



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

NEWSLETTER

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

Resident Member Spotlight: Muriel Dresser

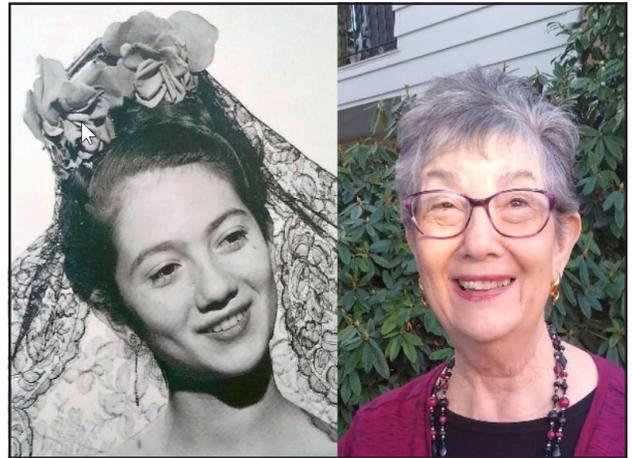
**KCCA
 MUSIC CLUB
 CHORUS
 PORTRAIT**

This is the second article of a series spotlighting a talented member of our KCCA Music Club Chorus. Each of our members has interesting backgrounds, some with professional experience. When not limited by the current pandemic, the chorus performs the first Monday of every month at 2:00 PM in the Clubhouse.

Muriel Dresser was born in Manhattan to a Jewish father and a Mexican mother in the middle of the great depression. She is the President of the KCCA Music Club and our superb accompanist. The picture shows her in her flamenco costume (she's only ten years old in this picture!), and today. Here is her story, in her own words:

"Born in Manhattan, my childhood was surrounded by music from classical to jazz. At ten years old, I knew I could play the piano; I simply "knew it!" After pleading with my mother, she finally purchased an inexpensive,

used spinet, retired from a church. I was absolutely thrilled, sat down and played it - my mother fainted - when she came to, I said, 'I told you so!' At six years old, I studied flamenco dance with my sister and headed for Hollywood, where we appeared in several movies and toured with a musical show. As a teenager, passing for 21, I sang in supper clubs and improvised music for dance classes for the L.A. school system. In 1978, we moved to Oregon (no smog!) My three children, all athletic, just loved it here. When I turned 60, I decided to trade-in my 4-door frumpy car for a spiffy current one. I purchased a Lincoln, and the general manager decided to sell himself along with the wheels. We married and went to Willamina, where we fulfilled Bud's dream of breeding dogs. Much to my surprise, I loved the country life, playing the piano, potluck, and Ohh - the friendly people.



Muriel Dresser

"Ten years ago, we moved to King City, and I thought, 'what am I going to do with my music?' And the King City Music Club was born. And we perform once a month to an audience of music lovers. During one performance seven years ago, I was approached and agreed to play for the choral group at Pacific Pointe, now Senior Village. I am deeply grateful to God for my God-given gift for music, and I enjoy sharing it with others. I am blessed!

In a recent performance, Muriel dusted off her castanets and tap shoes and performed a little flamenco to the audience's delight.

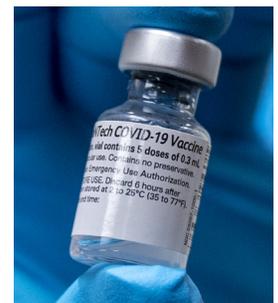
Thank you AARP



Thank you to AARP for providing tax services to King City Civic Association over the past many years. Due to COVID, they will not be here this year, but KCCA looks forward to them returning in 2022.

COVID-19 Vaccines

While many of us are anxiously awaiting the opportunity to receive the COVID 19 vaccine. Please note the most reliable place to receive facts about where and when you personally can receive the vaccine is by contacting your primary health provider



KCCA BOARD OF DIRECTORS 2020-2021

	Rob Cavasher , President rcavasher@mykcca.com	
Laurie Petrie , Vice-President lpetrie@mykcca.com	Mary Delamater , Treasurer mdelamater@mykcca.com	Toby Kuehl , Director tkuehl@mykcca.com
Sandi Fuhrman , Secretary sfuhrman@mykcca.com	Larry Mills , Director lmills@mykcca.com	Director - OPEN POSITION

KCCA will be holding Board of Director meetings via Go To Webinar following the normal Board meeting schedule. This is a call in only meeting, for members only, and attendees mics' will be muted.

Call in information will be emailed to all Sub Association Presidents, Club and Committee Chairs who have been asked to forward to their members.

If there are any questions, please feel free to contact our office at 503.639.6565.

Committee Chairs 2020-2021

Clubs & Amenities - Laurie Petrie	Greens Committee - Toby Kuehl
Budget Committee - Mary Delamater	Finance Committee - Mary Delamater
House Committee - Laurie Petrie	Pool Committee - Sandi Fuhrman
Hello Neighbors Committee - Larry Mills	LARC - Mary Delamater

KCCA TEAM

KCCA HOA

15245 SW 116th Ave, King City, OR 97224 • 503.639.6565

COVID 19 Updates: Club House & Office: Currently the office and clubhouse are closed for walk in use. Office is open to phone calls and emails **Mon. – Fri. 9:00 – 12:00**. Calls left on the weekend will be returned on Monday.

Pam Rinehart, Administrator
Communitymanager@mykcca.com

Melva Hauserman, Bookkeeper
books@mykcca.com

Administrative Assistant
(position open)

Pro Shop

15355 SW Royalty Parkway, King City, OR 97224 • 503.639.7986 • website: kccagolf.com

Pro shop is closed to walk ins. The Golf Course is open 8:00am - 8:00pm. Book tee times by calling 503.639.7986.

Jeff Halfman, Golf Course Superintendent
golfsuper@mykcca.com

Joy Olmstead, Pro Shop Manager
golf@mykcca.com

Crown and Aquatic Center are closed until further notice.
Library is closed until further notice.

ABOUT THE KCCA NEWSLETTER

Publisher/Advertising.....**Michael 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 office@kccahoa.com no later than: **15th of each 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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Home of the Month - February 2021



It is winter, and most homes have the bare bones of their usually beautiful

landscaping. I thought I would have trouble finding a home this month, but boy, was I wrong! I found several homes, even in the winter starkness, very striking. This month goes to a home on Queen Elizabeth. Gad Hitchcock owns this lovely place, and even in the winter, it stands out. The theme has an Asian design, complete with a dry riverbed, paths and even a whimsical three-frog statuary. Gad (he says this is not a nickname, but an old family

name) purchased this home partly because of the landscaping. He was in the service, and he and his wife spent time living in the Philippines. On his front porch is a fascinating porcelain elephant from India. He mentioned that in India, they used them to hold a casket!

One of the other things that caught my attention was a winter Japanese maple – it was beautiful in its starkness. If you are in Queen

Elizabeth sometime, slow down and check out this house.





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Improve Strength, Balance and Bone Density After 60!



According to the National Osteoporosis Foundation, half

of all adults fifty and older have osteoporosis or osteopenia, which leads to skeletal fragility and an estimated two million broken bones annually. Hip fractures account for 300,000 of these fractures and 24% of hip fracture patients over 50 die within a year, while after 6 months only 15% can cross a room unaided. These are

terrifying statistics, but you don't have to be one of them.

There are controllable lifestyle behaviors to defend against osteoporosis. Proper diet and nutrition are necessary for bone growth and maintenance and, most importantly, exercise is an essential defense against osteoporosis and fracture risk. Research by the Bone Research Lab at Oregon State University shows that performing targeted exercises later in life slows bone loss and improves strength and balance which may reduce fall risk. Their research-based exercise program is now available through Bone and Balance Academy, an online Zoom class that allows you to work at your own pace from home while still engaging in a group format and is focused on helping you maintain mobility and lifelong independence. Monica Eischen, the instructor, is certified through AFAA and OSU's Better Bones & Balance program and has been teaching these classes for 8 years. Each class is a full-body workout, varied in intensity to keep you challenged. Beginner and Advanced levels are offered.

To register for upcoming classes, visit www.boneandbalanceacademy.com.

Karla, a current student says, "This class checks all my boxes! Using weights, bands, balls and steps I have built strength and flexibility and have kept my constant arthritis pain at bay. The various balance exercises have saved me from falls several times and I feel strong. Monica mixes things up well and I always look forward to her challenges."

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SCAN ME

FROM AL'S EXPERTS: *Worthy of Edgeworthia*

Submitted by Tim Mouzakis

A very unusual Daphne relative that bears fragrant, bright yellow flowers on bare stems in winter. Sometimes called yellow Daphne, it's definitely a collector plant. Each 1" plus bud resembles an intricately designed tassel on the corner of an elegant Victorian pillow.

Edgeworthia is native to China and was named for Michael Edgeworth, a plant collector for the East India Company. In China, its bark is used to produce very high-quality paper and for various medicinal purposes. Here it is an unusual and elegant four seasons ornamental. Also called the Paper Bush, The leaves cluster at the tips of the branches giving



the shrub a decidedly lush and tropical appearance that really stands out in the garden. When the leaves drop, they reveal the slender and pliable reddish-brown bark.

My favorite season for

edgeworthia is winter after the leaves have dropped, and the buds have formed. The falling leaves also reveal edgeworthia's striking architectural habit. It is a multi-stemmed shrub that forms an almost perfectly rounded umbrella shape. Beautiful.



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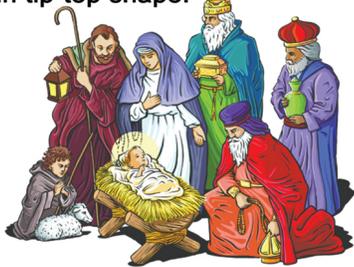
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It's Valentine's Day and cooking all day just doesn't seem like fun. You do want something nice for you and your special someone, but you don't feel like making a huge meal, just a nice special dinner for two. This recipe is both delicious and simple to make, with few ingredients and only 3 steps. I like to pair it with sautéed asparagus and jasmine rice, but it goes well with any side dish you like.

Lemon Rosemary Salmon

INGREDIENTS:

- 1 lemon, thinly sliced
- 4 sprigs fresh rosemary
- 2 salmon fillets boned and skin removed
- Coarse salt to taste (I like to use kosher salt)
- 1 tablespoon olive oil

DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Arrange half the lemon slices in a single layer in a baking dish. Layer with two springs of the rosemary and top with salmon fillets. Sprinkle salmon with salt, layer with remaining rosemary and top with remaining lemons. Drizzle with olive oil.
3. Bake 20 minutes in the preheated oven, or until fish is easily flaked with a fork.

Pam's Corner

Submitted by Pam Rinehart, KCCA Community Manager

Go forward in life with a
twinkle in your eye and a
smile on your face, but with
great purpose in heart.

Gordon B Hinckley

Living Here, Working Here and Loving King City

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none more important than the person
you choose to represent you.*



**Ken Miller
& Associates**

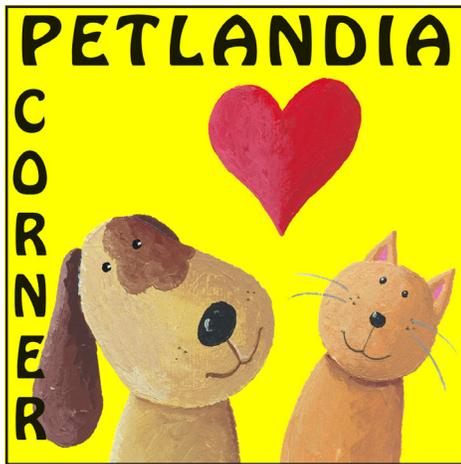
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King City loves their pets! Can we feature yours? Send your contact info to info@mykcca.com. A committee member will reach out to you to coordinate the photo & article.

ANGEL

Submitted by Marilyn Mason

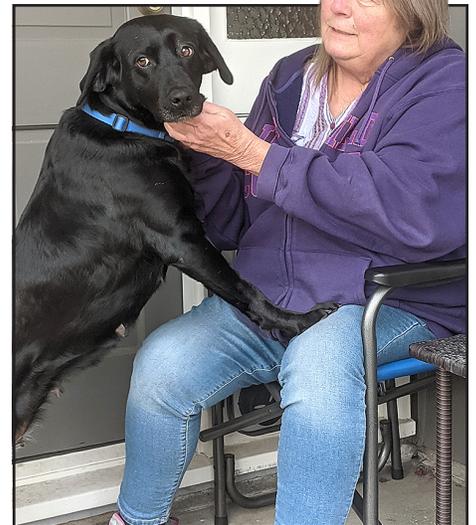
Angel is a 4-year-old, quite small black lab, weighing just 50 pounds. She came to King City in August this year to be loved by Karen Africa. Angel arrived obedience trained and is Karen's (3rd) service dog, currently in training, with Karen, to aid with mobility. Her more extensive mobility training will be thru a company that is certified. Karen has quite



a history with dogs, having done extensive training herself under American Canine Enforcement in California. Karen and her family first trained a German Shepard for Guide Dogs for the Blind, in San Rafael, California, thru a 4-H program. Karen's daughter is a vet tech, so luckily, Karen can get help from her on treatment for Angel. Recently it was fighting allergies, which was corrected fairly simply with an herb mixture added to Angels food.

When Angel came to Karen's, she had been re-homed thru Labs Rehoming. Karen, her daughter, and grandkids drove to Chehalis, Washington. They were so happy to find her, as Karen's especially

liked her smaller size, plus her age, which made for a great candidate for mobility training. Angel also helps Karen with balance issues, which Karen controls thru leash tension. Angel was very skittish at first but warmed up quite quickly. She loves her new mom and just wants to please, which is critical for a service dog. She receives no treats. Instead, she



responds best to praise and affection. With that praise, you better watch out, because her tail just starts flying. She loves making her master happy. She is a good girl, happy to see people, never leaving her territory, as they sit outside. She is timid, but once you use her name, then she is interested in you too.

As happy as this story is, it wasn't such a happy day in July when Karen lost Echo, her 14-year-old yellow lab. Echo was about as perfect as a dog could be. It was hard for many reasons, as you might imagine, and harder with COVID. Now, Angel warms the bed at night. I think these two were meant for each other. I'm unsure which of them, Karen or Angel, hit the jackpot the most.

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Tualatin golfer uses an unusual handicap: a blindfold

Narayan Gurung beat his friend while playing nine holes at the King City Public Golf Course

By Ray Pitz, Pamplin Media Group. Shared with permission from the Regal Courier.

Narayan Gurung said that at one point during the COVID-19 pandemic, he became so bored that he started to practice putting with his eyes closed.

At one point, after sinking a putt, Gurung's friends told him that he had good focus, crediting that to the discipline of his martial arts teaching experience.

And then they asked him if he thought he could golf blindfolded.

Gurung thought he could.

"I said, 'You want to play?' and they said, 'Yeah. Let's play,'" said Gurung, a Tualatin resident. "We set a day and played."

The first game was played over the summer against Gurung's friend Bud — also a Tualatin resident — who declined to give his last name. While blindfolded, Gurung notched a 51 at the King City Public Golf Course.



Narayan Gurung looks at his ball after he putts blindfolded at the King City Golf Course on Nov. 11. PMG PHOTO/JAIME VALDEZ



Narayan Gurung practices his swing before teeing off at the King City Public Golf Course on Wednesday, Nov. 11. Gurung and his friend Bud played a rematch after a game last summer where he won while blindfolded. He won again on Nov. 11. PMG PHOTO/JAIME VALDEZ

But then, on Wednesday, Nov. 11, Gurung stepped up to shoot a blindfolded 45 — just 11 shots over the course's par of 34.

And the hardest part?

"I missed four putts within 2 feet," said Gurung, joking that it was somehow more difficult on Wednesday than it had been last summer.

The good news is that on the No. 5 hole — a 167-yard par-3 — something special happened. Gurung hit his tee shot more than 160 yards and landed his ball 4 feet from the pin using a three-wood, Gurung recounted.

Gurung may not be able to see the course or the ball, but he knows what he's doing out there.

Gurung is originally from Nepal, from which he emigrated in 1993. A member at the King City Golf

Course since 2009, he first took up golf in 2004.

"I joined King City and learned what club to use for what distance, etiquette — everything I learned here," he said. "There's very good people here."

Bud said the game was all in good fun. Two other friends tagged along to play as well.

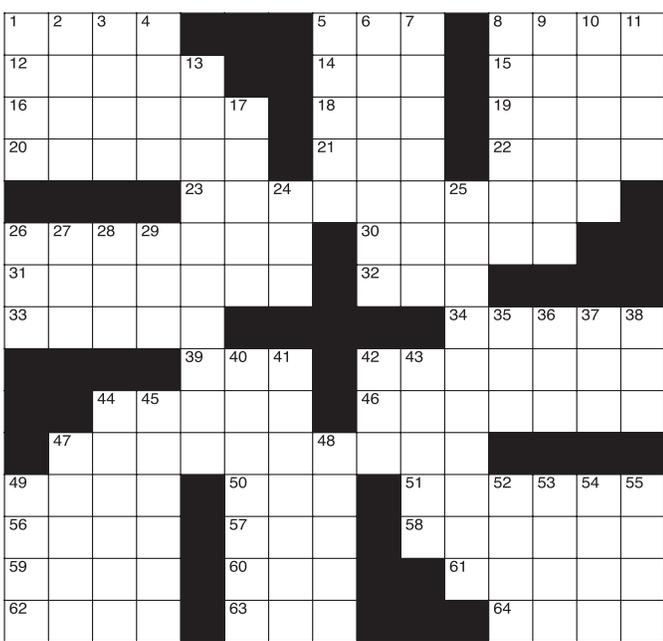
"He does good blindfolded," Bud admitted. "I ended up shooting a 52."

And while Bud acknowledged having a few bad holes on Wednesday, he said the weather was beautiful, and he plans to take on Gurung again at some point.

"The law of averages says I've got to beat him sometime," he remarked.

puzzle page

Look for answers on page 7



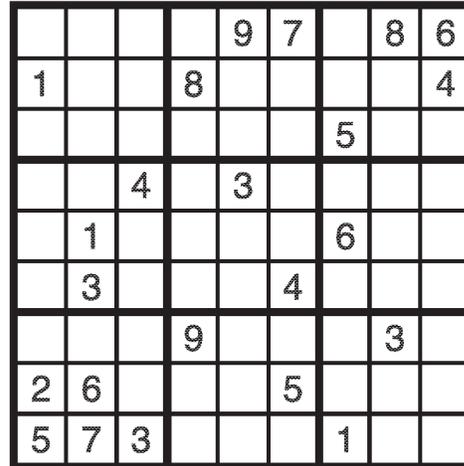
CLUES ACROSS

- 1. Nuclear near reach weapon
- 5. Of she
- 8. Hyperbolic function
- 12. Rice dish
- 14. A team's best pitcher
- 15. Strong and healthy
- 16. Induces
- 18. Popular manga series
- 19. From a distance
- 20. Split
- 21. Consumed
- 22. Cushions
- 23. All over
- 26. One who provides food
- 30. St. ___ Girl, brand of beer
- 31. Walking slowly
- 32. Wood
- 33. Semitic gods
- 34. Bugle
- 39. 60-minute periods (abbr.)
- 42. Congressman
- 44. Plant of the heath family
- 46. Subdivision of an army
- 47. Having many different forms
- 49. Shellfish
- 50. Latin for hail
- 51. Between sixth and seventh
- 56. Maori war dance
- 57. Precious or semiprecious stone
- 58. Teeter totter
- 59. Deity
- 60. A major division of geological time
- 61. Fishing net
- 62. Small Caribbean bird
- 63. Field force unit
- 64. Japanese beverage

CLUES DOWN

- 1. Prevents oil spills
- 2. Monetary unit
- 3. The color of the sky
- 4. Dough used to make tortillas
- 5. Popular comic strip character
- 6. Distinct form of a plant
- 7. Replenishment
- 8. Has its own altar
- 9. Expedition to see animals
- 10. Group of related organisms
- 11. His and ___
- 13. Frenetically
- 17. Small integer
- 24. Unit of energy
- 25. Studies of culture
- 26. Taxi
- 27. Doctors' group
- 28. Don't know when yet
- 29. Former measure of length
- 35. Popular CBS series
- 36. Skin condition
- 37. Christian creator and ruler of the universe
- 38. They ___
- 40. Caused severe damage
- 41. Work done under harsh conditions for no pay
- 42. One point east of due south
- 43. Sea eagles
- 44. Drenched
- 45. State capital
- 47. Italian city
- 48. Sweetheart (archaic)
- 49. Brief talk
- 52. Popular disco group: Bee ___
- 53. First Chinese dynasty
- 54. Military vehicle
- 55. Chinese Moslem

SUDOKU



Level: intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

TEA TIME WORD SEARCH



Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

- Aroma
- Bitter
- Black
- Blend
- Caffeine
- Camellia Sinensis
- Earthy
- Firing
- Flavor
- Green
- Harvest
- Herbal
- Leaf
- Loose
- Matcha
- Oolong
- Organic
- Oxidation
- Pekoe
- Pluck
- Steep
- Taste
- Tea
- White

Covid & Gratitude???

Submitted by Marilyn Mason

They don't seem to be possible in the same sentence, but let's "talk" about it.

*I'm grateful...*we live in a protected community. Us 55+ youngsters know how to behave. It is not always fun, but it's pretty darn smart. Our BOD has made difficult decisions, they themselves wish they did not have to make, but its protected us thru this terrible pandemic.

*I'm grateful...*to be among others like me, that pretty much have the luxury of staying home.

*I'm grateful...*to be retired, as most of us are, so we don't have to put ourselves at risk, to do our job.

*I'm grateful...*to realize, we really are in this together.

*I'm grateful...*when a friend arrives wearing a mask, to protect us both.

*I'm grateful...*that the friend, realizes so what if we get a little chilly sitting outside, safely, to visit.

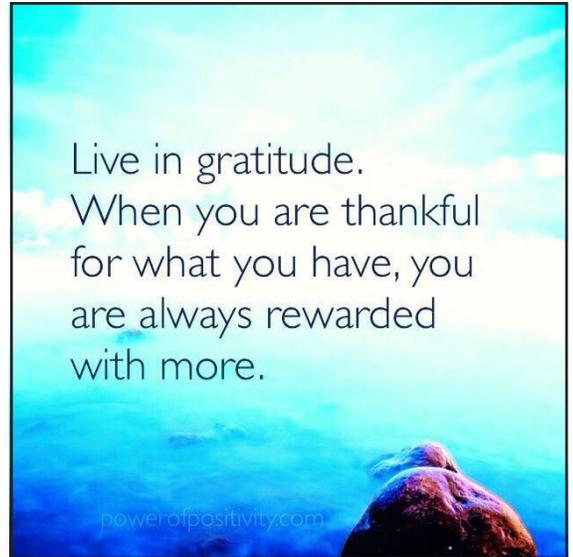
*I'm grateful...*that we have so many walkers in our neighborhood, as its fun meeting new people.

*I'm grateful...*to my neighbors. It was easy to share what little flour I had left, even when stores had none, because I'm pretty sure, they would do the same for me. It just flat out, makes one's self feel good, to help someone.

*I'm grateful...*when someone calls, and says "hey, going to Costco, what can I bring you?" You see, it's not at all about what they bring you, its about, that they cared to ask. Just like a neighbor being thoughtful to bring in your garbage can too. That is so simple, but it does feel good, for us both.

All these little, trivial things, not really so little, when they make someone else and you, feel good. The good with the bad (covid), right?

I've learned in life, when you put good out there, it's a good chance



the good will come back to you.

Hopefully, by the time you read this, the good will be continuing, with us getting vaccines.

I can do with more good, (beyond covid,) how about you??


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Thank You from LARC

Over the last few months, as you may have noticed, LARC has published several newsletter articles laying out what the rules are. This may seem a bit bossy of us, but our hope was that little refreshers of the rules would make it easier for people to comply with them.

And, it's mostly worked! In response to our refresher articles, many people have made adjustments to bring themselves into better compliance with our governing rules. This is such an important contribution that helps the whole community, and we wanted to reach out and thank everyone who did so. And, of course, hearty thanks as well to those of you who were already in compliance!



In addition, LARC has sent a few compliance letters out over the last few months. It's never fun to send or receive these letters, but again, most people have responded by coming into compliance. We recognize that, depending on health and financial circumstances, complying with our rules is harder for some than for others, and we deeply appreciate everyone's efforts to keep our community looking good!

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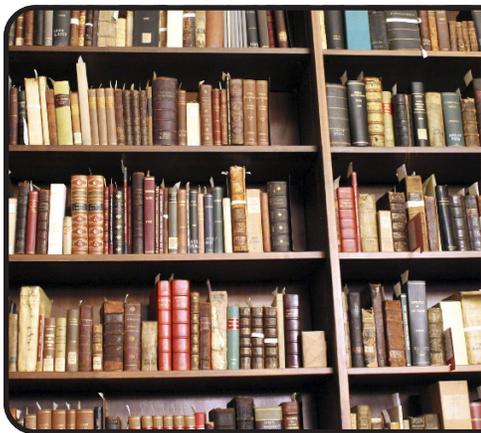
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