technology by providing remote monitoring support, analyzing and reporting on all the critical functions 24/7-real time. Should maintenance be required, or trouble alerts occur, the system automatically notifies KCCA maintenance and provides them immediate, secure remote online access to the unit.

Building and maintaining an indoor pool facility is a major undertaking, and it must operate efficiently to maximize the return on investment. The Seresco dehumidification system chosen for our facility was the best choice for our unique situation and one of the best investments included in our aquatic center.

You can be assured when the choices were made to install a variety of equipment from tankless water heaters to the Seresco dehumidifier the best choices were made for maximizing user comfort, protecting our assets and reducing maintenance to the lowest possible cost.

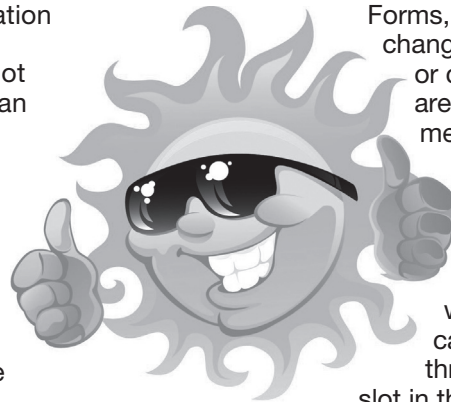
# Notice of Temporarily Limited Office Window Services

Until the Administrative Assistant position is permanently filled, the office window will be offering the following limited services:

- Amenity key or indoor pool card sales / turn-in;
- member / property information updates;
- requests for common pre-printed forms or information (such as KCCA Club contacts);

- taking amenity reservation requests (note, same-day reservations will not be possible, please plan ahead); and,
- message taking, for other staff or Board members.

We ask that assessment payments be made by U.S. Mail, if possible, or dropped in the



Forms, such as LARC change requests or complaints, are located in a metal rack that is located just to the right of the Clubhouse office window. These can be turned in through the mail slot in the office door if

the window is closed. They will be provided to the LARC Chair and handled in their ordinary course. The window staff will not be able to offer advice on form completion or information on LARC Committee turnaround time, however, we will call members when their change forms have been signed.

Other requests will be handled by remaining staff, turnaround time will depend on volume.

Thank you all very much for your gracious patience during this transition time! See the new window hours on page 2.

Thank you all very much for your gracious patience during this transition time! See the new window hours on page 2.

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# Quilt Guild News & Information

Submitted by Carol Springer

Tualatin Valley Quilt Guild (TVQG), invites both experienced and novice quilters to attend their guild meetings or to join their guild. Established as a guild in 2006, TVQG is recognized as a Non-Profit 501(c)(3) charity. As a guild we sponsors two yearly retreats, hold open sew days, and host a free monthly charity-related sew day. Our members share the appreciation of all aspects of quilt making, and if they wish, assist multiple local charities, or participate in our active Quilts of Valor sewing group.



also include door prizes simply for attending, monthly Block of The Month and Fat Quarter drawings, and a Show and Tell presentation that allows quilters to show off their latest accomplishments. Other events include at least two yearly Open Sew Days, and we host different quilt challenges that assist quilters of all experience levels to widen their quilting knowledge and skills.

Yearly dues are \$35.00. Membership year runs from July through June. Dues are prorated if joining mid-year. Guests are always welcomed at General Meetings and to the Open Sew Days; however, there is a \$5.00 guest fee to attend.

For more information about the guild or its activities, email [TVQG.News@gmail.com](mailto:TVQG.News@gmail.com) or visit the website at [tvqg.wordpress.com](http://tvqg.wordpress.com). We would love to see you at our next meeting.

Monthly meetings are held at 7:00 p.m. the third Tuesday of each month at the KCCA Clubhouse, except in December. Meetings include a guest speaker known within the quilting community, or feature a quilting-related program. Meetings



## LABOR DAY POTLUCK!

*Join Us!*

**Monday, Sept. 3, 2018**  
**Annual Picnic/Potluck**  
 Noon - 2:00 p.m.  
 At the KCCA Clubhouse  
 Banquet Room

★ Bring your favorite dish to share plus your own plate, utensils, cup and extra drinks if desired. Coffee and tea will be provided. Volunteers needed. Call Jeannie at 503-642-4104 for more information. ★

# KING CITY SENIOR VILLAGE

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*ice cream*  
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**SUNDAY, AUGUST 19<sup>TH</sup>**

**9:30 A.M. – 1:30 P.M.**

I scream, you scream, we all scream for ice scream!  
 Join us at King City Senior Village for a delicious brunch buffet followed by an ice cream social! Make your own sundae or cone with various flavors of ice cream and toppings. \$10/person.

Space is limited, so please call 503-684-1008 to reserve your seat.

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 2 Bedroom Apartments  
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**Call 503-684-1008**  
 to schedule a tour.

# CHECK IT OUT - Your KCCA Library

Submitted by Debbi Estes

**New Audio Books.** The library has acquired about 20 new audio books from some of the library's most popular authors. Come check out the new titles!

**Library's Overdue Books.** Thanks to library patrons who have returned overdue books. If you have overdue books, please return them as soon as you can. Checkout is not required of paperbacks but all other volumes have a 30-day loan period. DVDs are due back within 7 days. Overdue fines are not assessed. Your help is most appreciated!

**Library Donation Details.** Our library is built and maintained primarily on resident donations. We appreciate donations in "Like

New" condition. Shelf space is very limited, so please contribute books 2014 and newer. When in doubt if we can use your donations, please ask first. Volunteers are available to answer questions Monday – Friday 9:30 – 11:30 and 1 – 3. Or contact Judy Holmes (503-312-1510).

**The Great American Read** next broadcast is Sunday August 26, 10 p.m. – 12 a.m. on OPB Plus. This is an 8-part PBS series narrated by Meredith Vieira, exploring and celebrating the power of reading through the lens of American's current 100 best loved novels. Stop by the KCCA library to pick up the current list of the top 100 novels. Check out OPB or [www.pbs.org/the-great-american-read/home](http://www.pbs.org/the-great-american-read/home) for further details, to vote for your favorite book, and lots of reading focused fun.



**Poetry Contest Coming Soon.** Get out your pen, paper and rhymes; warm up poetry skills including alliteration, couplets, meter and refrains. A poetry contest will be announced soon, sponsored by your KCCA library. In conjunction with our contest, we hope to host a poetry reading. We invite resident poets to contact the library if they would like to be included in a poetry reading event.



## NATIONAL NIGHT OUT

JOIN YOUR FRIENDS FOR A  
NEIGHBORHOOD POTLUCK

AT THE KCCA CLUBHOUSE

Help us celebrate National Night Out!  
Beginning at 6:00 p.m. on **Tuesday, August 7, 2018**  
Bring your place setting...food to share...and a smile!

### What is National Night Out?

Celebrating their 35th year this year, National Night Out is an annual community-building campaign to forge relationships with local law enforcement and firefighters. The Hello Neighbors Social Committee will be hosting KCCA's event for the first time on August 7 to strengthen neighborhood spirit, empower the community to own their streets and increase community connections. The best way to build a safer and more caring community is to know your neighbors and your surroundings. We depend on both our law enforcement and local firefighters who provide a valuable service to our community. Come and share a meal!



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***"Thank you to the KCCA community for making the July 4th Potluck a big success.  
And a big thank you to everyone who volunteered to set up and take down for this event."***



## King City Music Club

Submitted by Lynn Turner

The King City Music Club invites you to bring your inner child to our next musical program on Monday, August 6, at 2 p.m. The chorus and some of the soloists will offer songs from Disney movies. In addition, some of our musicians will be performing favorites from other venues. Musical Director Muriel Dresser will provide professional accompaniment throughout the program.

If you attended our show on July 2, you no doubt were ‘proud to be an American’ by the show’s end. Ginny Broom (standing in for Dennis Pollmann as emcee) introduced music of America, ending with the audience joining as Betty Cobb and the chorus sang God Bless America, while two of Ginny’s little grandchildren came forward, waving flags.

All performances and rehearsals take place on Mondays at 2:00 p.m., in the Banquet Room at the KCCA Clubhouse located at 15245 SW 116th Avenue in King City. For information about the Music Club, contact President Muriel Dresser at 503-684-3978.



### SENIOR DAYCARE

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## Making Memories: King City Camera Club

Submitted by Dick Wiggers

When it comes to vacations, our family has always believed in going away to make memories and coming home to rest. Since moving to the Portland area in 2002, my wife and I have discovered that we don’t have to go far to experience one memorable place after another. This was especially true in June and July. Recent tours with out-of-town friends took us to Camp 18, Cannon Beach, Astoria, the wineries of Dundee Hills, a hike around Trillium Lake, lunch at Timberline Lodge, the Tigard Hot Air Balloon Festival, Fourth of July fireworks, Multnomah Falls, and two days at Lost Lake. Having picture perfect weather added to the enjoyment.

In mid-July, several members of the King City Camera Club joined other photographers from the Columbia Council of Camera Clubs in Chiloquin, OR, for the 4 C’s quarterly summer meeting. In addition to the business meeting, a night sky photo shoot will take place at Crater Lake, and a wildlife photo outing near Chiloquin.

The King City Camera Club will be starting up again soon, with the first monthly competition scheduled for Monday, September 10, and the first

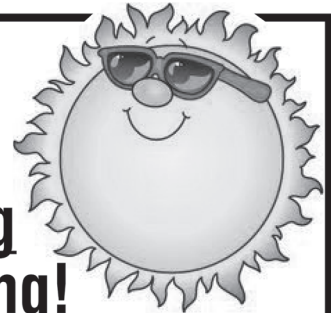


Mt. Hood from Lost Lake – “Last Light” Photo by Dick Wiggers

program at 7:30 p.m. on Monday, September 17 (to be announced). If you have pictures you’re looking forward to sharing, or if you just want to come and make some new friends who enjoy photography, we hope to see you in September. In the meantime, make those memories. And remember your camera. Don’t leave home without it!

To learn more and view the work of our members, visit our King City Camera Club website. You can also find a list of the competition subjects for the coming year.

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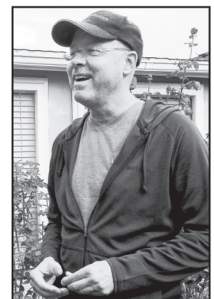


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# KCCA ACTIVITIES CALENDAR

## Sunday

### Room Codes:

AC = Arts & Crafts Building  
 BoD = Board of Directors  
 CC = Crown Center  
 CH = Clubhouse  
 MP = Multi-Purpose  
 MR = Meeting Room  
 CR = Computer Room  
 LG = Lounge

## Monday

### July 2018

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## Tuesday

### September 2018

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

## Wednesday

8:00am MR Men's G Meeting  
 10:00am CH Tai Chi  
 10:15am SB Play Shu  
 10:30am CH (Greens)  
 11:30am CH Ladies G  
 12:15pm MP Afternoon  
 12:30pm MR Women's  
 1:00pm CC KC Royal  
 6:30pm CH Yoga  
 6:30pm PV KC Terr

9:30am CH Bread Delivery **5**  
 1:00pm CH First Sunday  
 1:00pm CH Club Fair - New Member Welcome  
 7:00pm MP Interfaith Devotion

8:30am MR Lions Board Meeting **6**  
 10:00am LARC Committee  
 10:15am SB Play Shuffleboard  
 12:00pm CH Yoga  
 1:00pm AC Poker  
 1:30pm MR Mexican Train  
 2:00pm CH KC Music Club Performance  
 6:00pm CH BINGO  
 7:00pm CC Camera Club Board Mtg

9:00am AC Ceramics **7**  
 9:00am CC Private Event  
 9:15am CH Fitness and Fun  
 10:30am Croquet Club  
 12:30pm MR Ladies Bridge  
 12:30pm CH Duplicate Bridge  
 12:45pm MP Cribbage Club  
 4:00pm CH Hello Neighbors Social Committee Event  
 5:45pm MP Pinochle  
 7:00pm MR TV Quilt Guild Board Mtg.

10:00am MP Tai Chi  
 10:15am SB Play Shu  
 10:30am CH (Greens) Bowling  
 11:00am CH Women's  
 12:00pm CC Quilters  
 12:15pm MP Afternoon  
 12:30pm MR Women's  
 6:00pm CH SW Corn  
 6:30pm CH Yoga

9:30am CH Bread Delivery **12**  
 2:00pm CH Monthly Musical Performance  
 7:00pm MP Interfaith Devotion

9:30am CC Travel Club Board Mtg **13**  
 10:15am SB Play Shuffleboard  
 12:00pm CH Yoga  
 1:00pm AC Poker  
 1:00pm MP Bunco  
 2:00pm CH KC Music Club  
 6:30pm MR Mexican Train  
 6:30pm AC Woodshop Club

**OFFICE CLOSED** **14**  
 9:00am AC Ceramics  
 9:15am CH Fitness and Fun  
 10:00am MP Republican Women Discussion Group  
 10:30am Croquet Club  
 12:15pm CH AARP Smart Driver Course  
 12:30pm MR Ladies Bridge  
 12:30pm CH Duplicate Bridge  
 12:45pm MP Cribbage Club  
 5:45pm MP Pinochle  
 6:30pm CH Board of Directors Meeting

10:00am CH Tai Chi  
 10:15am SB Play Shu  
 10:30am CH (Greens) Bowling  
 12:00pm CC Quilters  
 12:15pm MP Afternoon  
 12:15pm CH AARP S  
 12:30pm MR Women's  
 6:30pm MP Yoga  
 6:30pm CH SW Rep

9:30am CH Bread Delivery **19**  
 7:00pm MP Interfaith Devotion

10:15am SB Play Shuffleboard **20**  
 12:00pm CH Yoga  
 1:00pm AC Poker  
 2:00pm CH KC Music Club

9:00am AC Ceramics **21**  
 9:00am CC Private Event  
 9:15am CH Fitness and Fun  
 10:30am Croquet Club  
 12:30pm MR Ladies Bridge  
 12:30pm CH Duplicate Bridge  
 12:45pm MP Cribbage Club  
 5:45pm MP Pinochle  
 7:00pm CH TV Quilt Guild

10:00am CH Tai Chi  
 10:15am SB Play Shu  
 10:30am CH (Greens) Bowling  
 12:15pm MP Afternoon  
 12:30pm MR Women's  
 1:30pm CC Bunco B  
 6:00pm MP Imperial Board M  
 6:30pm CH Yoga

9:30am CH Bread Delivery **26**  
 7:00pm MP Interfaith Devotion

10:15am SB Play Shuffleboard **27**  
 12:00pm CH Yoga  
 1:00pm AC Poker  
 2:00pm CH KC Music Club

9:00am AC Ceramics **28**  
 9:15am CH Fitness and Fun  
 10:30am Croquet Club  
 12:30pm MR Ladies Bridge  
 12:30pm CH Duplicate Bridge  
 12:45pm MP Cribbage Club  
 5:45pm MP Pinochle  
 6:30pm CH Board of Directors Meeting

10:00am CH Tai Chi  
 10:15am SB Play Shu  
 10:30am CH (Greens) Bowling  
 12:15pm MP Afternoon  
 12:30pm MR Women's  
 6:30pm MR Royal G Board M  
 6:30pm CH Yoga



# CALENDAR - AUGUST 2018

Wednesday	Thursday	Friday	Saturday
<p>Board of Directors</p> <p>1</p>	<p>9:00am AC Ceramics</p> <p>9:00am MP Knitting Group</p> <p>9:00am CH Coffee with a Board Director</p> <p>9:15am CH Fitness and Fun</p> <p>9:45am CC T.O.P.S. Club</p> <p>10:00am MR King City Bible Study</p> <p>10:30am Croquet Club</p> <p>11:00am CH Line Dancing</p> <p>1:00pm MP Artists' Guild</p> <p>1:00pm MR Greens Committee Meeting</p> <p>2:00pm MR Phase 10 Cards</p> <p>2:00pm CC Finance Committee Mtg</p> <p>5:30pm CH (Greens) Lawn Bowling</p> <p>6:00pm AC Poker</p> <p>7:00pm CH Democrats Club</p> <p>2</p>	<p>8:00am CC PCC &amp; Board of Directors Meeting</p> <p>10:00am CC Mah Jongg Club</p> <p>10:00am MR Bible Study: Book of Mark</p> <p>10:00am MP Hello Neighbors Committee Meeting</p> <p>10:00am CH Tai Chi</p> <p>10:15am SB Play Shuffleboard</p> <p>12:00pm CH Yoga</p> <p>2:00pm CH Movie Time</p> <p>6:30pm MR Canasta</p> <p>7:00pm CC First Friday Bridge</p> <p>3</p>	<p>10:00am AC Computer Club</p> <p>10:30am CH (Greens) Lawn Bowling</p> <p>6:00pm MP Pinochle Double Deck</p> <p>4</p>
<p>Shuffleboard</p> <p>Lawn</p> <p>8</p>	<p>9:00am AC Ceramics</p> <p>9:00am MP Knitting Group</p> <p>9:15am CH Fitness and Fun</p> <p>9:45am CC T.O.P.S. Club</p> <p>10:00am MR King City Bible Study</p> <p>10:30am Croquet Club</p> <p>11:00am CH Line Dancing</p> <p>1:00pm MP Artists' Guild</p> <p>2:00pm MR Phase 10 Cards</p> <p>5:30pm CH (Greens) Lawn Bowling</p> <p>6:00pm AC Poker</p> <p>6:30pm CH Garden Villa Board Meeting</p> <p>9</p>	<p>8:00am CC PCC &amp; Board of Directors Meeting</p> <p>10:00am CC Mah Jongg Club</p> <p>10:00am MR Bible Study: Book of Mark</p> <p>10:00am CH Tai Chi</p> <p>10:15am SB Play Shuffleboard</p> <p>12:00pm CH Yoga</p> <p>6:30pm MR Canasta</p> <p>10</p>	<p>10:00am AC Computer Club</p> <p>10:30am CH (Greens) Lawn Bowling</p> <p>6:00pm MP Pinochle Double Deck</p> <p>6:30pm CC Polish Poker</p> <p>11</p>
<p>Shuffleboard</p> <p>Lawn</p> <p>15</p>	<p>9:00am AC Ceramics</p> <p>9:00am MP Knitting Group</p> <p>9:15am CH Fitness and Fun</p> <p>9:45am CC T.O.P.S. Club</p> <p>10:00am MR King City Bible Study</p> <p>10:30am Croquet Club</p> <p>11:00am CH Line Dancing</p> <p>1:00pm MP Artists' Guild</p> <p>2:00pm MR Phase 10 Cards</p> <p>2:00pm CC Finance Committee Mtg</p> <p>5:30pm CH (Greens) Lawn Bowling</p> <p>6:00pm CH BINGO</p> <p>6:00pm AC Poker</p> <p>16</p>	<p>8:00am CC PCC &amp; Board of Directors Meeting</p> <p>10:00am CC Mah Jongg Club</p> <p>10:00am MR Bible Study: Book of Mark</p> <p>10:00am CH Tai Chi</p> <p>10:15am SB Play Shuffleboard</p> <p>12:00pm CH Yoga</p> <p>2:00pm CH Movie Time</p> <p>6:30pm MR Canasta</p> <p>17</p>	<p>9:00am CH Private Event</p> <p>10:00am AC Computer Club</p> <p>10:30am CH (Greens) Lawn Bowling</p> <p>5:00pm CC Sip &amp; Sup</p> <p>6:00pm MP Pinochle Double Deck</p> <p>18</p>
<p>Shuffleboard</p> <p>Lawn</p> <p>22</p>	<p>9:00am AC Ceramics</p> <p>9:00am MP Knitting Group</p> <p>9:15am CH Fitness and Fun</p> <p>9:45am CC T.O.P.S. Club</p> <p>10:00am MR King City Bible Study</p> <p>10:30am Croquet Club</p> <p>11:00am CH Line Dancing</p> <p>1:00pm MP Artists' Guild</p> <p>2:00pm MR Phase 10 Cards</p> <p>5:30pm CH (Greens) Lawn Bowling</p> <p>6:00pm AC Poker</p> <p>6:30pm CH Community Meeting</p> <p>23</p>	<p>8:00am CC PCC &amp; Board of Directors Meeting</p> <p>10:00am CC Mah Jongg Club</p> <p>10:00am MR Bible Study: Book of Mark</p> <p>10:00am CH Tai Chi</p> <p>10:15am SB Play Shuffleboard</p> <p>11:00am CH Lions Club Golf Tournament/Luncheon</p> <p>12:00pm CH Yoga</p> <p>6:30pm MR Canasta</p> <p>24</p>	<p>10:00am AC Computer Club</p> <p>10:30am CH (Greens) Lawn Bowling</p> <p>6:00pm MP Pinochle Double Deck</p> <p>25</p>
<p>Shuffleboard</p> <p>Lawn</p> <p>29</p>	<p>9:00am AC Ceramics</p> <p>9:00am MP Knitting Group</p> <p>9:15am CH Fitness and Fun</p> <p>9:45am CC T.O.P.S. Club</p> <p>10:00am MR King City Bible Study</p> <p>10:30am Croquet Club</p> <p>11:00am CH Line Dancing</p> <p>1:00pm MP Artists' Guild</p> <p>2:00pm MR Phase 10 Cards</p> <p>5:30pm CH (Greens) Lawn Bowling</p> <p>6:00pm AC Poker</p> <p>30</p>	<p>8:00am CC PCC &amp; Board of Directors Meeting</p> <p>10:00am CC Mah Jongg Club</p> <p>10:00am MR Bible Study: Book of Mark</p> <p>10:00am CH Tai Chi</p> <p>10:15am SB Play Shuffleboard</p> <p>12:00 PM CH Yoga</p> <p>6:30 PM MR Canasta</p> <p>31</p>	

## Zumba Gold Dance Classes for Seniors

*Do you like to move to music and be with friends? Then Zumba Gold is for you!*

A Zumba Gold class for seniors takes place in the King City Civic Association Clubhouse Banquet Room every Monday at 1:10 p.m. for 45 minutes. The class is led by Dina Alldred.

Zumba Gold is a low-impact dancing exercise class for older adults in a fun atmosphere. The music includes a variety of Latin, swing, country and oldies. It builds cardiovascular health and works the muscles of the hips, legs, and arms using easy dance moves. The moves are simple and no experience is required. The emphasis is on fun!

The cost is \$5.00 a class until the class has 10 regular attendees, at which time the cost will be reduced to \$3.00 per class. Your first class is free. Come and see what it's all about!

## Volunteers Needed: City Kids Fishing

Boys and girls living in Portland's inner city and other urban areas need positive experiences. Many of these youths face the disadvantage of growing up with only one or no parent at all. **City Kids Fishing Club** is a non-profit organization that provides sportsmanship, ethics, sharing, excitement and camaraderie at local lakes and ponds. Through sponsored and chaperoned fishing trips, we know a positive experience is the best gift we can give.

We begin the day by hosting a warm breakfast for the children and their chaperones. A few fish stories are told, and then we head to one of our lakes near Beaver Creek or in Sherwood. Once there, fishing gear is set up and the kids are off to have fun and learn a few skills as well. Every child has a great chance of

catching a few nice rainbow trout and creating stories of their own. A lakeside barbecue lunch tops off the day and we do our best to send everyone home with a great experience.

### How You Can Get Involved Today

We are always looking for people to help make sure the children catch fish on their outings. Prior to their trips, we stock our lake with plenty of beautiful rainbow trout. For just a few hours of your time and a couple of bucks, you can help ensure we hear the words "I got one!" as a bobber begins to dunk.



To sign up as a volunteer to help kids during a half-day fishing trip, contact Tigard resident Michael Schmierer at 503-639-8797. You can also donate a few dollars to help pay for the fish that are stocked in the lakes. Go to [www.citykidsfishing.com](http://www.citykidsfishing.com) for more information.

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## King City Golf Course

*Submitted by Joy Olmstead  
Pro Shop Manager*

Wow!! Here we are over halfway through our 2018 golf season. How time flies by when we're having fun!

On June 15, the golf course hosted the Nick Jones Memorial Golf Tournament. The weather was perfect for golf,

and the golf attire was definitely in Nick's style! The family is already planning for the Second Annual Nick Jones Memorial Golf Tournament in 2019!

A great big "Thank You!" to all who participated in this year's annual Fourth of July Firecracker Golf Tournament and Golf Cart Parade. Once again, a lot of fun and great

decorated golf carts!

The Annual King City Lions Club Golf Tournament will be held on Friday, August 24. This tournament is open to all golfers! The team sign-up sheets will be available soon at the Pro Shop.

Downsizing? Cleaning out the garage? If you have golf equipment that you would like to part with, give us a call. We will be happy to help you sell those items on consignment at the Pro Shop.

Lastly, as a reminder, please do not use the golf course or the cart paths for your daily walk, even if you don't see any golfers playing. I know we have a beautiful course, but remember... The course private property and it would be trespassing to stroll through the course when not playing golf. This is also for your safety. Thank you!



# King City Women's Golf Club

Submitted by Janet Craig



I hope everyone is enjoying our warm weather, I know the golfers are. We had our Spring Tournament this past month. We played a two ladies best ball tournament.

The winners were:

**1st place** – Cheryl Carrier and Diana Pfler with a score of 52

**2nd place** was a three way tie – Cindy Wallace and Jan Hall, Joan Jackson and Genevieve Lee, and Wendy Marchant and Diana Dawson all with a score of 54

**3rd place** – Jackie Davison and Ellen Lee with a score of 55



**4th place** – Nancy Strouder and Karen Wright with a score of 56

**5th place** was a two way tie between Nancy Skirvin and Marilyn Haymond, and Joy Hirl and Patsy Sweet with a score of 57

Nice golfing ladies!

Next month we are hosting Summerfield Women's Golf Club for golf and a luncheon after golf. Our theme is "Out of Africa", so if you see lions, monkey's and elephants out on the tee area don't worry, they are harmless!

If you are new to the area and like to golf please come and join us. We have all levels of golfers and our new members always tell us how welcoming and fun we are to golf with. For more information call Wendy Marchant at 503-207-3409 or Janet Craig at 503-704-0277.

## "MOVIE TIME" Matinée

Submitted by: Ginny Jones



August is HELEN MIRREN month with more great free movies, on the first and third Fridays of the month. Want a ride? Hop on the King City Ride Connection shuttle by calling 503-226-0700 and request pick-up for "Movie Time" (time allotment on each movie for pick-up after movie.) Free popcorn at all movies, just bring your drink and join the "Movie Time" gang. Questions? 503-914-5568



### August 3 – Friday 2 p.m. – Free movie "EYE IN THE SKY"

RATED: R | 1HR42MIN | HDX | 2016 | DRAMA/THRILLER

A lieutenant general (Alan Rickman) and a colonel (Helen Mirren) face political opposition after ordering a drone missile strike to take out a group of suicide bombers in Nairobi, Kenya.



### August 17 – Friday 2 p.m. – Free movie "WINCHESTER"

RATED: PG13 | 1HR39MIN | HDX | 2018 | DRAMA HISTORY/THRILLER

HELEN MIRREN, JASON CLARKE, SARAH SNOOK

Inspired by true events. Ensclosed in her sprawling California mansion, eccentric firearm heiress Sarah Winchester believes she is haunted by the souls of people killed by the Winchester repeating rifle. To an outsider, Sarah Winchester's (Helen Mirren) 7-story home looks like a monstrous monument to a disturbed woman's madness.

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# King City Travel Club - Cascade Locks Sternwheeler

Submitted by Dee Schiavone

The next King City Travel Club trip will be Wednesday August 22, 2018. The Travel Club will cruise the Columbia River Scenic waterway. This cruise is only offered on Wednesdays during the months of June through September.

During this special five hour excursion, a narrator will describe the "Landmarks of the Gorge", its history and all of the beauty along the way. We will travel from Cascade



locks to the Bonneville Dam where the Sternwheeler will enter the locks. It will glide past natural and historic landmarks such as Multnomah Falls, Beacon Rock and Vista House which is high upon a bluff above.

The cruise will begin with a continental breakfast and later a delicious buffet lunch which includes dessert, tea and coffee. There is a

full service bar where drinks may be purchased but are not included in the cost of the trip which is \$100.00. The cost of the trip includes transportation, the cruise continental breakfast, buffet lunch and all fees and gratuities.

Reservations must be made no later than August 13, 2018. **NO REFUNDS WILL BE MADE AFTER THAT DATE.**

To participate in this adventure, you must be a KC Travel Club member with Emergency Contact information on file. There will be forms available when you sign in if you do not have a form already on file. Each traveler must be a paid member of the KC Travel Club. Annual dues are \$5 and are to be paid in a separate check from the cost of the trip. The checks are to be placed in the Travel Club slot at the Clubhouse Office. Reservations must be made **BEFORE** sending checks. If you

have a care person, that person must pay for their space on the trip.

The bus will depart from the KC Library parking lot promptly at 8:30am. Depending on traffic the return time will be 5pm. Please arrive in time to sign in and receive your nametag before boarding the bus.

For reservations contact Beverly Kirk at 503-598-9414

If you are interested in doing more trips with the KC Travel Club, we have some fun things coming up. In September (TBA) we have tentative plans for a trip to the Kettle Chips Factory in Salem, OR. On November 15th 2pm, we planning to see some of our local community members in the Senior Theatre at Alpenrose Dairy Farm. On December 6-8, we are planning for 3 days and 2 nights in Coos Bay at the Mill Casino/hotel. Included in the trip will be a tour of the Shore Acres State Park & Botanical Gardens to see the Gardens lite up for the Holidays.

**NOTE: There will be no Travel Club trip in September."**

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## Tuesday Night Pinochle Scores

Submitted by Pearl Sprague

The **King City Tuesday night pinochle club** reports the following winners for the month of June:

**June 5:** Ruby Miller - 9550, Peggy Trees - 8990; **June 12:** Lawrence Stover - 8710, Marilyn Herrold - 8260; **June 19:** Reita Wood - 8120, Marilyn Herrold - 7970; **June 26:** Anna Lundford - 9090, Marilyn Herrold - 7980.

This group meets every Tuesday night at 5:45 p.m. in the KCCA Multi-Purpose Room with play starting at 6:00 p.m. All players are welcome. You don't need to be a King City resident to play and you don't need a partner. For more information, call Anna Lunsford at 503-620-9251.

## Wednesday Afternoon Pinochle Scores

Submitted by Pearl Sprague

The **King City Wednesday afternoon Pinochle Club** announces the following high scores for the month of June:

**June 6:** Marilyn Herrold - 9660, Belle Wilder - 8620; **June 13:** Ruth Lehman - 9670, Pam Lewis - 9000; **June 20:** Judy Fleck - 9280, Pam Lewis - 9250; **June 27:** Belle Wilder - 8900, Pearl Underwood - 7950.

The Wednesday Afternoon Pinochle Club meets every at Wednesday 12:15 p.m. in the KCCA Clubhouse in the Multi-Purpose Room with play beginning at 12:30 p.m. If you are looking for a fun-filled afternoon of cards, come and meet the group. For more information, call Belle Wilder at 503-598-0278.

## King City Tuesday Afternoon Cribbage Club

Submitted by Jack Croll

Do you play cribbage? We're looking for players who enjoy the game to join our Tuesday afternoon club.

We play six games of three or four handed cribbage. We meet at 12:45 pm in the Clubhouse Multi-Media Room. Play begins promptly at 1:00. You do not need to be a King City resident to play.

For more information call Jack Croll at 503-747-2766 or Bev Kirk at 503-598-9414.

Following are the winners for the month of June:

**June 5:** 1st - Blair Wyatt, 2nd - George Patton, 3rd - Wayne Anderson

**June 12:** 1st - Joe Gamiao, 2nd - Wayne Anderson, 3rd - Mary Thorsfeldt

**June 19:** 1st - Wayne Anderson, 2nd - Glen Loaiza, 3rd - Valerie Schuyler

**June 26:** 1st - George Patton, 2nd - Dee Moser, 3rd - Joe Gamiao



## Monthly Musical Concert

Submitted by Shirley Frank

The King City Monthly Musical Concert will present the six member band EQUINOX in the King City Civic Association Clubhouse on Sunday, August 12, at 2:00 p.m. Many of you will recognize the lead singer, Jo Ann Brinkman. For several years Jo Ann donated her time as director of the Monday Music Club Chorus and always lent her lovely voice to a solo at their "Open Mic" performances.

Equinox has performed at several venues in the Portland area with favorites from all eras of American music, but concentrating on the 50's to 70's. These are mostly vocals, but instrumentals too, such as Tequila and some Latin numbers. Some of the songs we heard last

year were California Dreamin', Love Potion Number Nine, Under the Boardwalk, YMCA and some Beatles tunes. Our audience loved them.

Refreshments will be provided following the concert. Birthdays and anniversaries will be honored as well as having drawings for the raffle. Thanks much to KCCA and Columbia State Bank for providing the funding for these wonderful programs. Hope to see you there on August 13!

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# Tech News and Tips from the Computer Club

Submitted by Mark Mehall

## Tech News

According to the FTC, scammers use online dating sites, apps, and chat rooms to trick you into sending them money. These imposters create fake profiles to build online relationships, and eventually convince people to send money in the name of love. Some even make wedding plans before disappearing with the money. It's a big problem: reports to the FBI about online romance scams tripled between 2012 and 2016, and imposter scams were among the top reports to the Federal Trade Commission. Join us on Aug. 4th to learn all about the various scams.

## Tech Tip

If you get a suspicious looking text (or email) on your phone and it asks you to urgently confirm information, it's not coming from a legitimate institution. Therefore, don't reply and don't tap on the link in the message.

Simply delete it. Your bank, financial institution, Internet Service Provider or favorite online retailer will never ask for sensitive info this way. When in doubt, contact the company directly.

## Saturday Classes

The King City Computer Club provides a friendly and open environment where members can learn about computers, smartphones, tablets, digital cameras and modern technology at their own pace. The club classroom has a collection of Windows and Macintosh computers, printers and Wifi for members to use on site. Classes meet in the computer room in the Arts & Crafts / Library Building every Saturday at 10:00. "Walk-ins" are welcome. The class fee is \$2 and the first class is free.

Note: you can bring your used printer cartridges, CDs and DVDs to the Arts and Craft building. As a public service, the computer club offers free recycling for CDs, DVDs and ink / laser toner

cartridges. Please don't throw them in the trash.

## Computer Club Topics

(Classes are at 10:00 AM Saturdays in the Arts & Crafts Building)

- Aug. 4 - Scams - (and how to protect yourself)
- Aug. 11 - Microsoft Office and Alternatives
- Aug. 18 - Virtual Private Network (VPN)
- Aug. 25 - Photography Composition Techniques

### For more information, contact:

Marie VanderWeele, 503-624-1973  
Jeanine Peyton, 503-443-1704  
Ted Walling, 503-598-8067  
Mark Mehall, 503-481-4188.

Visit the computer club's website:  
[www.kingcitycomputer.club](http://www.kingcitycomputer.club).



# Chronic Pain Management Support Group

Submitted by Tim Harless, Advocate with the American Chronic Pain Association



The definition of chronic pain is having long-lasting pain that continues for more than three months, or for some, a lifetime. I suffer from the latter. And I have also noticed the normal aches and pains that come with aging – I'm 68 this year – and those aches and pains don't seem to get better. It limits my daily activities and if I'm not careful, my Over the Counter (OTC) pain relievers can be taken in a quantity that can do damage to my internal organs. Recently I found the American Chronic Pain Association when I was in a confused state seeking answers

that I didn't get from my VA primary care physician.

The goal of multidisciplinary pain management is to increase function, improve quality of life, and reduce one's sense of suffering.

The American Chronic Pain Association uses relaxation techniques as one of the necessary coping skills for dealing with pain. But when you are in a great deal of pain, it is difficult to relax. Relaxation, in part, is redirecting your thoughts off of your pain and on to something else that you enjoy. But that can also be difficult. To help you understand the complexity involved, take a moment, and say the alphabet to yourself while also counting from one to 25 at the same time. Give it a try; you might be surprised at the results. You'll see that you can't do it. Why? Because we have a one-track mind. While we are thinking A, B, C, we cannot be thinking 1, 2, 3.

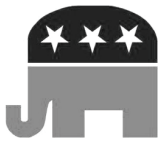
So during the time that you are trying very hard to accomplish this task you were not focused on your pain thus you reduce your sense of suffering, one of the goals of pain management. With practice you can redirect your thoughts off of your pain and on to other things. This is a distraction. I play harmonica and guitar. Playing or listening to music is great for me. I lose myself into the music. Three to 5 minutes may not seem like much but with some practice this too can be a pleasant distraction lasting through a recital or a symphony.

If you live in chronic pain and would like to join a support group or start your own please contact Tim Harless, ACPA Advocate at 503-688-3500 or visit our website at [www.theacpa.org](http://www.theacpa.org).

We are currently starting a support group at the OHSU, Center for Health and Healing, 1, South Waterfront. Starting on July 14, we will meet every second and fourth Saturday at 2 p.m.

## SW Republican Club Meets Aug. 8

Submitted by *Billie Reynolds*



On August 8, 2018 the SW Corridor Republican Club will meet at the King City Civic Association Clubhouse at 6:30 p.m. for snacks. Speakers Kevin Hoar and State Representative

Rich Vial will address the prospects for 2018.

You won't want to miss this important time so close to the election to learn how you can and need to make a difference in your community and neighborhood. Kevin has served Washington County as GOP Chair, delegate to the Republican National Convention, and co-led the State Government Transparency group that acted as the springboard for the election of our Rep. Secretary of State, Dennis Richardson. He serves as the volunteer Communications Director for the State GOP. Also with us will be Rich Vial, our District Representative to the Oregon Legislature. He will give us an update as he hasn't stopped working just because the legislature is not meeting.

Each second Wednesday until after the November election will be important to each of us as we work and vote for a successful 2018 GOP election in Oregon and nationally. Questions? Call 503-716-8098 or 506-639-6545.

## Democrats to Host Potluck Supper

Submitted by *Janet FERENCE*



Please join us on August 2 for an informal potluck supper to kick off the fall campaign season. Carl

Fisher, Washington County's professional Democratic Party Field Director, will be the featured speaker at our gathering of the East Washington County Democrats this month.

Carl will offer a review of the primary election results and will present an introduction to the fall campaigns. He will also share insights into local and state candidates who are running, as well as information about upcoming ballot measures. His remarks will be followed by an open discussion of the many ways that you can be involved as a volunteer in supporting these campaigns.

A veteran campaign organizer, Carl Fisher has been in the field for 15 years, and he has held his current post for four years. As a professional Field Director, he manages a network of over 500 activists involved in the Neighborhood Leader Program in Washington County. This grassroots voter outreach program has been widely successful at improving Democratic voter turn-out rates.

You are welcome to attend this free event on Thursday, August 2, 2018, at the King City Civic Association Clubhouse located at 15245 SW 116th Avenue in King City. The informal potluck supper will begin at 6:30 p.m., and the program will start at 7:00 p.m. We encourage you to bring your favorite dish to share, or if you wish, please feel free to enjoy supper as a guest.



## AARP Smart Driver Course August 14 & 15

A two-day AARP Smart Driver course will be held at the KCCA Clubhouse Banquet Room on August 14 and 15, 2018 from 12:15 - 3:15 p.m. both days. This is a great refresher course that helps seniors receive a multi-year discount on their auto insurance and is designed to keep their driving skills up to date. Call the KCCA Office at 503-639-6565 by August 13 to sign up. The fee is \$15 for AARP members and \$20 for non-members payable to the instructor when you arrive the first day.



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# Travel Opportunities

Submitted by Les Schuller



On September 14, 2018 at 10:00 a.m. Laura Hernandez, Business Development Manager for Collette Tours will do a power point presentation on three popular tours for 2019 in the Game Room of the Summerfield Clubhouse.

The presentation will discuss upcoming trips to Iceland, Ireland, and New England (USA). These trips are co-sponsored with the Summerfield Travel Club for residents in King City, Summerfield, and the Highlands. Brochures will be available at the September 14 presentation. Information on deposits, booking deadlines and payment dates will be covered for each of these tours.

Residents can bring family and friends on Collette Tours. Pick up and return to the Summerfield Clubhouse from the airport are included in these Collette Travel programs. For more information, contact Les Schuller at 503-716-8216.



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