



KING CITY CIVIC ASSOCIATION

AN ADULT - 55 AND OLDER - COMMUNITY

NEWSLETTER

Also available on KCCA's website: www.mykcca.com

Hello Neighbors Social Committee

WOW!!! What a great July 4th here in King City. We had it all - a **Car Rally** with cars of all shapes, colors and sizes **AND** a **Parade** with decorated golf carts, bikes, wagons and lots of kids. Collaboratively, Hello Neighbors Social Committee and Sherry Pattison from the Morning Coffee Group handed out **coffee, donuts** and **muffins** to the throngs gathering for their walk down to the Community Park. Donut holes were the biggest hit (by the kids, of course!). About 300 cups of coffee were served (to grownups, of course!). We'll do it again next year, for sure.

Hello Neighbors continued by holding the **Annual KCCA July 4th Potluck** later that morning. Close to 60 King City residents attended bringing some of their favorite dishes to share. It was nice to see a few new faces sitting at the tables. Mary Lou Russ again managed

to stump the crowd with her July 4th trivia questions. We are becoming an educated group, thanks to Mary Lou!

The excitement didn't stop on the 4th. The next day, Friday, July 5th, **Movie Time** was showing its first concert, "**The Bee Gees.**" Well, as luck would have it, a power outage made a grand entrance **BUT** so did our Administrator who saved the day to restart the modem so the TV could reboot. No disappointed people that afternoon. **Thanks, Ronnda!!** The next movie showing on **August 2nd** is "**The Upside.**"

There will be a **New Residents Welcome Meeting** on **Sunday, August 4th** at **2:00 pm** in the Clubhouse

Lounge. While it sounds like it is for new residents, **any** resident who has not attended one in the past is encouraged to join us. This is a great way to learn more about your community, meet new neighbors and have a good time doing so. There will also be a tour of the upper amenities afterwards for anyone interested. We hope you'll join us. You don't want to miss the **fun,**

prizes and **good refreshments!!**

Don't forget about **NATIONAL NIGHT OUT** on **August 6th** at the Clubhouse. This is a great time to enjoy your neighbors. You'll have an opportunity to try shuffleboard, lawn bowling, croquet or ping pong. See the flyers posted around the community and the poster in the Clubhouse lobby for details. Please call Judy Holmes, 503-312-1510 for more information.

On **August 18th** from **1:30-3:30pm**, Hello Neighbors invites residents and their families to enjoy another **Sundae Sunday** event building your own ice cream sundae with a variety of fun toppings. This is always a fun time for kids and grownups. Look for the flyers and poster for more details.

Hello Neighbors continues to welcome new members, new ideas and suggestions. **Any resident** is welcome to attend our meetings whether they wish to join our Committee or just visit. Meetings are held **once a month** on the **1st Friday** at **10:00 a.m.** in the **Clubhouse Multi-purpose Room.** If there are any questions, please call **Peggy Trees, (503) 620-0703** or **Nancy Hayes, (503) 747-5327.**



President's Notes

Submitted by Rob Cavasher,
Board President

The election is over, new board members have been elected and officers chosen. While its often not the best idea to predict the upcoming year, the new board is working on approving new charters for the board committees, recruiting new committee members, and focusing on getting the parking lot complete. So, in short even though it's early, we're off to a good start. Soon we'll begin to plan for the budget for the coming year, rewriting some of our governing documents, planning for the remodel of the women's restroom, and responding for the unforeseen issues that arise. If you haven't been to a board meeting lately, drop by on a Tuesday evening. You will see a group of people who are focused on keeping King City a great place to live, making sure the golf course and pool are first rate amenities for our residents and finally continuing to focus on the infrastructure and from time to time seeing a board that can laugh as well as solve problems. Finally remember "It's good to live in King City."

ABOUT THE KCCA NEWSLETTER

Publisher/AdvertisingMichael Antonelli, Tigard Life: 503-692-9215
The King City Civic Association Newsletter is published monthly, provided on a non-subscription basis to all members of KCCA, and delivered by King City Lions Club volunteers.

Articles for KCCA's newsletter are due to info@mykcca.com no later than: **2nd Friday of the month** for following month's newsletter

Articles submitted are printed as-is. Committees and Clubs must submit their articles by email, or in typewritten form, to avoid name misspellings or other inaccuracies.

For advertising information, please contact Mike Antonelli:

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KCCA BOARD OF DIRECTORS 2019-2020

Rob Cavasher, President
rcavasher@mykcca.com

Diana Platika, Director
dplatika@mykcca.com

Laurie Petrie, Vice-President
lpetrie@mykcca.com

Sandi Fuhrman, Director
sfuhrman@mykcca.com

Steve Garner, Secretary
sgarner@mykcca.com

James Trees, Director
jtrees@mykcca.com

Helen Harper, Treasurer
hharper@mykcca.com

The KCCA Board of Directors and each of the KCCA Board Committees meet at the following times. Please check the calendar for meeting locations.

KCCA Board of Directors Meeting 2nd & 4th Tues 6:30 p.m.
Clubs & Amenities Committee Meeting 1st & 3rd Tues 10:00 a.m.
Finance Committee Meeting 1st & 3rd Thurs 12:00 p.m.
Greens Committee Meeting 1st Thur 1:00 p.m.
House Committee Meeting 2nd Mon. 3:00 p.m.
Hello Neighbors Social Committee Meeting 1st Fri 10:00 a.m.
LARC Committee Meeting 2nd & 4th Tues 8:30 a.m.
Pool Committee Meeting 2nd Sun 5:00 p.m.

KCCA CONTACT INFORMATION

Ronnda Zezula, Administrator administrator@mykcca.com

Clubhouse Member Services Window, 15245 SW 116th Ave. **503-639-6565**

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

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

Joy Olmstead, Pro Shop Manager golf@mykcca.com

Jeff Halfman, Golf Course Superintendent golfsuper@mykcca.com

Crown & Aquatic Centers - 16880 SW 126th Ave. CC: **503-639-0084**

Open 24/7, except M-F from 9 am to Noon (closed: cleaning/maintenance) AC: **503-624-2978**

KCCA's Website www.mykcca.com

Important Notice:

On May 28, 2019, the KCCA Board of Directors voted to: "Rescind Resolution 2012-404 to allow putting KCCA funds in interest-bearing, liquid money market accounts." Approved Minutes of KCCA Board of Directors meetings can be viewed on our web site at www.mykcca.com/resource-center/meeting-minutes. Recent minutes (current month and one month prior, due to space limitations) are also posted on the Clubhouse bulletin board. Members who wish to inspect KCCA records may write to the KCCA office (if by email, to info@mykcca.com) following the process in Resolution 202-307.

KCCA Clubhouse Parking Lot Update

The KCCA Board of Directors voted on July 9, 2019 to open the Clubhouse parking lot for parking, except for the spaces that are marked "No Parking" and blocked with cones. Until work on the ADA parking spaces is completed, please consider dropping off / picking up members or guests who have difficulty with mobility at the front door.

As of the date of this writing (July 12), the plans for completing the parking lot work have been filed. Next, the Board will select a contractor (to complete the additional work required) from proposals being sought by the Administrator. After that work is completed, the sealing and striping of all three parking lots can be done. This work will be staged to keep open space for parking.

Notice of parking lot closures will be posted at the front entrances of the Clubhouse, Arts & Crafts Building and Pro Shop as soon as the contractors schedule their work. Notice, and any new status information, will also be posted in the Announcements on the home page of our web site (mykcca.com).

LARC July

Submitted by Rob Cavasher, LARC Chair

Seems like summer just started but August is just a bit over two weeks away. The LARC committee has been working on developing a smoother and simpler way to communicating with residents. Our primary function is to educate residents about guidelines for property upkeep and maintenance for KCCA residences in order to protect property values. For example, if you are planning on painting your home, contact a LARC member for a brochure of paint colors from which to pick. The brochure is also available at the front desk. Just choose the ones you want, fill out the application, have three neighbors sign their agreement and proceed. Lawns also need to be mowed in a timely manner and bushes need to be no higher than the home's windows. The committee is also considering how to make forms easier to read and making the process user friendly.

Finally, we have several openings on the LARC committee for new members. If interested, speak to any member or send an email to Rob Cavasher at the clubhouse.

1st Sunday at KCCA

August 4th, 1-4 pm. Invite your friends and family to tour multiple properties for sale (detached homes, townhomes and condos) in our community. In addition the Clubhouse will be open, hosted by a resident volunteer, eager to provide an information packet and lead a guided tour of all KCCA has to offer. For further details or questions email KCCA's Hello Neighbors Social Committee Chair Steve Garner: sgarner@mykcca.com.

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TUESDAY, AUGUST 13TH AT 2:00 P.M.

With the growing number of states across the country that have welcomed legislation making marijuana legal, both medically and recreational, new products are being specifically tailored to older adults. One such product is Cannabidiol, or CBD.



CBD is a non-psychoactive part of the Cannabis plant that, unlike THC, will NOT get you high. It can be delivered as oil, topical creams or edibles. CBD has sparked a massive shift in the health and wellness communities as people everywhere are finding natural relief for pain, sleeping disorders, and much more.

Join us at King City to hear the experts from CHALICE FARMS explain the benefits of CBD and answer all of your questions.

Seating limited. Please RSVP to 503-684-1008.



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August Monthly Musical: Oregon Old Time Fiddlers



**IF YOU CAN'T DANCE TO IT,
IT'S NOT OLD-TIME FIDDLE!**

Traditional and Old-Time Fiddle Music from Montana

Produced by the Montana Folklife Project

Submitted by Shirley Frank

The King City Monthly Musical will welcome back the Oregon Old Time Fiddlers on Sunday, August 11th at 2:00 PM in the King City Clubhouse. In 1964 a group of fiddlers played together at the coast and decided they need to form an organization and meet more often. Thus, the Oregon Old Time Fiddlers was born and has grown until there are ten districts in Oregon. The Portland area is Dist. 7 and like all the others offers lessons to young students and newcomers. Besides performing for our audience, these accomplished musicians play at fairs, public events and local nursing homes in and around Oregon. Songs from Scotland, Ireland and a

young America are kept alive by these fiddlers who cherish this music style.

We will be honoring August birthdays and anniversaries. Raffle tickets will be on sale for \$1 with a chance to win \$5 or \$10 cash prizes. We thank Columbia State Bank and KCCA for providing these wonderful monthly music programs to the public free of charge. Come meet your neighbors and join us for some toe-tapping fiddle music.

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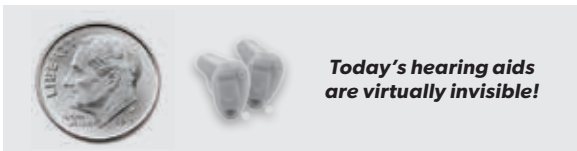
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CHECK IT OUT! Library News

Submitted by Carolyn Griffith

Can I use the library outside the librarians' hours? Absolutely! The library, in the Arts and Crafts Building, is private and only for the use of KCCA residents. It is open 24 hours a day, seven days a week. We encourage you to visit your library. All you need to enter is the key that allows you to enter the other KCCA facilities (except the Aquatic Center). Keys are available for a nominal charge at KCCA's office.

How can I learn about or check out new books? Each week a list is compiled of newly purchased or donated regular print and large print books. The list is displayed on the front counter for regular print books or near the rear window for large print books.

New books are located in an area adjacent to each list unless they've been checked out. If a book is present, check it out in the usual way. If you want to reserve a new book in either area sign up at the

front counter for the book you want to read. A volunteer will record your request and notify you in turn by phone when the book is available.

An example would be Della Owens' *Where the Crawdads Sing*. It has been on the New York Times best selling list for 44 weeks. We have it! You just have to sign up and wait your turn.

Did anyone finish the "stamps" jigsaw puzzle? Yes!! Thank goodness!!! It was a horribly difficult puzzle with no edge pieces, and with many repetitions, and a few extra pieces. I don't know the names of the heroes who completed that one, but I surely admire them!

A different puzzle is on the table now. Working on the puzzle in the air-conditioned library is a great way to cool off while exercising your

brain - and having fun as well!

How can I be informed about KCCA's Governing Documents?

Occasionally KCCA residents are not made aware of KCCA's regulations when they purchase their home in our community. The KCCA Library has a copy of KCCA's governing documents for you to peruse at your leisure. These are



Yes! The 'Stamps' puzzle has been completed!

not available to be removed from the facility, but there are comfortable chairs for you to use while you go through them. Be aware that the KCCA Board is in the process of working toward updating the documents.



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Road Construction





Road construction happening around the city - expect delays:

- 131st Avenue Improvements
- SW King Richard St.

www.ci.king-city.or.us/king_city_projects/index.php

King City Music Club

Submitted by Lynn Turner

On July 1, The King City Music Club presented a program of the singers' favorite songs. We received such positive reaction from the audience, that we've done what Hollywood always does with movies that succeed... we've made a sequel.

Join us on August 5 at 2pm, at the King City Civic Association building, 15245 SW 116th Ave. We will offer "Our Favorite Songs, Part 2."

We rehearse on Mondays at 2pm, at the same address. Why not loosen those rusty vocal chords and become a member. For more information, call President, Muriel Dresser at 503-684-3978.



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<p>FRIDAY, AUGUST 2ND 9:00 AM - 4:00 PM CEDAR MILL COMMUNITY LIBRARY 12505 NW CORNELL RD PORTLAND, OR REGISTER: 503-871-2816</p>	<p>TUESDAY, AUGUST 6TH 8:30 AM - 3:30 PM JUANITA POHL CENTER 8318 SW TUALATIN RD TUALATIN, OR REGISTER: 503-691-3061</p>	<p>MONDAY, AUGUST 19TH 9:00 AM - 4:00 PM TUALITY HEALTH EDUCATION CENTER 334 SE 8TH AVE HELLSBORO, OR REGISTER: 503-708-0650</p>
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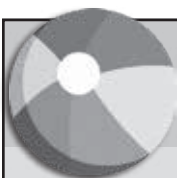
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KCCA ACTIVITIES CALENDAR

Sunday

Monday

Tuesday

Wednesday

Water Aerobics
Aquatic Center
Monday - Friday
8:00 a.m. & 6:30 p.m.

Shuffleboard
Mon • Wed • Fri
10:30 am
& 1:30 pm

Member Services
Window Hours*

Mon. 8am - 1pm
Tues. 2pm - 7pm
Wed. 8am - 1pm
Thurs. 8am - 1pm
Fri. Closed

*except holidays

Room

AC = Arts & Crafts
AQ = Aquatic Center
CC = Crown Ceramics
CH = Clubhouse
MP = Multi-Purpose
MR = Meeting Room
CR = Computer
LG = Lounge

9:30am LG Bread / Pastry Delivery **4**

1:00pm CC Poker Tournament

1:00pm LG First Sunday

2:00pm LG New Resident Welcome

7:00pm MP Interfaith Devotions

8:30am MR Lions Board Meeting **5**

9:30am LG Morning Coffee

9:30am MP Table Tennis

12:00pm CH Yoga

12:45pm CR Poker

1:20pm MR Mexican Train

2:00pm CH KC Music Club Performance

6:00pm CH Bingo

7:00pm CC Camera Club Board Meeting

8:30am MR LARC Meeting **6**

9:00am AC Ceramics

10:00am CC Clubs & Amenities Committee

9:15am CH Fitness and Fun

10:30am Croquet Club

12:30pm CH Duplicate Bridge

12:30pm MP Cribbage Club

12:30pm MR Ladies Bridge

1:30pm CC Tuesday Cards

5:00pm CH HNSC National Night Out

5:45pm MP Pinochle

7:00pm MR TV Quilt Guild Board Meeting

8:00am Men's Golf Meeting

9:30am LG Morning Coffee

9:30am MP Table Tennis

10:00am CH Tai Chi

10:30am Lawn Bowling

11:30am CH Ladies Golf

12:15pm MR Afternoon Meeting

12:30pm MR Women's Meeting

1:00pm CC KC Royal

9:30am LG Bread / Pastry Delivery **11**

2:00pm CH Monthly Musical Performance

5:00pm CC Pool Committee Meeting

9:30am LG Morning Coffee **12**

9:30am MP Table Tennis

9:30am MR Travel Club Board Meeting

12:00pm CH Yoga

12:30pm MP Bunco

12:45pm CR Poker

2:00pm CH Music Club Practice

3:00pm House Committee Meeting @ Hops on Tap

6:20pm MR Mexican Train

6:30pm AC Woodshop Club

7:00pm CH Camera Club Competition Night

9:00am AC Ceramics **13**

9:15am CH Fitness and Fun

10:30am Croquet Club

12:30pm CH Duplicate Bridge

12:30pm MP Cribbage Club

12:30pm MR Ladies Bridge

1:30pm CC Tuesday Cards

5:45pm MP Pinochle

6:30pm CH Board of Directors Meeting

9:30am LG Morning Coffee

9:30am MP Table Tennis

10:00am CH Tai Chi

10:30am Lawn Bowling

12:15pm MP Afternoon Meeting

12:30pm MR Women's Meeting

6:00pm CH SW Corn

9:30am LG Bread / Pastry Delivery **18**

1:30pm CH HNSC Ice Cream Social

7:00pm MP Interfaith Devotions

9:30am LG Morning Coffee **19**

9:30am MP Table Tennis

12:00pm CH Yoga

12:45pm CR Poker

2:00pm CH Music Club Practice

2:00pm MR HNSC Book Club

7:00pm CH Camera Club Programs Night

8:30am MR LARC Meeting **20**

9:00am AC Ceramics

9:15am CH Fitness and Fun

10:00am CC Clubs & Amenities Committee

10:30am Croquet Club

12:30pm CH Duplicate Bridge

12:30pm MP Cribbage Club

12:30pm MR Ladies Bridge

1:00pm LG Men's Golf Home & Home

1:30pm CC Tuesday Cards

5:45pm MP Pinochle

7:00pm CH TV Quilt Guild

9:30am LG Morning Coffee

9:30am MP Table Tennis

10:00am CH Tai Chi

10:30am Lawn Bowling

12:15pm MP Afternoon Meeting

12:30pm MR Women's Meeting

6:00pm MP Imperial meeting

9:30am LG Bread / Pastry Delivery **25**

12:30pm CH Private Event

9:30am LG Morning Coffee **26**

9:30am MP Table Tennis

12:00pm CH Yoga

12:45pm CR Poker

2:00pm CH Music Club Practice

7:00pm CH Camera Club: Show & Share Night

9:00am AC Ceramics **27**

9:15am CH Fitness and Fun

10:30am Croquet Club

12:30pm CH Duplicate Bridge

12:30pm MP Cribbage Club

12:30pm MR Ladies Bridge

1:30pm CC Tuesday Cards

5:45pm MP Pinochle

6:30pm CH Board of Directors Meeting

9:30am LG Morning Coffee

9:30am MP Table Tennis

10:00am CH Tai Chi

10:30am Lawn Bowling

12:15pm MP Afternoon Meeting

12:30pm MR Women's Meeting

1:30pm CC Bunco B

6:30pm MP Royal Ga

CALENDAR - AUGUST 2019



Wednesday	Thursday	Friday	Saturday
Codes: Community Center Community Center Banquet Rm. Lounge Meeting Room Meeting Room	9:00am AC Ceramics 9:00am MP Knitting Group 9:15am CC T.O.P.S. Club 9:15am CH Fitness and Fun 10:00am MR King City Bible Study 10:30am Croquet Club 11:00am CH Line Dancing 12:00pm CC Finance Committee Meeting 1:00pm MP Artists' Guild 1:00pm MR Greens Committee Meeting 2:00pm MR Phase 10 Cards 5:00pm Lawn Bowling Club 6:00pm CR Poker 6:00pm MP Table Tennis 6:30pm CH Democrats Club 6:30pm MR Private Group	9:30am LG Morning Coffee 9:45am MR Bible Study: Book of James 10:00am CC Mah Jongg Club 10:00am CH Tai Chi 10:00am MP Hello Neighbors Committee Meeting 12:00pm CH Yoga 2:00pm LG Movie Time 6:30pm CC First Friday Bridge 6:30pm MR Canasta	10:00am CR Computer Club Meeting 10:30am Lawn Bowling Club 6:00pm MP Pinochle Double Deck
Golf Board (@ Pro Shop) Coffee Tennis Bowling Club Golf Sack Luncheon Lawn Pinochle Club Mens Golf Bridge Family Red Hats	9:00am AC Ceramics 9:00am MP Knitting Group 9:15am CC T.O.P.S. Club 9:15am CH Fitness and Fun 10:00am MR King City Bible Study 10:30am Croquet Club 11:00am CH Line Dancing 12:00pm CH Beginners Line Dancing 1:00pm MP Artists' Guild 2:00pm MR Phase 10 Cards 5:00pm Lawn Bowling Club 6:00pm CR Poker 6:00pm MP Table Tennis 6:30pm CH Garden Villa Board Meeting	9:30am LG Morning Coffee 9:45am MR Bible Study: Book of James 10:00am CC Mah Jongg Club 10:00am CH Tai Chi 12:00pm CH Yoga 6:30pm MR Canasta	9:00am CH Private Event 10:00am CR Computer Club Meeting 10:30am Lawn Bowling Club 6:00pm MP Pinochle Double Deck 6:30pm CC Polish Poker
Coffee Tennis Bowling Club Lawn Pinochle Club Mens Golf Bridge Sidor Republicans Club	9:00am AC Ceramics 9:00am MP Knitting Group 9:15am CC T.O.P.S. Club 9:15am CH Fitness and Fun 10:00am MR King City Bible Study 10:30am Croquet Club 11:00am CH Line Dancing 12:00pm CC Finance Committee Meeting 12:00pm CH Beginning Line Dancing 1:00pm MP Artists' Guild 2:00pm MR Phase 10 Cards 5:00pm Lawn Bowling Club 6:00pm CR Poker 6:00pm CH Bingo 6:00pm MP Table Tennis 6:30pm MR Private Group	9:30am LG Morning Coffee 9:45am MR Bible Study: Book of James 10:00am CC Mah Jongg Club 10:00am CH Tai Chi 12:00pm CH Yoga 6:30pm MR Canasta	10:00am CR Computer Club Meeting 10:30am Lawn Bowling Club 4:00pm CC Sip & Sup 6:00pm MP Pinochle Double Deck
Coffee Tennis Bowling Club Lawn Pinochle Club Mens Golf Bridge Terrace HOA quarterly	9:00am AC Ceramics 9:00am MP Knitting Group 9:15am CC T.O.P.S. Club 9:15am CH Fitness and Fun 10:00am MR King City Bible Study 10:30am Croquet Club 11:00am CH Line Dancing 1:00pm MP Artists' Guild 2:00pm MR Phase 10 Cards 5:00pm Lawn Bowling Club 6:00pm CR Poker 6:00pm LG Community Meeting 6:00pm MP Table Tennis	9:30am LG Morning Coffee 9:45am MR Bible Study: Book of James 10:00am CC Mah Jongg Club 10:00am CH Tai Chi 11:00am LG (Patio) Jim Armour Memorial Golf Tournament 12:00pm CH Yoga 6:30pm MR Canasta	9:00am MP Paper Crafting 10:00am CR Computer Club Meeting 10:30am Lawn Bowling Club 11:00am CH Private Event 6:00pm MP Pinochle Double Deck
Coffee Tennis Bowling Club Lawn Pinochle Club Mens Golf Bridge Tables Gardens HOA	9:00am AC Ceramics 9:00am MP Knitting Group 9:15am CC T.O.P.S. Club 9:15am CH Fitness and Fun 10:00am MR King City Bible Study 10:30am Croquet Club 11:00am CH Line Dancing 12:00pm CH Private Event 1:00pm MP Artists' Guild 2:00pm MR Phase 10 Cards 5:00pm Lawn Bowling Club 6:00pm CR Poker 6:00pm MP Table Tennis	9:30am LG Morning Coffee 9:45am MR Bible Study: Book of James 10:00am CC Mah Jongg Club 10:00am CH Tai Chi 12:00pm CH Yoga 6:30pm MR Canasta	10:00am CR Computer Club Meeting 10:30am Lawn Bowling Club 6:00pm MP Pinochle Double Deck

KC Travel Club – Oregon Coast Aquarium

Submitted by Dee Schiavone

Oregon's spectacle of nirvana on display in every direction. No place is more alive than where the vast edge of Oregon dances with the wide open sea. This is Oregon's other border, where there is not a hard state line. Just an open invitation to come see, come learn and come hear. The coast is calling

The Oregon Coast Aquarium is the destination for the KC Travel Club on September 26, 2016. The Oregon Coast Aquarium is a nonprofit organization located in Newport, on the beautiful Oregon Coast. Their mission is to create unique and engaging experiences that connect you to the Oregon coast and inspire ocean conservation. You are invited to immerse yourself in the mysteries of the ocean. The Oregon Coast Aquarium is a captivating destination and a trusted resource for ocean education and conservation in the Pacific Northwest.

The Aquarium is a living classroom for all learning styles and ages. The Aquarium is a vital educational resource for the state,

with over 40,000 students visiting the Aquarium each year. The Aquarium strives to be a center of excellence for ocean literacy and plays an active role in conservation and animal rehabilitation efforts.

On the trip down the coast there will be a stop at the VanDuzer rest stop. Shortly afterwards there will be a lunch stop at the Clearwater Restaurant in Newport. After a delicious seafood lunch the bus will be waiting to continue the trip to the Aquarium.

The cost of the trip will be \$75.00. This price includes transportation, lunch, entry tickets and all gratuities. Reservations must be made no later than September 12, 2019. **NO REFUNDS WILL BE MADE AFTER THE DEADLINE DATE.** To participate in this adventure, you must be a KC Travel Club member with Emergency Contact information on file. 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. You must make a reservation BEFORE sending checks. If you have a care person, that person must pay



for their space on the trip. The bus will leave the KC Library parking lot at 8:00am and return at approximately 6:30pm. For reservations please call Al McFarling 503-718-7971 or Marcia Enyart 503-686-9799

The bus will leave the KC Library parking lot at 8:00am and return at approximately 6:30pm

Upcoming trips:

The Harvest Festival on Saturday, Oct. 12 in Hood River, \$40. More information to follow. **Verboort Sausage** on Sat., Nov. 2, \$40.

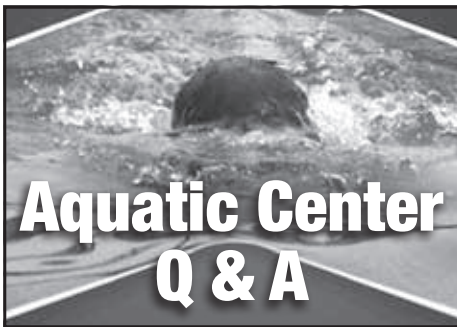
Portland Spirit Christmas Cruise Dec. 13. \$110. *There is a list of future KC Travel Club trips in the rack at the front desk at the Club House.*

Wood-shop Member Spotlight

Submitted by Terry Frakes

This month from the KCCA Woodshop members we have a member that enjoys building bird houses and outdoor furniture. It is a combination of 50's designer Frank Lloyd Wright style bird houses by "John's Wood-box" or furniture to be used for wine or drinks. What a thought, sitting sipping on your favorite beverage and watching the birds enjoying their new condos. For now that is it from the woodshop, but if you want to know more please contact Terry Frakes. at 503-968-9138.



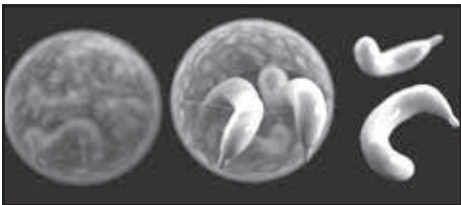


Why am I required to shower before entering the pool, even if I showered before leaving home?

Submitted by the Pool Committee

Showering before entering the pool is one of the least practiced habits before swimming in most countries around the world. In many ways it is understandable. After all, you are about to jump into a pool. What is the point of taking a shower first? What's the harm?

On July 1, 2019 the CDC published a new warning about the rise in fecal parasites found in swimming pools, caused by improper showering or lack of showering before entering a pool. The warning came from the CDC's recent Morbidity and Mortality Weekly Report, which highlighted a 13% increase in cryptosporidiosis (Crypto) outbreaks each year from 2009 to 2017. In about 35% of the outbreaks, sicknesses were linked to swimming pools and playgrounds. Public health experts say that even trace amounts of infected fecal matter on hands or swimsuits can contaminate swimming pools – and others who ingest it can become infected as well.



Unlike many other microscopic organisms that can be killed by a pool's chlorine or other chemicals, crypto can tread water for a long time. Crypto is special, it has an

outer shell which makes it resistant to chlorine and heat, and so Crypto parasite can live for more than a week in most pools. The CDC says ingesting the parasite can cause “profuse, watery diarrhea for as long as three weeks.” According to the CDC, young children, pregnant women and those with weakened immune systems are most likely to become ill when infected with Crypto.

I sympathize with swimmers who don't understand the reasoning behind the Oregon Health Authority shower requirement as their message is a bit unclear because it just says “shower your child and yourself. Take a cleansing shower before entering the pool or after using the toilet.” Perhaps their message would be clearer if it said, “thoroughly shower with soap” because that's what's needed to get rid of Crypto. A thorough shower with soap helps remove perspiration, body oils, cosmetics and traces of urine and fecal matter on the body. Sending those substances down the shower drain goes a long way toward reducing the “yuck factor” for everyone who shares the pool, but there is much more to consider.

When swimmers shower away impurities, they help reduce the risk of waterborne illnesses, such as diarrhea, swimmer's ear and skin infections. Fecal matter, in particular, contains germs that may be ingested when swimmers swallow contaminated water. Chlorine and other swimming pool disinfectants help protect swimmers from waterborne germs, but germ destruction is not instantaneous.

The Centers for Disease Control and Prevention (CDC) urges people to shower with soap before swimming as part of *Three Steps for All Swimmers to Protect Against Recreational Water Illnesses*. Yet, their survey found 44 percent of people do not believe it is necessary to shower before going in the pool. Only 32 percent of respondents surveyed say they always

shower before swimming.

The CDC recommends following these 4 easy steps to help keep germs out of the water and stay healthy:

1. Stay out of the water if you have diarrhea
2. Take a cleansing shower with soap before you get into the water
3. Don't release urine or fecal matter in the water
4. Don't swallow the water

The KCCA supports healthy pool water for all residents by including the following additional requirements:

- No person who is incontinent or wears diapers or other protection at any time is allowed in any pool or spa. Swimmies, diapers or other protection options are strictly forbidden in the pools. To clarify this rule further this means no person who normally wears diapers is allowed in the pools, even if the diaper is removed
- No person who has had diarrhea in the past two weeks should enter the pools
- A cleansing ONSITE shower is required, even if you showered at home before coming to the pool

According to the CDC survey, 95% of the public believe swimmers have an important role to play in maintaining a healthy pool. That's positive news.

The next step swimmers can take to help achieve healthier pools for our community is one that takes them into the shower for an ONSITE thorough soap cleansing pre-swim shower.



“MOVIE & CONCERTS TIME”

Submitted and hosted by: Ginny Jones



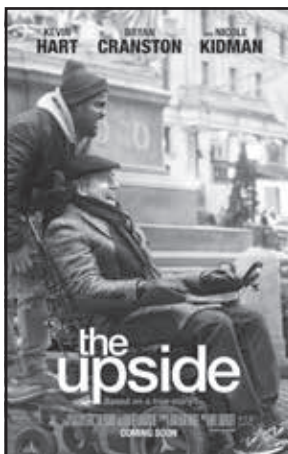
It’s “Movie Time” with great shows for you! Great Kick-off with the Bee Gee’s concert. Come a little early for short clips featuring your favorites. Movie Time is always great, alternating between Movies & Concerts showing on the 1st Friday of each month. Free popcorn at all Movies & Concerts, join the “Movie Time” experience. (Clubhouse Lounge) Thanks, Diane Tyhurst, Judea Pulella & Sherry Pattison Questions? 503-914-5568

August 2nd – Friday 2p

“THE UPSIDE”

**RATED: PG 13 | 126 MIN.
CC | HDX 1080 2019
TRUE STORY-COMEDY-DRAMA**

A true story based on the French film The Intouchables, this touching /comedy revolves around an unlikely friendship that develops between a wealthy quadriplegic man (Bryan Cranston) and his younger caregiver (Kevin Hart), who has a criminal record. Also starring Nicole Kidman and Julianna Margulies.

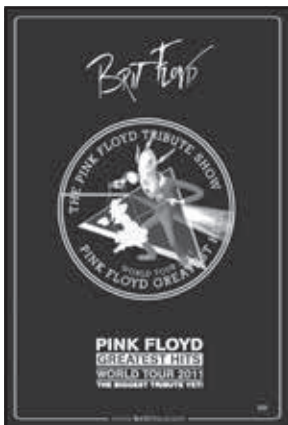


September 6th – Friday 2p

“PINK FLOYD TRIBUTE SHOW”

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Pink Floyd, were an English rock band that achieved international acclaim with their progressive and psychedelic music. Distinguished by their use of philosophical lyrics, sonic experimentation, and elaborate live shows, they are one of the most commercially successful and musically influential groups in the history of popular music. ENJOY!



Sponsored by: KCCA, “Hello Neighbors” and Elaine Simms of Ken Miller and Assoc.



King City Golf Course Salutes Our Heroes

Submitted by Joy Olmstead, Pro Shop Manager

In honor of our first responders and military personnel, King City Golf Course is pleased to offer reduced green fees of \$10 for each 9-hole round. Just show your active or veteran military ID, or proof of first-responder status.

For more information, contact Pro Shop Manager Joy Olmstead at 503-639-7986 or visit kccagolf.com.

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King City Women's Golf Club

Submitted by Janet Craig

The women's club has been busy with tournaments this summer. Kudos to Joy Hirl, Sue Wihtol, and Claudia Fredricks for a well organized 2 Ladies Spring Tournament. The tournament went two weeks and the winners were:



First place:
Ellen Lee and Cheryl Carrier

Second place: Jan Hall and Janet Craig

Third place: Julie Michel and Carol Schwirse

To celebrate the 4th of July we had a Red, White, and Blue day. Winners of the day were:

FLIGHT A GROSS:

First place - Ellen Lee 40
Second place – Wendy Marchant 41

FLIGHT A NET:

First place: Kathy Hendersen 27

Second place: Miki Taketsuka 33

FLIGHT B GROSS:

First place: Karen Wright 39
Second Place: Bev Terry 41

FLIGHT B NET:

First place: Diane Pointer 27
Second place: tie – Bev Raudy and Diana Plier 28

FLIGHT C GROSS:

First place: Cheryl Carrier 46
Second place” Janet Craig 48

FLIGHT C NET:

First place: Sue Wihtol 27
Second place: Brigita Robinson 28

FLIGHT D GROSS:

First place: Rosalie Robson 47
Second place: Barbara Brown 51

FLIGHT D NET:

First Place: Marilyn Haymond 28
Second place: Mary Thorsfeldt 29

If you like to golf and are interested in joining the King City Women's Club, please call Janet Craig at 503-704-0277.

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All classes are in the Club House Banquet Room and are open to the public. The class calendar is published monthly in the KC newsletter.

Cost is \$5 for a drop-in class or purchase 10 classes for \$30.

- Monday 12:00-1:00PM – Gentle Stretching
- Wednesday - Changes have been made to Wednesday Yoga
 - ~ There are no more evening classes.
 - ~ Beginning on Wednesday, Sept. 11, we will have yoga at noon.
 - ~ The first Wednesday of every month there will be no class due a scheduling conflict.
 - ~ Each month, on Wednesdays, we will focus on an area of exploration. September will be balance.
- Friday 12:00PM – Super gentle

If you've previously purchased a class card and are not going to use it, you are welcome to a refund.

For this or any other questions or to be placed on future class related emails, contact Sandra-Gail at sandragail7@gmail.com.

Democrats to Host Review of Legislative Session

Submitted by Janet Ference



The East Washington County Democrats will be hosting a potluck dinner on Thursday August 1, 2019. Along with sharing food, we will have a chance to hear from our legislators

and staff about this complex and momentous legislative session. Please join us to learn about legislation that passed, drama that transpired, and where we go from here. All are welcome. Bring food to share if you wish, or just join us for a meal, companionship, and discussion.

The East Washington County Democrats will host this meeting on Thursday, August 1, 2019, at the King City Civic Association Clubhouse, 15245 SW 116th Avenue. Everyone is welcome to join for the potluck starting at 6:30pm, followed by the program at 7pm.

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- Hauling of yard debris

Computer Club Classes

Submitted by
Jeanine Peyton

Jeff Higgason is scheduled to return to teach classes in the computer room at 10:00 the mornings of the first and third Saturdays in August. Class subjects are yet to be determined.



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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 4: Nancy Schade - 8470, Lawrence Stover - 8340; **June 11:** Pearl Underwood - 8940, Marilyn Herrold - 7460; **June 18:** Reita Wood - 13820, Harriet Holmes - 11160 (double deck); **June 25:** Reita Wood - 12900, Lawrence Stover - 11700 (double deck)

This group meets event 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 5: Harriet Holmes - 8570, Pearl Underwood - 8230; **June 12:** Belle Wilder - 9390, Marilyn Herrold - 8000; **June 19:** Harriet Holmes - 11610, Belle Wilder - 9970; **June 26:** Pearl Underwood - 11470, Judy Flack - 10620

The Wednesday afternoon Pinochle club meets every Wednesday at 12:15 p.m. in the KCCA clubhouse 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 p.m. 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 4: 1st - Dale Hass, 2nd - Liz Braam, 3rd - Beverly Kirk

June 11: 1st - Charley Morgan, 2nd - Edna Clarke, 3rd - Dee Moser

June 18: 1st - Connie Schwartz, 2nd - Liz Braam, 3rd - George Patton

June 23: 1st - Sandy Patton, 2nd - Valerie Schuyler, 3rd - Rich Heinichen

Texas Hold-em results June tournament

Submitted by Lono Waiwaiole

Congratulations to Ted Gilbo of Tualatin for winning the King City Texas Hold-em Tournament July 7th. Lono Waiwaiole of King City finished second and Joe Gamiao of Tualatin finished third. The next tournament will be Sunday, August 4th at 1 p.m. in the Crown Center. Contact Lono at 971-285-0773 for more information.



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NATIONAL NIGHT OUT

Join your friends for a neighborhood potluck at the KCCA Clubhouse!

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

WHAT IS National Night Out? National Night Out is an annual community-building campaign to forge relationships among residents, law enforcement and our fireman. The best way to build a safer and more caring community is to know your neighbors and your surroundings.

Hello Neighbors Social Committee will be hosting KCCA's annual event **August 6th**, to strengthen neighborhood spirit and encourage residents to be more involved in the daily life of our neighborhood. National Night Out is also to recognize and say "thank you" to the law enforcement officers and fire fighters that we depend upon all year around.

Share a meal and help us welcome those special men and women who protect us and our property daily. Rediscover your own community and join us **August 6th, 6:00 p.m.**

After dinner, try your hand at shuffleboard, lawn bowling or ping pong to close out the evening.

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