



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

NEWSLETTER

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

LARC News for You

*Submitted by Cheryl Wong,
KCCA Director/LARC Committee Chair*

Happy Valentine's Day from the LARC Committee!

Did you know?

All exterior projects that impact the aesthetics of your home or yard or interior projects requiring the use of a Contractor for more than a day need to complete a LARC Project Request form located on our LARC Manual page on the KCCA website - mykcca.com or in hardcopy at the office. As certain projects require both KCCA and King

City or sub-HOA approvals, i.e., additions, fencing, tree removal, etc., please include a copy of your permit or a statement that a permit isn't needed with your project application.

I have a sidewalk that needs repair. Is there someone who can help to mitigate costs?

We are currently exploring the option of working with a contractor on multiple projects to get a bulk discount on sidewalk repair. If you have a sidewalk in need of repair, please submit your name, address, and a picture of the sidewalk in question.

I submitted a Complaint form but haven't seen any correction. Who do I notify?

Please understand that we have a process we are required to follow regarding compliance issues. Residents have 30 days from the date of notice to resolve their compliance issue. A LARC Committee member will follow up and, if not in compliance, the Administrator will issue a second notice giving the resident another 30 days to comply. Following that, residents are offered the option of scheduling a hearing or for the issue to move into a fine status.

Expense Savings found by KCCA Budget & Finance Committee

Submitted by Megan Rutz, Treasurer

The KCCA Budget & Finance Committee is committed to evaluating all association expenses and identifying areas for improvement/consolidation. Our findings may or may not result in a reduction in expenses, however we are hopeful that in all cases we will be able to confirm we are getting what we pay for.

Beginning in November 2024, a committee member took on the onerous process of evaluating our computer and phone systems.

Based on this evaluation, it was discovered that we were paying for services (voice and/or data) in packages that were not being used. We were able to separate and cancel some services, which we estimate will result in savings of \$484 monthly (\$5,808 annually). Our evaluation process continues as we evaluate the IT services currently being provided.

KCCA monthly financial statements are posted on the mykcca.com website upon approval by the Board of Directors. In addition to attending KCCA

Board Meetings on the 2nd Tuesday of each month (work session at 5:30, board meeting at 6:30), all residents are encouraged to review the financial information online and direct any questions to mrutz@mykcca.com.

Thank you to the Budget & Finance Committee members for their continued hard work and their commitment to 2026 improvements. Members for 2026 include: **Nicki Nicholson, Susan Howell, Gloria Aleksich, Mike Mathis, Judi Harrison** and co-chair, **Cherie Gilmore-Forczyk**.



KCCA BOARD OF DIRECTORS 2025-2026

Cherie Gilmore-Forczak, President
cheriegf@mykcca.com

Cheryl Wong, Director
cwong@mykcca.com

Rob Peters, Vice President
rpeters@mykcca.com

Teri Sunell, Director
tsunell@mykcca.com

Megan Rutz, Treasurer
mrutz@mykcca.com

Bill Hood, Director
bhood@mykcca.com

Teri Sunell- Secretary
tsunell@mykcca.com

The KCCA Board of Directors meet once a month on the same day (2nd Tuesday of the Month) Work Session at 5:30 p.m. and Board of Directors Meeting at 6:30 p.m.

Board meetings are being held in person at the KCCA clubhouse as conditions allow, but can be held virtually if needed. Please check www.mykcca.com for latest information.

STANDING COMMITTEES

CLUBS & AMENITIES

Chair: Lono Waiwaiole
 Date & Time: 1st Tuesday of the Month at 10:00 a.m.
 Location: Crown Center

FINANCE & BUDGET

Chair: Megan Rutz
 Date and Time: 1st & 3rd Tuesday of the month at 10 a.m.
 Location: Computer Room

GREENS

Chair: Teri Sunell
 Date & Time: No meetings
 November through January
 Location: Pro Shop

HELLO NEIGHBORS

Chair: Cherie Gilmore-Forczak
 Date & Time: 1st Friday of the Month at 10:00 a.m.
 Location: Multi-Purpose Room

HOUSE

Chair: Rob Peters
 Date & Time: 1st & 4th Monday at 10 a.m.
 Location: Meeting Room

LANDSCAPING, ARCHITECTURAL REVIEW, AND COMPLIANCE (LARC)

Chair: Cheryl Wong
 Vice-Chair: OPEN
 Date & Time: 1st and 3rd Wednesday of the Month at 3:00 p.m.
 Location: Multi-Purpose Room

KCCA TEAM

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

Open Window Hours:

Monday, Wednesday, & Thursday 9:00 to 5:00
 Tuesdays 10:00 to 6:00 • Fridays 9:00 to 12:30.

Yvette Curiel

Administrator

ycuriel@mykcca.com

Sheryl Strand

Office Manager

sstrand@mykcca.com

Margaret Rodgers

Office Assistant

mroddgers@mykcca.com

Pro Shop 15355 SW Royalty Parkway, King City, OR 97224 • 503.639.7986

Jeff Halfman

Golf Course Superintendent

jhalfman@mykcca.com

Joy Olmstead

Pro Shop Manager

golf@mykcca.com

John Hinderman II

Pro Shop Operations Director

jhinderman@mykcca.com

Crown Centers - 16880 SW 126th Ave., King City, OR 97224

Pools are currently closed

KCCA Website: www.mykcca.com

ABOUT THE KCCA NEWSLETTER

Yvette Curiel, Advisor • **Nancy Hayes**, Newsletter Coordinator
 Send articles to Nancy Hayes: nancynmh@yahoo.com

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

For advertising information, please contact Mike Antonelli:
 TIGARD LIFE • phone 503-692-9215 • Email: mike@tigardlife.com



KCCA Hello Neighbors Upcoming Events

- **First Sunday Open House:**
February 1, 1-3 pm, Clubhouse
- **New Residents Meeting:**
Sunday, February 1, 2 pm, Clubhouse
- **Souper Bowl Party:**
February 8, Clubhouse, 2-3:30; 3:30-game end
- **Val-A-Gram Deliveries:**
Saturday, February 14
- **Movie Time:** Friday, February 20, 2 pm, Clubhouse
- **First Sunday Open House:** March 1, 1-3 pm, Clubhouse
- **Pies of March:** Saturday, March 14, 1-2:30 pm, Clubhouse
- **Movie Time:** Friday, March 20, 2 pm, Clubhouse
- **Brunch:** Saturday, April 14, 11-12:30 pm, Clubhouse
- **First Sunday Open House:** May 3, 1-3 pm, Clubhouse

NEED SOME EXERCISE?

How about volunteering to help the King City Lion's Club deliver the KCCA Newsletter? We need volunteers. Each route takes about 20-30 minutes.

Please call Rick Castle at 503-781-0712.

Piano Players Workshop

Do you want to meet other piano players and share your love of piano music? Come share what you're working on, learn from others and be exposed to pieces that others have discovered.

All levels of ability are welcome, from beginner to advanced. All styles of music are welcome. Classical, jazz, pop, whatever you play, we'd love to hear it. Practice playing for others in a casual, supportive setting. Don't worry if your piece isn't completely polished. Redux are fine. You are welcome to attend and not play.

Date and Time:

Our next workshop will be held on **Sunday, February 15**. For exact location, please contact **Marcie Connolly, 503-504-1225**

(call or text); marcieconnolly@yahoo.com. Arrive at 1:30 p.m., and playing will begin at 2 p.m.

Workshop Principles:

- Take about five minutes of performance time per person. If you're hoping to play more than one piece, consider doing one, then waiting to see if any time remains after everyone has played.
- Please do not attend if you're sick or suspect you might be. Hand sanitizer available.



Future Dates

- Let's meet on the **3rd Sunday of each month**, at my home or other host volunteers' homes with piano. **February 15, March 15, April 19, May 17, June 21.**



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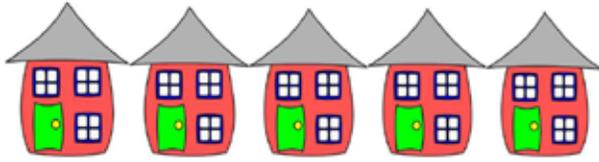


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Are you new to King City?

Come to the New Resident Welcome Meeting!

Sunday, February 1st at 2:00 pm
KCCA Clubhouse

It's a great way to learn more about living here in King City, meet other newcomers and win prizes.

Light refreshments will be served and there will be plenty of time to answer your questions. There's also an optional tour of the clubhouse and upper amenities.

Please RSVP to Peggy Trees, 503-620-0703,
no later than Friday, January 31st.

If you've received your green welcome packet, please bring it with you. Otherwise, you can pick one up at the meeting.

We look forward to meeting you!
KCCA's Hello Neighbors Social Committee

KCCA Ceramics Club

By Debbie Domby-Hood, President

Happy (belated) New Year from the Ceramics Club. 2025 was a busy time for us. We welcomed eight new members! It's been a joy to get to know more creative minded neighbors, sharing tips, ideas and life's ups and downs. It's amazing how many wonderful, creative people are in our community and how much we can learn from each other.

In addition to our new members, we also gained a donated kiln that has been updated and a new slab roller in the clay room. These two tools are a tremendous asset making firing and clay work more efficient. We are also planning on sprucing up the ceramics room with a good clean-out, organization and a coat of paint! We continue our efforts to try to create more workspace in a room that does not expand. A major challenge, believe me!

We are proud of the atmosphere of fellowship and respect that exists within our group as we grow in our creative efforts. Please feel free to stop by on Tuesday or Thursday mornings to see what we're up to, ask questions or enjoy our display case in the hallway.

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SOUPER BOWL SUNDAY!

Enjoy a taste or a cup of soup, a variety of breads & ice cream

Sunday, February 8, 2026

Soup Served: 2:00pm – 3:30pm

Try one or try them all:

- Minestrone
- Hungarian Mushroom (V/GF)
- Red Lentil (V/GF)
- Mediterranean Turkey/Chickpea (GF)
- Chili

50/50 Raffle and Door Prizes at 3:00pm

Afterwards, join us at 3:30pm for the

Super Bowl Kick Off

on the Big TV in the Living Room - Snacks Provided / BYOB



FREE – Open to the Public

Sponsored by the KCCA Hello Neighbors Social Committee

Travel Back In Time End of the Trail Museum

By Lorna Johnson

March 11, 2026 • Cost: \$73.00

Join us on an approximately 2 hour guided tour, including short films and stories of the trek the pioneers made to arrive in Oregon. There may be some free time at the end of the tour if you wish to wander on your own.

Lunch will be at Corner 14 in Oregon City. It's a unique food court with indoor and covered outdoor seating. There are approximately 14 food carts for you to choose your lunch.

8:30 am.....	Sign In
9:00 am.....	Depart for End of the Trail Museum
10:00 am.....	Begin tour
12:30 pm ...	Depart for Corner 14 in Oregon City for lunch
1:45 pm	Depart for return to King City

Contact **Lorna Johnson @ 503-504-7837** to reserve your spot.



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Val-A-Gram at the
KCCA Office
between
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February 11th

For more information contact
Peggy Trees
503.620.0703

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Movie Time



Hosted by Hello Neighbors Committee

- Experience “Movie Time” at the KCCA Clubhouse.
- Every third Friday of the month.
- Snacks at all movies.
- You’ll laugh, you’ll cry, you might even be on the edge of your seat... but it’ll be fun.

Showing Friday, Feb. 20 at 2 p.m. **Hidden Figures**

PG | 2022 | 2 HRS. 7 MINS. | DRAMA



The story of three brilliant African-American women at NASA who serve as the brains behind the launch of astronaut John Glenn into orbit.

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

Poker Tournament News

Submitted by Lono Waiwaiole

Eric Jemelske won the December Omaha Hi-Lo tournament. **Stephanie Jemelske** and **Conway**



Sunell also finished in the money. Meanwhile, Conway and **Mike Mulcahy** split the top money in the January Texas Hold-em tournament, outlasting a field of 20 players. **Stephanie** and **Roger Worf** also finished in the money.

Tournament action in February will be Saturday, **February 7 at 11 a.m.** in the KCCA Clubhouse (Texas Hold-em) and Thursday, **February 15** at noon in the Crown Center (Omaha Hi-Lo). Contact **Lono** at **971-285-0773** for further information or to reserve a seat.

Living Here, Working Here and Loving King City

How is the real estate market in King City, Oregon?

Includes all Realtor® Listings in the 55+ Community of King City, Oregon, Zip Code 97224, as of January 14, 2026

Properties Sold in The Past Three Months



22

Properties Under Contract To Be Sold



7

Properties For Sale



9

Median Days on the Market



44

Median Sold Price Per sq ft



\$338

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Submitted by Peggy Nelson

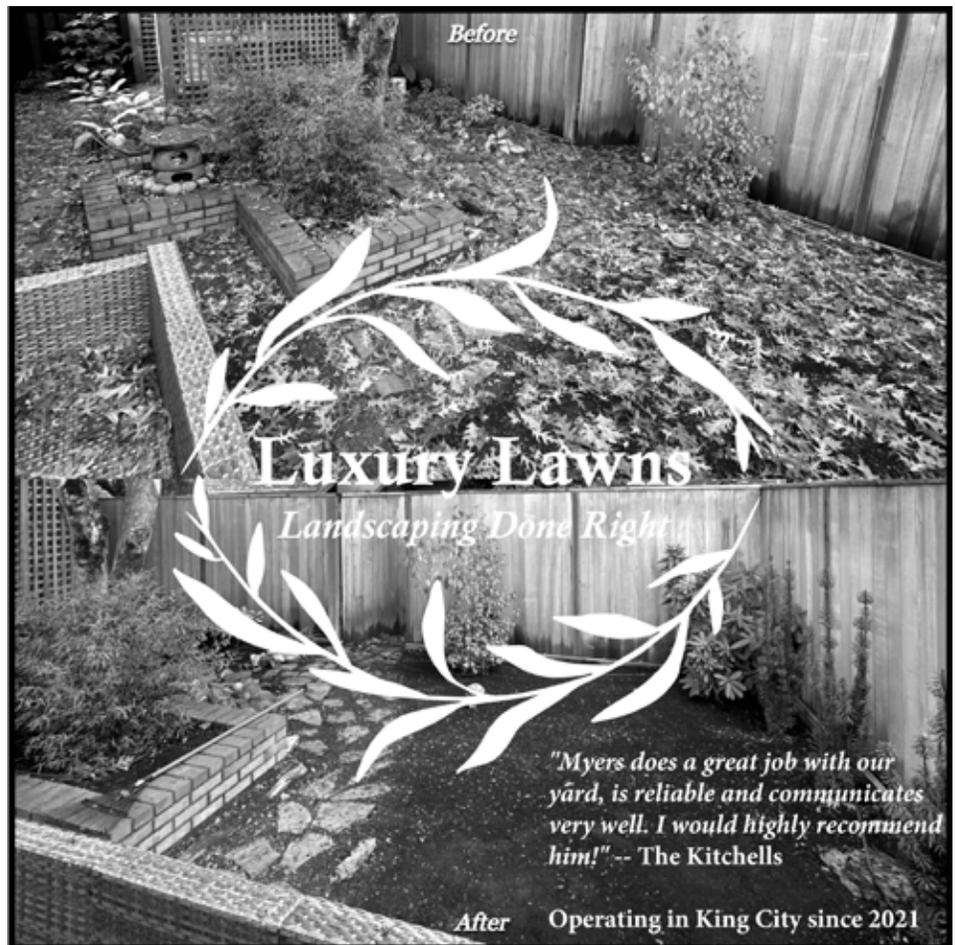
Happy New Year! We are currently on a hiatus until we return to our regular meeting schedule, starting on **March 13**. We adjusted our monthly meetings to begin in March so that we would have more time to spend with family and friends for holiday events and get-togethers. The hiatus also allows all of us to have more time to dream and make plans for our own yards, as Spring is a very busy time for gardeners. By the time March arrives, we are ready to get out and do what we have dreamt about, thought about, and talked about during the winter months.

Our last event from last year, the Christmas Potluck (held on December 4), was a great success! A good time was had by all, as the saying goes. The food was plentiful (and delicious), and the conversations were laced with lots of laughter. A White elephant gift exchange was held for the first time, and it proved to be a big hit... so it may make a return to next year's festivities. Although the weather outside was indeed frightful (some of us were squishing in our shoes), the room inside was warm, dry, and very cozy. It was the final send-off to another fun year for us, and we left with a positive outlook for the garden club's New Year ahead.

If you are interested in joining us this year, we meet on the **second Friday of the months**

March through November, with a Christmas potluck in December. Meetings are held from **2 - 4 p.m.** in the clubhouse's Banquet Room. We try to get out into the community to visit local nurseries and other

nearby destinations. If you have any questions, please call/text **Peggy Nelson** at **541-951-9930**. We would love to see you! Come and share your experience with your own garden adventures and maybe even learn something new! Meet up with your neighbors and create new friendships! We are a very friendly group of folks who enjoy getting out and about. Each year always brings new plants, new methods, and new adventures... so how can you resist? See you in March!!



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KCCA ACTIVITIES CALENDAR

Sunday

9:00am GR Croquet Club **1**
 9:00am K;BR Church Service
 1:00pm L First Sunday
 1:00pm MP Mexican Train

SUPER BOWL SUNDAY

9:00am GR Croquet Club **8**
 12:00pm BR;K;LR Souperbowl Party
 1:00pm MP Mexican Train
 1:30pm BR Monthly Musical Set Up
 2:00pm BR Monthly Musical

9:00am GR Croquet Club **15**
 1:00pm MP Mexican Train

9:00am GR Croquet Club **22**
 1:00pm MP Mexican Train

Monday

10:00am L Walking Club **2**
 10:00am MR House Committee Mtg
 10:00am MP Ping Pong
 11:45am BR Yoga
 1:00pm SH Shuffleboard (Fall & Winter Hours)
 1:00pm CR Poker
 2:00pm MP IOTA Delta Sorority
 5:00pm MP Imperial Court - BOD Mtg
 6:00pm BR BINGO - Lions Club

10:00am L Walking Club **9**
 10:00am MR House Committee
 10:00am MP Ping Pong
 11:45am BR Yoga
 12:30pm MP Set-up - Second Monday Bunco Group
 1:00pm SH Shuffleboard (Fall & Winter Hours)
 1:00pm MR Chess & Scrabble Club
 1:00pm CR Poker
 1:00pm MP Bunco Group (Second Monday)
 6:30pm BR King City Camera Club
 6:30pm AC Woodshop Club

PRESIDENTS' DAY
 10:00am L Walking Club **16**
 10:00am MP Ping Pong
 11:45am BR Yoga
 1:00pm SH Shuffleboard (Fall & Winter Hours)
 1:00pm CR Poker
 1:30pm CC Red Hat Royalty
 2:00pm MP IOTA Delta Sorority
 2:00pm MR Hello Neighbors Book Club
 6:00pm BR BINGO- Lions Club

10:00am MR House Committee **23**
 10:00am L Walking Club
 10:00am MP Ping Pong
 11:45am BR Yoga
 1:00pm SH Shuffleboard (Fall & Winter Hours)
 1:00pm MR Chess and Scrabble Club
 1:00pm CR Poker

Tuesday

9:00am LR Coffee Group **3**
 9:00am AC Ceramics Club
 9:30am BR Fitness and Fun
 10:00am CR Finance & Budget Meeting
 10:00am CC Clubs & Ameneties Mtg
 10:30am GR Lawn Bowling - Outdoor
 12:30pm MP Cribbage
 1:00pm MR Tuesday Cards
 5:00pm MR Double Deck Pinochle - SET UP
 5:45pm MR Double Deck Pinochle
 6:00pm BR Democrats Club
 6:45pm MR TV Quilt Guild Board Meeting

9:00am CC GVSA- Welcome Committee Meeting **10**
 9:00am LR Coffee Group
 9:00am AC Ceramics Club
 9:30am BR Fitness and Fun
 10:30am GR Lawn Bowling - Outdoor
 11:00am CC Garden Villas Finance Committee Mtg
 12:30pm MP Cribbage
 1:00pm MR Tuesday Cards
 5:00pm MR Double Deck Pinochle - SET UP
 5:30pm BR Board of Directors Work Session
 5:45pm MR Double Deck Pinochle
 6:30pm BR Board of Directors Regular Mtg

9:00am LR Coffee Group **17**
 9:00am AC Ceramics Club
 9:30am BR Fitness and Fun
 10:00am CR Finance & Budget
 10:30am GR Lawn Bowling - Outdoor
 12:30pm MP Cribbage
 1:00pm MR Tuesday Cards
 5:00pm MR Double Deck Pinochle - SET UP
 5:45pm MR Double Deck Pinochle
 6:30pm MP Lions Club Monthly Mtg
 6:30pm BR TV Quilt Guild - General Membership Meeting

9:00am LR Coffee Group **24**
 9:00am AC Ceramics Club
 9:30am BR Fitness and Fun
 10:30am GR Lawn Bowling - Outdoor
 12:30pm MP Cribbage
 1:00pm MR Tuesday Cards
 5:00pm MR Double Deck Pinochle - SET UP
 5:45pm MR Double Deck Pinochle

Wednesday

8:00am MR Golf City Mtg
 10:00am MP King City Table Tennis
 10:00am L Walking
 10:00am BR Tai Chi
 11:30am LR Women's
 12:00pm MR Golf Part
 12:00pm MP Pinochle
 1:00pm SH Shufflebo
 3:00pm MP LARC Mt
 5:30pm LR Mah Jon
 7:00pm BR Indoor La
 7:00pm MR Royal Ga

10:00am MP King City Table Tennis
 10:00am L Walking
 10:00am BR Tai Chi
 11:30am BR;K J&M Bun
 12:00pm MR Golf Part
 12:00pm MP Pinochle
 1:00pm SH Shufflebo
 5:30pm LR Mah Jon
 7:00pm BR Indoor La

10:00am MP King City Table Tennis
 10:00am L Walking
 10:00am BR Tai Chi
 11:00am K;BR Ladies G
 12:00pm MR Golf Part
 12:00pm MP Pinochle
 1:00pm SH Shufflebo
 3:00pm MP LARC Co
 3:30pm BR Drumm
 5:30pm LR Mah Jon
 7:00pm BR Indoor La
 7:00pm MP Royal Ga Meeting

10:00am MP King City Table Tennis
 10:00am L Walking
 10:00am BR Tai Chi
 12:00pm MR Golf Part
 12:00pm MP Pinochle
 1:00pm SH Shufflebo
 1:30pm CC Bunco B
 5:30pm LR Mah Jon
 7:00pm BR Indoor La

CALENDAR - FEBRUARY 2026



Wednesday	Thursday	Friday	Saturday
Men's Club 4 Ping-Pong/Annis Club Golf Mtg Y Bridge Wednesday Board (Fall & Winter Hours) G g (Chinese) Lawn Bowling Gardens - Board Meeting	5 9:00am CC TOPS 9:00am LR Coffee Group 9:00am AC Ceramics Club 9:30am MP Knit & Crochet Club 9:30am BR Fitness and Fun 10:00am MR King City Bible Study 10:30am GR Lawn Bowling - Outdoor 11:00am BR Line Dancing 1:00pm MP Artist's Guild 1:30pm BR KC Music Club Concert Set-up 2:00pm BR KC Music Club Concert	6 9:45am MR Fridy Morning Bible Study 10:00am L Walking Club 10:00am BR Tai Chi 10:00am MP HNCS MEETING 11:45am BR Yoga 1:00pm SH Shuffleboard (Fall & Winter Hours) 1:30pm MR Friday Cards	7 9:00am GR Croquet Club 11:00am MP Texas Hold-Em 12:30pm BR KCCA-KC Police Department & US Bank Scam Awareness 3:00pm K;BR Private Event 5:00pm MR Double Deck Pinochle - SET UP 5:45pm MR Double Deck Pinochle
Ping-Pong/Annis Club 11 co Y Bridge Wednesday Board (Fall & Winter Hours) g (Chinese) Lawn Bowling	12 9:00am CC TOPS 9:00am LR Coffee Group 9:00am AC Ceramics Club 9:30am MP Knit & Crochet Club 9:30am BR Fitness and Fun 10:00am MR King City Bible Study 10:30am GR Lawn Bowling - Outdoor 11:00am BR Line Dancing 12:00pm MR Rainy Day Book Club 1:00pm MP Artist's Guild 1:30pm BR KC Music Club Set-up 2:00pm BR KC Music Club 3:00pm MR Travel Club Mtg 5:00pm CC GVSA Board Meeting	13 9:45am MR Fridy Morning Bible Study 10:00am L Walking Club 10:00am BR Tai Chi 11:45am BR Yoga 1:00pm SH Shuffleboard (Fall & Winter Hours) 1:30pm MR Friday Cards 6:30pm MR Canasta	VALENTINE'S DAY 14 8:30am MR AARP Safe Driving 9:00am GR Croquet Club 5:00pm MR Double Deck Pinochle - SET UP 5:45pm MR Double Deck Pinochle
Ping-Pong/Annis Club 18 Golf Mtg Y Bridge Wednesday Board (Fall & Winter Hours) Committee Mtg g For Peace g (Chinese) Lawn Bowling Gardens - Homeowners	19 9:00am CC TOPS 9:00am LR Coffee Group 9:00am AC Ceramics Club 9:30am MP Knit & Crochet Club 9:30am BR Fitness and Fun 10:00am MR King City Bible Study 10:30am GR Lawn Bowling - Outdoor 11:00am BR Line Dancing 12:00pm CC Omaha Hi-Low 1:00pm MP Artist's Guild 1:30pm BR KC Music Club Set-up 2:00pm BR KC Music Club 3:00pm MR Travel Club Meetings 6:00pm MR Imperial Terrace Annual Mtg	20 9:45am MR Fridy Morning Bible Study 10:00am L Walking Club 10:00am BR Tai Chi 11:45am BR Yoga 1:00pm SH Shuffleboard (Fall & Winter Hours) 1:30pm MR Friday Cards 2:00pm LR Movie Time	21 9:00am GR Croquet Club 5:00pm MR Double Deck Pinochle - SET UP 5:45pm MR Double Deck Pinochle
Ping-Pong/Annis Club 25 Y Bridge Wednesday Board (Fall & Winter Hours) abes g (Chinese) Lawn Bowling	26 9:00am CC TOPS 9:00am LR Coffee Group 9:00am AC Ceramics Club 9:30am MP Knit & Crochet Club 9:30am BR Fitness and Fun 10:00am MR King City Bible Study 10:30am GR Lawn Bowling - Outdoor 11:00am BR Line Dancing 11:30am MR KC Condos HOA 1:00pm MP Artist's Guild 1:30pm BR KC Music Club Set-up 2:00pm BR KC Music Club	27 9:45am MR Fridy Morning Bible Study 10:00am L Walking Club 10:00am BR Tai Chi 11:45am BR Yoga 1:00pm SH Shuffleboard (Fall & Winter Hours) 1:30pm MR Friday Cards 6:30pm MR Canasta	28 9:00am GR Croquet Club 10:00am MP Open Sew - TV Quilt Club 5:00pm MR Double Deck Pinochle - SET UP 5:45pm MR Double Deck Pinochle

Room Codes:

- AC = Arts & Crafts Building
- BR = Clubhouse Banquet Room
- CC = Crown Center
- CO = Call Office for Details
- CR = Computer Room (by Library)
- GR = Lawn Bowling/Croquet Green
- K = Kitchen
- L = Lobby
- LR = Clubhouse Living Room
- MP = Multi-Purpose Room
- MR = Meeting Room
- OP = Outdoor Pool
- P = Patio
- SC = Shuffleboard Courts



Women’s Golf Club Winter Happenings

By Teri Sunell

Hello from the King City Women’s Golf Club! As you might imagine, the club is not active during the winter season. The weather is unpredictable, the days are shorter and we have a few snowbirds who fly to warmer weather. Planning for the 2026 season, which begins the **first Wednesday in April**, is underway.

The club celebrated the 2025 season on December 10 with a holiday luncheon and a few year-end awards. **Linda Ray-Keeney** received the most improved golfer award for 2025! She improved her handicap by nearly 6.5 strokes! Congratulations Linda! The club had six golfers who improved by at least one stroke for the season. New officers were elected for

the 2026 season as well.

And speaking of Linda Ray-Keeney. She has volunteered to write for the newsletter on behalf of the club for several years. Huge shoutout to her for that commitment. In 2026, she has passed that baton to **Teri Sunell**, who will hopefully continue to provide KCCA with interesting and informative information about the club.

While the club is officially on break until April, there are several ladies who play throughout the winter. Gearing up with waterproof shoes, warm clothing, a rain jacket, and even hand warmers, makes for an enjoyable golf game, especially on a warm and sunny day. Check your calendar and the weather, and think about joining them on Wednesday mornings. Call the Pro Shop for more information.

Golf is a great sport to play at any age, and playing with other women is a lot of fun. King City Golf Course is a little gem in our area that is a perfect course to join some women to play. Stop into the Pro Shop, and when you’re there, pick up information



Linda Ray-Keeney

on the King City Women’s Golf Club. The team there has plenty of information, including several types of golf passes, ways to get started playing, various events, how to improve your game, and information about the women’s club. We welcome new members of any ability and would love to have you join.

Enjoy the winter, no matter whether you golf or enjoy other indoor activities. And think about this: “Golf is a game whose aim is to hit a very small ball into an even smaller hole, with weapons singularly ill-designed for the purpose.” – Unknown

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To Your Good Health: Expanding Your Wellness Toolkit*

By Beth Freeman, Ph.D., 3rd Act Wellness

As we adopt healthy aging strategies, a “one-size-fits-all” approach to health doesn’t always address the nuances of aging. While conventional medicine remains the essential foundation of our healthcare system, many seniors are discovering that several alternative healing modalities offer a powerful way to manage chronic issues, such as pain, autoimmune and sleep disorders. These “integrative” healing resources can be a game-changer for maintaining a high quality of life as we age. Here are a few wellness practices that are non-invasive and widely accepted today as compliments to traditional western medical care.

Acupuncture is an ancient practice that has been practiced with great success in the far east for thousands of years. For example, acupuncture helps to reduce the pain of osteoarthritis, persistent back or shoulder pain and gut issues. (I can personally

testify to its efficacy for addressing IBS.) Acupuncture can provide profound relief for problems that are not adequately addressed by traditional medicine and drugs. Even Medicare recognizes its benefits and now covers the cost of acupuncture treatments.

Chiropractic Care focuses on the relationship between the structure of the spine and the function of the nervous system. As we age, maintaining spinal alignment is about more than just posture—it’s about preserving mobility and balance. Regular adjustments can help reduce joint stiffness and improve your range of motion, making it easier to enjoy a morning walk or a round of golf without the usual “next-day” aches.

Massage, Yoga and Tai Chi are well accepted by health professionals as invaluable for boosting circulation, improving mobility and balance. (BTW, the greatest danger for seniors is falling!) Massage promotes

better circulation and lymphatic drainage while promoting deep relaxation. Tai Chi is recognized for significantly reducing fall risks in older adults by strengthening core stability and improving body and spatial awareness. Similarly, Yoga promotes flexibility, strength and balance to improve mobility and a sense of well being.

Integrating these wellness tools into your daily routines compliments traditional medicine. If you have not tried any of these practices, you owe it to yourself to give them a try. They do not replace your primary physician, but work alongside them. By exploring these diverse paths, we take a proactive role in our own aging process. After all, the “golden years” should be defined by movement, ease and a renewed sense of well-being.

**These statements are not intended to provide medical advice. Talk to your physician before embarking on any health-related lifestyle changes.*

Library News - Coming Soon!

By Linda Gourde

If you would like to be the first to read any of these selections, please give us a call at **503-639-4978** or tell one of our volunteers which book you are interested in. We will place your name on the RESERVE LIST and call you when it comes in.

Devil's Hand..... Jack Carr
Gone Before Goodbye..... Harlan Coben
Proving Ground..... Michael Connelly
Sharp Force Patricia Cornwell
Iron Storm..... Clive Cussler
Calder Strong..... Janet Dailey
Denied Access..... Vince Flynn
Dark Horse..... Felix Francis
Photograph..... Brian Freeman



Widow John Grisham
Coyote Hills..... Jonathan Kellerman
Rivers Waiting Wally Lamb
Remain..... Nicholas Sparks
For Richer For Poorer Danielle Steel

Welcome 2026, Good Bye 2025



Submitted by Ron Yates

On East Coast time, the New Year 2026 was celebrated by 95 persons at a catered dinner dance sponsored by the Hello Neighbors Social Committee of KCCA.

The caterer, **Julie LeBrun**, served shrimp cocktails, chicken and mushrooms in a wine cream sauce, ham with cranberry bourbon sauce,

roasted petite potatoes, roasted carrots with thyme honey butter, green salad with vinaigrette, rolls/butter, and cheesecake with a berry compote for dessert.

Listening and dance music was provided by **The Angels**. Party favors and four door prizes were given to guests. The 50/50 raffle of \$164 was won by **Mike Mathis**. The living room and banquet room were decorated in a very festive atmosphere.

The event was coordinated by **Ron Yates** with the help of the following committee members: **Thia Barth, Megan Rutz, Dennis Willams, Terri Johnson, Judy Summers, Judi Harrison, Peggy Trees, Elaine Simms, Karin O’Conner, Patti Gearhart, Mary Lou Russ, and Edie Stoaks.**

Volunteer help was provided by **Steve Gearhart** and **MaryAnn Thompson**.

Upcoming events in February will be **Souper Bowl Sunday** on **February 8**, with soups available from 2 to 3:30 p.m. and snacks for the game starting at 3:30 p.m.

The event will be in the banquet room for soups and in the living room for the game on television.

Val-A-Grams will be available again this year, starting on **January 27** and continuing through February 11, with delivery on the 14th. Grams will be available at the office starting on January 27. \$5.00 per gram.

Hello Neighbors Social Committee is always looking for additional members to join our committee.

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KC Chorus - Songs of Love Fill the Air

Submitted by KC Music Club

First Thursday, February 5, 2026, at 2:00 p.m. in the Clubhouse Banquet Room

Christmas is in the bag, and a small but enthusiastic crowd made a resolution to attend the New Year's Day performance of the King City Chorus. They were well rewarded with several audience sing-along songs. Looking ahead to our February "date," it is the Month of Love, and the program will reflect that theme. Such favorites as *Let's Do It, Let's Fall in Love*, which explores the universal nature

of love, *My Baby Just Cares For Me*, *Dancing Cheek to Cheek*, and the beloved *It Had To Be You*. In addition to the chorus numbers, several individual numbers as well as duets, and one notable trio featuring the Two Chumps and a Chick will be featured.

One of the joys we have as choir members is watching the audience as we sing. Faces light up, some are joining us in our group songs, and a feeling of goodwill is evident throughout. Our reward is your attendance and your support. We sing not only for our enjoyment but also yours.

Like to sing? Have questions about our group? Feel welcome to call Joan Berry, (Membership Coordinator) at 602-421-8036.

Looking forward to seeing you at our next program, **Thursday, February 5, 2026, 2:00 p.m.**

Happy Valentines Month from Iota Delta Sorority!

Submitted by Cookie Jackson

We are feeling the love this month as we plan our new activities for the year. Our main goals are to help local non-profits and foster friendship and support with our chapter sisters. This past year, we have done service projects with multiple local non-profits and were blessed to be able to gift financial donations to Family Promise, Tigard Grange Food Project, Deer Creek School, Match Made in Heaven, among others.



for the availability of this beautiful resource.

Iota Delta is a chapter of Sigma Phi Gamma International Sorority. We meet twice a month at the KCCA Clubhouse and welcome women of all ages to join us. As a non-academic sorority, our mission is rooted in the values of friendship and community service. For more information, call **Kathryn Amrani at 971-713-4213.**

On January 10, Iota Delta hosted a Roundtable, which included three chapters from the Oregon/Washington area. The Crown Center here in KCCA proved to be the perfect location for our get-together, with the cozy fireplace and friendly atmosphere serving as a background for friends old and new sharing a meal and great conversations. Thank you, KCCA,

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Saturday, March 14th

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CROSSWORD

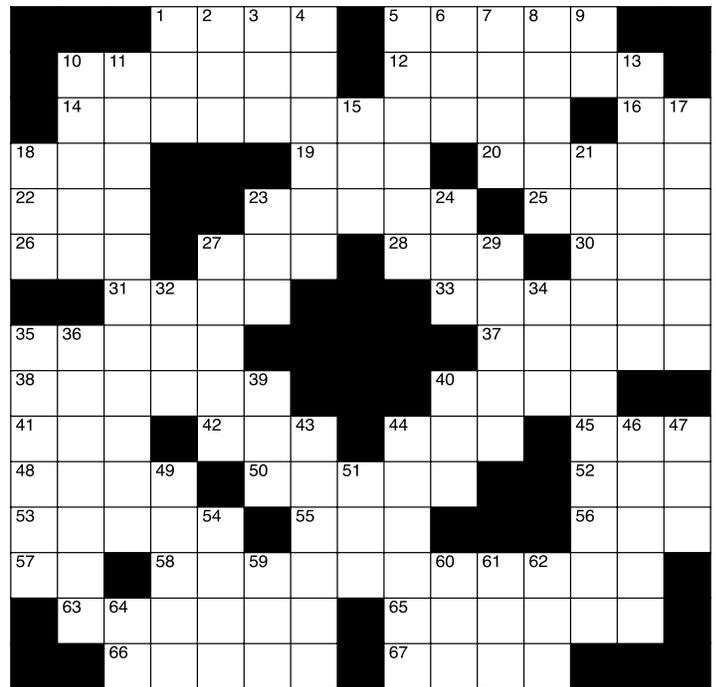
CLUES ACROSS

1. Native American group of N. California
5. Geological times (Brit. sp.)
10. Tool to remove
12. Rods
14. One who renews
16. They precede C
18. Chatter incessantly
19. ___ King Cole, musician
20. Insect parts
22. One from Utah
23. The world of the dead
25. Singer Redding
26. NBA legend Nelson
27. Indicates wrongly
28. Unhappy
30. Anger
31. Dark brown
33. Some are in kitchens
35. Made a mistake
37. Damp
38. Type of fuel
40. Actor Damon
41. What thespians do
42. One's mother
44. Disallow
45. Swiss river
48. A banana has one
50. Philippines lake and volcano are two
52. Relative biological effectiveness (abbr.)
53. Agave

55. Journalist Tarbell
56. One-time tech giant
57. Indicates upon
58. Intestinal bacteria
63. Loose sheaths around the spinal cord
65. It goes with nook
66. A fashion
67. Very eager to hear or see

CLUES DOWN

1. Witch
2. Utilize
3. Writing utensil
4. Where rockers go to work
5. Subsides
6. Consume
7. Greek mythological figures
8. California mountain town
9. Tin
10. Muse of lyric and love poetry
11. Animates anew
13. Humorous criticisms
15. Cool!
17. Worst
18. Wet dirt
21. Designed to be useful
23. Hebrew unit of liquid capacity
24. High schoolers' test
27. Computer device
29. Indian territory ___ and Diu
32. A place to sleep
34. AI tool
35. Pass or go by
36. Indicates a purchase



39. A digital tape recording of sound
40. More (Spanish)
43. Disfigured
44. White (Spanish)
46. Church building
47. Georgia rockers
49. Type of surgery
51. Much ___ about nothing
54. Make by braiding
59. Local area network
60. Unit of work or energy
61. Member of indigenous people of Thailand
62. Liquefied natural gas
64. Distance to top

VALENTINE'S WORD SEARCH



C H E R I S H U R Q A D O R A T I O N C
 Q L C P O N R E P W Q P K M H D Q D T L
 A W W H F T C L R M T E U Q U O B A H G
 D R A C W A H S O F V E L V E T P S G V
 W B U G R R O O P H I F D I P U C E I V
 N T M B O L C F O Q N L N W A M V K L T
 P G M S K H O A S A F F E C T I O N E G
 P E E E E B L O A L M D G V L M Q G L N
 A S I H L M A L L T T I L V F L V B D T
 S T R A E H T E E W S R P N W O R U N E
 K E O P M T E T N E M I T N E S C S A A
 M A K R A W M C M T A U F N M K H O C R
 S S F A V S B Q U M N O I T O V E D T O
 C O K L S H S G F T R I L F O A V U P M
 E A U O H P W I L S T R A E H V L P V A
 G O E L H T E F O B M H A D M I R E R N
 O H P U M I D E M N W F A H G E V O L C
 G E N R T A C V K I B N G W B G N W P E
 N O E M H G T I M Q T N D H C E G T O K
 L E T T E R S E I G H U W W I T W W V W

WORDS

- ADMIRER
- ADORATION
- AFFECTION
- BOUQUET
- CANDLELIGHT
- CARD
- CHERISH
- CHOCOLATE
- CUPID
- DEVOTION
- EMBRACE
- FLIRT
- HEART
- KEEPSAKE
- LETTERS
- LOVE
- PASSION
- PROPOSAL
- ROMANCE
- ROSES
- SENTIMENT
- SOULMATE
- SWEETHEART
- VELVET

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

CROSSWORD

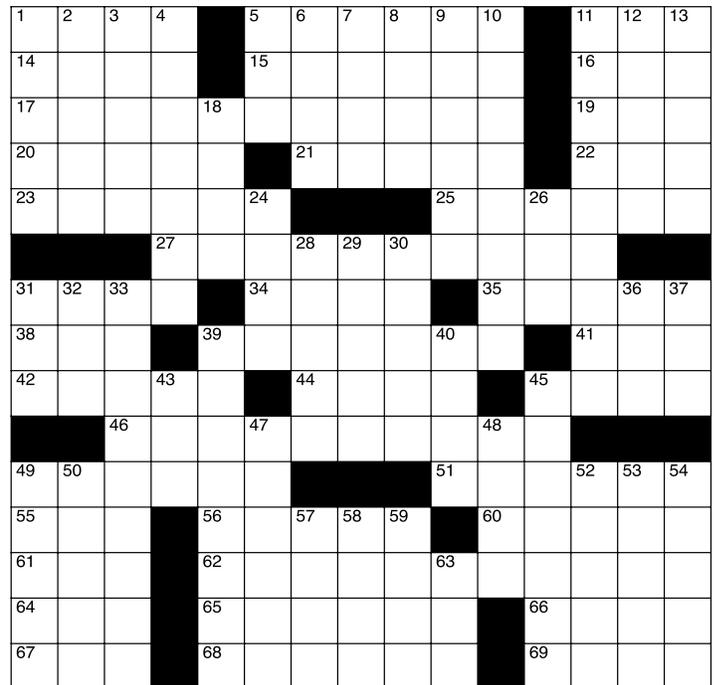
CLUES ACROSS

1. Cut quickly
5. A way to state clearly
11. River in NE Scotland
14. Expansive
15. Lacking social polish
16. Amount of time
17. Frame
19. Automobile
20. Toadstools
21. High school dances
22. Utilize
23. Experimented with
25. One-sided
27. Acquisitive
31. Potted plants
34. Everyone has one
35. Kalahari Desert lake
38. Unidentified flying object
39. People 65 and over
41. Small amount
42. Daughter of Acrisius
44. Ornamental box
45. Government agents
46. Uncertain
49. A cotton fabric with a satiny finish
51. Treeless plains
55. One's sense of self-importance
56. Consumer advocate
60. Type of lounge
61. Body part
62. Can be persuaded

64. Woman (French)
65. Ready and willing to be taught
66. Arab ruler title
67. Unhappy
68. Gradually went away
69. Able to think clearly

CLUES DOWN

1. Brushed
2. Small water spirit (Germ.)
3. Heroes
4. Monetary units
5. Some don't want to share theirs
6. Free-swimming invertebrate
7. Litigates
8. Outer
9. Parallelograms
10. Uneasy feelings
11. Cross
12. A way to remove
13. Pages can be dog-___
18. Ukrainian city
24. A citizen of Denmark
26. Month
28. Hindu queens
29. Group of chemicals
30. Rider of Rohan
31. Wet dirt
32. Southwestern Russia city
33. Observed
36. Angry
37. Drivers' licenses
39. Musical composition
40. Auction
43. They ___
45. Women
47. Be filled with love for
48. Thick-soled sock
49. Appears
50. Old World lizard
52. The leading performer
53. Protein
54. "Gunga Din" script writer
57. Art ___, around 1920
58. ___ Blyton, children's author
59. Abnormal breathing
63. A place to rest



Find answers in next month's newsletter.

Set a romantic tone with cheesecake this Valentine's Day

Romance is in the air come Valentine's Day. Though chocolate, oysters and honey are often seen as aphrodisiacs, there is no evidence to back such perceptions up. However, Healthline reports that fenugreek, saffron, red ginseng, and pistachios might boast the properties often associated with aphrodisiacs.

People have been eating pistachio nuts since 6,000 B.C. Pistachios improve blood cholesterol and stimulate better blood flow throughout the body. They're also tasty, which makes them a worthy addition to Valentine's Day recipes. such as this one for "Pistachio Cardamom Cheesecake," courtesy of the American Pistachio Growers. It's a rich, creamy, vegan no-bake dessert to share with that special someone.

Pistachio Cardamom Cheesecake 6 servings

- 20 Biscoff® cookies, crushed
 - 16 ounces vegan cream cheese, softened at room temperature
 - 2/3 cup organic white sugar
 - 9 ounces coco whip (vegan whipped topping)
 - 3 teaspoons masala chai spice
 - 1 teaspoon lemon juice
 - 3 tablespoons roasted and salted pistachios, crushed
1. Blitz Biscoff cookies in food processor. Press into the bottom of six 8-ounce ramekins. Set aside.
 2. In a food processor or blender, add softened cream cheese, lemon juice, sugar, and chai spices.



3. Transfer cream cheese mixture to a mixing bowl and gently fold in coco whip. Do not over mix; you want it to be light and airy.
4. Pour mixture into prepared ramekins.
5. Chill in fridge for an hour to set before serving.
6. Garnish with crushed pistachios.

King City Tuesday Afternoon Cribbage Club

Submitted by George Patton

For more information call Sandy Patton 503-680-4001 or Bev Kirk 503-598-9414

Following are the winners for the month of Dec:

Dec 2

- 1st Place..... Dale Hass-14
- 2nd Place Gary Curtis-19
- 3rd Place Denise Mann-20

Dec 9

- 1st Place..... Bev Kirk-10
- 2nd Place Karen Africa-11
- 3rd Place Mary Thorsfeldt-25

Dec 16

- 1st Place..... Denise Mann-3
- 2nd Place Jim Gorman-18
- 3rd Place Pkil Maher-25

Dec 23

- 1st Place..... George Patton-0
- 2nd Place Bev Kirk-1
- 3rd Place Julian Rodrigues-14

Joke of the week:

“I told my partner I had a perfect hand... They said, ‘Funny, I’ve never seen you count that high.’”



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- Do you know the difference between Medicare Advantage & supplemental?
- Are you confused with the A, B, C & D's of Medicare?
 - Do you need help signing up for Medicare Parts A & B?

For help, contact Michelle to set up either an in-person or virtual meeting, **503-780-0228** or **Michelle@cascadewip.com**.



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