

KING CITY NEWSLETTER

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

Board of Directors Election Results

By Mike Ceccanti and Cherie Gilmore-Forczak, Elections Committee Co-Chairs

The KCCA Elections Committee would like to thank our community members who participated in our recent election. As you probably have all heard by now, the Board of Directors (BOD) is welcoming Lono Waiwaiole and Cindi McCullough to serve for three-year terms. Lono is welcomed back after several months as an appointed member. Cindi is new to the BOD, and we welcome her enthusiasm and knowledge.

The election process with YesElections went smoothly. Three hundred twenty-six members voted via the internet, and 168

members sent in paper ballots. We had a total of 494 members vote, which was a turnout of 28.97%. There were no spoiled or duplicate ballots. While we were happy to see these numbers, we hope that our next election will produce an even higher percentage of members voting. This is your way of making an impact on how your community is governed.

Please attend our BOD meetings, on the second and fourth Tuesdays, at 6:30 p.m. in the Clubhouse Banquet room. Let's get to know each other.



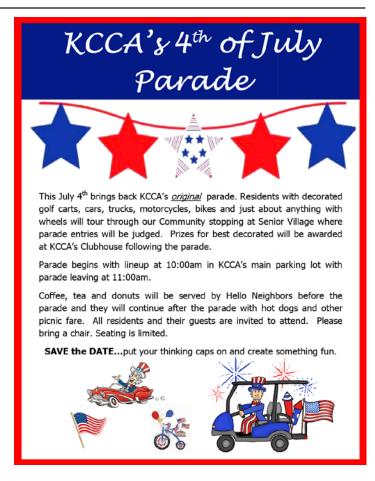
Lono Waiwaiole



Cindi McCullough

4th of July Parade Route





KCCA BOARD OF DIRECTORS 2024-2025

Mike Ceccanti, President mceccanti@mykcca.com

Bryan Daum, Vice President bdaum@mykcca.com

Rob Peters, Treasurer rpeters@mykcca.com

Cherie Gilmore-Forczak, Secretary cheriegf@mykcca.com

Lono Waiwaiole, Director lwaiwaiole@mykcca.com

Mark Ward, Director mward@mykcca.com

Cindi McCollough, Director cmccollough@mykcca.com

The KCCA Board of Directors meet on the second and fourth Tuesday of each month at 6:30pm. Board meetings are being held in person at the KCCA clubhouse as conditions allow, but can be held virtually if needed. Please check 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

GREENS

Chair: Mark Ward Date & Time: 2nd Tuesday of each Month at 1:00 p.m. 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: Mike Ceccanti Date & Time: 1st Monday Crown Center; 3rd Monday Meeting Room at 11:00 a.m. Location: Crown Center

REVIEW, AND COMPLIANCE (LARC)

Date & Time: 1st and 3rd Tuesday of the Month at 10:00 a.m.

FINANCE & BUDGET

Chair: Rob Peters Date and Time: 1st and 3rd Tuesday of the Month at 4:00 p.m. Location: Meeting Room

POOL

Chair: Bryan Daum Date & Time: 3rd Monday of the Month at 7:00 p.m. Location: Multi-Purpose Room

LANDSCAPING, ARCHITECTURAL

Chair: Cindi McCollough Co-Chair: Mary Maney

Location: Multi-Purpose Room

■ National Neighbor's Night Out:

Tuesday, August 6 -5:00-6:30 -Crown Center

KCCA Hello

Upcoming Events

July 4th Parade and Hot Dog

• Line Up at 10:00 / Parade at

• FREE Hot Dogs, Chips and Ice

Cream at the Clubhouse after

the parade for all residents

Neighbors

Picnic: Thursday, July 4.

11:00

■ Labor Day Potluck: Monday September 2 - 1:00-2:30 -Clubhouse

■ Country Western Dinner &

Dance: Saturday, September 21 -5:30-9:00 - Clubhouse

■ New Resident Meeting:

Sunday, October 6 - 2:00 -Clubhouse

■ Halloween Party: Saturday October 26 - 5:00-6:30 -

Clubhouse

■ New Year's Eve Party: Tuesday December 31 - 6:00-9:00 -Clubhouse

MONTHLY EVENTS:

■ Movie Time: Third Friday of each month - 2:00 - Clubhouse

■ First Sunday: First Sunday of each month - 1:00 - 3:00 -Clubhouse

KCCA TEAM

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

Open Window Hours:

Monday, Wednesday, Thursday and Friday 9:00 - 5:00; Tuesday 10:00 - 6:00

Michelle Lee. Administrator mlee@mykcca.com

Teri Jensen. Office Manager office@mykcca.com

Margaret Rodgers Receptionist mrodgers@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

Crown Centers - 16880 SW 126th Ave., King City, OR 97224 Pools are currently closed

KCCA Website: www.mykcca.com

ABOUT THE KCCA NEWSLETTER

Teri Jensen, Editor

Articles for KCCA's newsletter are due to office@kccahoa.com no later than: 10th of each month for following month's newsletter

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

Hello Neighbors Host Memorial Day Potluck

Submitted by Sherry Smith

Seventy-two KCCA residents

attended the Hello Neighbors Memorial Day Potluck on Monday, May 27, in the Clubhouse from 2-4 p.m. **Ron Yates** and his crew put out all the decorations the day before, and the room

looked amazing. It takes many volunteers and someone like Ron to make it all happen. Hello and meatballs, and residents brought their own special side dishes. There were approximately

> 20 wonderful salad dishes. several nice fruit plates, vegetable dishes and 15 yummy desserts. Well, let me tell you, no one left hungry, and there were containers available to take home

leftovers.

The 50/50 prize, which residents

evenly between the winner and Hello Neighbors. Carol Schultz won it for over \$100. Not bad for a \$5 investment.

I was so happy to see our neighbors enjoying themselves on such a patriotic and yet beautiful day in King City. It was a great way to celebrate all those who served in the military on our behalf.

It was very nice to see the Board Members Mike Ceccanti, Cherie Gilmore-Forczak, Rob Peters, and Chris Walbridge in attendance.

Please let us know if you have ideas for other monthly Hello Neighbors Events. We are always looking for volunteers to help us make these monthly events fun



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King City Women's Golf Club (KCWGC)

Submitted by Linda Ray-Keeney

Good weather has continued to benefit the lady golfers since the opening of the club's season in April, as there have been no weeks of canceled rounds due to rain.

Upcoming events:

For those of us who live in the area and enjoy watching parades



but want to stav closer to home to do so, come on out to watch this year's King City 4th of July parade and to celebrate Margaret Cooley-Wells who has the honor of being this year's Grand Marshall. In order to be considered for the Grand Marshall, one needs to reach a tremendous milestone of 100 years of age. Her daughter Cindy Wallace tells me that Margaret is 100 and eight months old. Margaret happens to be a former KCWGC member and a past club president. Congratulations to Margaret!

The yearly event members look forward to is the **KCWGC** and **Summerfield golf exchange**, set for **July 25**. This is when one club invites the other club to golf at their home course, followed by a ladies' luncheon. During the day's rounds,

fun golf games are arranged and played. This year, the Summerfield Ladies Golf Club will be the hosts and have chosen the "Swing with Bling" theme. All players are encouraged - but not required - to join in the fun by dressing up according to the theme.

Are you (or perhaps someone you know) interested in finding out more about the KCWGC? Simply contact KCWGC president, **Joy Hirl**, at **jdhirl@aol.com** for information on the club and how to join us for the 2024 season. Another option is to consider joining us at one of our monthly brown bag lunch meetings, which are held each first Wednesday during the season at the KCCA clubhouse. **It is not too late...**

See you at the course soon!



Join us for

Neighbors Night Out

Tuesday, August 6, 2024 5:00 – 6:30pm Crown Center

Main Dish provided by KCCA Hello Neighbors
Social Committee

Please bring your own chair (we'll be outside), and either a salad or dessert to share. Lemonade, Marguerita's and Water will be provided.



King City Travel Club Trip

Submitted by Linda Herb

Come and join us on the "Pink Trolley" tour. You'll pass approximately 10 strategic locations in Portland.

This will be a 90-minute, very safe, narrated sightseeing tour. Discover many Portland attractions, going past The Rose Garden, The Japanese Garden, Hoyt Arboretum, Powel Book Store to say a few.

Thursday, July 18 Cost: \$64.00

Sign In:	9:45 – 10:15
Bus Leaves:	10:15
Tour starts:	11:00
No Host Lunch at	
Spaghetti Factory:	1:00
Return:	3:30

There is extremely limited seating

for this trip, so get your reservation in ASAP. Before you sign up and pay for this trip, call the Host, **Linda Herb**, at **541-536-1038** to make sure there is still room.

Fill out the Emergency contact form, put it, along with your money, in an envelope, and drop it off at the office.



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KCCA ACTIVITIES CA Sunday 10:00a **Room Codes:** 10:00a AC = Arts & Crafts Building 11:00a BR = Clubhouse Banquet Room 12:00p CC = Crown Center 1:00pn CO = Call Office for Details 2:00pr CR = Computer Room (by Library) 6:00pr GR = Lawn Bowling/Croquet Green = Lobby 6:00pn LR = Clubhouse Living Room MP = Multi-Purpose Room MR = Meeting Room OP = Outdoor Pool SC = Shuffleboard Courts 9:00am LR Church 10:00a Service 11:00a 1:00pm First 12:00p Sunday 1:00pr 1:30pm MP Mexican Train 1:00pr 6:00pm GR Croquet Club 6:00pr 7:00pm LR Pool Club 6:30pn 10:00a 1:30pm Mexican Train 10:00a 1:30pm BR Monthly 11:00a 12:00p Set Up 1:00pr 2:00pm BR Monthly Musical 6:00pm GR Croquet Club 2:00pr 2:00pn 6:00pr 6:00pn 7:00pn

1:30pm

6:00pm

Mexican

Croquet Club

Train

Monday	Tuesday	Wedn
lam MR House Committee lam MP Table Tennis lam SH Shuffleboard lam SH Yoga lam CR Poker lam MR lota Delta Sorority lam BR Bingo - Lions Club lam GR Croquet Club	8:00am MR Men's Golf Club 9:00am AC Ceramics Club 9:00am LR Coffee Clutch 9:30am BR Fitness and Fun 10:00am MP Larc Meeting 10:00am MR Travel Club Meeting 10:30am MP Cribbage 1:30pm MR Tuesday Cards 3:00pm MR Tuesday Cards 3:00pm MP CC Finance Budget Meeting 5:30pm MP Double Deck Pinochle 6:00pm GR Croquet Club 7:00pm MR TV Quilt Guild	10:00am BR Tai Chi 11:00am SH Shufflebd 11:00am MR Women's 11:45am MP,MR Pinod 1:00pm MR Golf Brid 1:30pm CC Red Hat 6:00pm GR Croquet
lam MP Table Tennis lam SH Shuffleboard lpm BR Yoga lpm MP Bunco Group lpm CR Poker lpm GR Croquet Club lpm AC Woodshop Club	9:00am AC Ceramics Club 9:00am LR Coffee Clutch 9:30am BR Fitness and Fun 10:30am GR Lawn Bowling 12:30pm MP Cribbage 1:00pm BR Duplicate Bridge 1:30pm MR Tuesday Cards 5:30pm MP Double Deck Pinochle 6:00pm GR Croquet Club 6:30pm BR Board Of Directors	10:00am BR Tai Chi 11:00am SH Shufflebd 11:45am MP,MR Pinoc 12:00pm CC Private E 1:00pm MR Golf Brid 6:00pm GR Croquet
dam MR House Committee Dam MP Table Tennis Dam SH Shuffleboard Dem BR Yoga Dem CR Poker Dem MR Hello Neighbors Book Club Dem MP lota Delta Sorority Dem BR Bingo- Lions Club Dem MR Pool Committee Meeting	9:00am AC Ceramics Club 9:00am LR Coffee Clutch 9:30am BR Fitness and Fun 10:00am MP Larc Committee Meeting 10:30am GR Lawn Bowling 12:30pm MP Cribbage 1:00pm BR Duplicate Bridge 1:30pm MR Tuesday Cards 3:00pm CC Finance Budget Meeting 5:30pm MP Double Deck Pinochle 6:00pm MR Lions Club Monthly Mtg 6:00pm BR TV Quilt Guild	10:00am BR Tai Chi 11:00am BR Ladies G 11:00am SH Shufflebo 11:45am MP,MR Pinoo 1:00pm MR Golf Brid 4:00pm BR Drummin 6:00pm GR Croquet
lam MP Table Tennis lam SH Shuffleboard lpm BR Yoga lpm CR Poker lpm MR Disaster Prep lpm GR Croquet Club	9:00am AC Ceramics Club 9:00am LR Coffee Clutch 9:30am BR Fitness and Fun 10:00am MP Lions Club Meeting with KCCA 10:30am GR Lawn Bowling 12:30pm MP Cribbage 1:30pm MR Tuesday Cards	10:00am BR Tai Chi 11:00am SH Shufflebo 11:45am MP,MR Pinoo 1:00pm CC Bunco B 1:00pm MR Golf Brid 6:00pm GR Croquet 6:00pm MP Wedneso

11:00am		Church Service 21		Table Tennis Shuffleboard	22
1:30pm	MP	Mexican Train	12:00pm	•	
6:00pm	GR	Croquet Club	1:00pm 3:00pm	Poker Disaster Prep	
			6:00pm	Croquet Club	

10:00am MP

11:00am SH

12:00pm BR

1:00pm CR

Table Tennis

Shuffleboard

Yoga

Poker

6:00pm GR Croquet Club

9:00am	AC	Ceramics Club
9:00am	LR	Coffee Clutch
9:30am	BR	Fitness and Fun
10:00am	MP	Lions Club Meeting with KCCA
10:30am	GR	Lawn Bowling
12:30pm	MP	Cribbage
1:00pm	BR	Duplicate Bridge
1:30pm	MR	Tuesday Cards
5:30pm	MP	Double Deck Pinochle
6:00pm	GR	Croquet Club
6:30pm	BR	Board Of Directors
-		

Ceramics Club

Coffee Clutch

Lawn Bowling

Cribbage

GR Croquet Club

Fitness and Fun

Duplicate Bridge

MP Double Deck Pinochle

Tuesday Cards

9:00am

9:00am

9:30am BR

10:30am GR

12:30pm MP

1:00pm

1:30pm

5:30pm

6:00pm

AC

LR

BR

MR

10:00am 11:00am 11:45am 1:00pm 1:00pm 6:00pm 6:00pm	SH MP,N CC MR	MR Pinoc Bunco B Golf Brid Croquet
10:00am 11:00am 11:45am 1:00pm 6:00pm	SH MP,N	

LENDAR - JULY 2024

esday	Thursday	Friday	Saturday
pard Golf Meeting hle ge Group Society Club	9:00am AC Ceramics Club 9:00am LR Coffee Clutch 9:00am CC Tops 9:30am BR Fitness and Fun 9:30am MP Knit & Crochet Club 10:00am MR King City Bible Study 10:30am GR Lawn Bowling 11:00am BR Line Dancing 1:00pm MP Artist's Guild 2:00pm BR KC Music Club Concert 6:00pm GR Croquet Club 6:30pm MP Table Tennis	9:45am MR Friday Morning Bible Study 10:00am MP Hnsc Meeting 10:00am BR Tai Chi 10:30am CC Mah Jongg Club 11:00am SH Shuffleboard 12:00pm BR Yoga 1:30pm MP Art Class 6:00pm GR Croquet Club	10:30am GR Lawn Bowling 11:00am MP Texas Hold 'Em' 5:30pm MP Double Deck Pinochle 6:00pm GR Croquet Club
pard thle vent ge Group Club	9:00am AC Ceramics Club 9:00am LR Coffee Clutch 9:00am CC Tops 9:30am BR Fitness and Fun 9:30am MP Knit & Crochet Club 10:00am MR King City Bible Study 10:30am GR Lawn Bowling 11:00am BR Line Dancing 12:00pm MR Rainy Day Book Club 1:00pm MP Artist's Guild 2:00pm GR Croquet Club 6:30pm CC Garden Villas HOA Meeting 6:30pm MP Table Tennis	9:45am MR Friday Morning Bible Study 10:00am BR Tai Chi 10:30am CC Mah Jongg Club 11:00am SH Shuffleboard 12:00pm BR Yoga 1:30pm MP Art Class 2:00pm BR Garden Club 6:00pm GR Croquet Club	8:30am MR AARP Safe Driving 10:30am GR Lawn Bowling 5:30pm MP Double Deck Pinochle 6:00pm GR Croquet Club 6:30pm CC Polish Poker
olf Meeting pard hle ge Group g For Peace Club	9:00am AC Ceramics Club 9:00am LR Coffee Clutch 9:00am CC Tops 9:30am BR Fitness and Fun 9:30am MP Knit & Crochet Club 10:00am MR King City Bible Study 10:30am GR Lawn Bowling 11:00am BR Line Dancing 1:00pm MP Artist's Guild 2:00pm BR KC Music Club Practice 6:00pm GR Croquet Club 6:00pm CR Poker 6:30pm MP Table Tennis 7:00pm BR Concerned Republicans	9:45am MR Friday Morning Bible Study 10:00am BR Tai Chi 10:30am CC Mah Jongg Club 11:00am SH Shuffleboard 12:00pm BR Yoga 1:30pm MP Art Class 2:00pm LR Movie Time 6:00pm GR Croquet Club	10:00am Car Fit Lawn Bowling 2:00pm BR Private Event 5:30pm MP Double Deck Pinochle 6:00pm GR Croquet Club
pard hle abes ge Group Club lay Women's Bible Study	9:00am AC Ceramics Club 9:00am LR Coffee Clutch 9:00am CC Tops 9:30am BR Fitness and Fun 9:30am MP Knit & Crochet Club 10:00am MR King City Bible Study 10:30am GR Lawn Bowling 11:00am BR Line Dancing 11:30am MR KC Condos HOA 1:00pm MP Artist's Guild 2:00pm BR KC Music Club Practice 6:00pm GR Croquet Club 6:30pm MP Table Tennis	9:45am MR Friday Morning Bible Study 10:00am BR Tai Chi 10:30am CC Mah Jongg Club 11:00am SH Shuffleboard 12:00pm BR Yoga 1:30pm MP Art Class 6:00pm GR Croquet Club 6:30pm MR Canasta	10:00am MP TV Charity Quilters 10:30am GR Lawn Bowling 5:30pm MP Double Deck Pinochle 6:00pm GR Croquet Club 6:30pm CC Polish Poker
pard thie ge Group Club	Member Services Window Hours* Mon 8 a.m 5 p.m. Tues 10 a.m 7 p.m.	You need a key card to gain entry to the amenities. If you have an Aquatic Center key card, it will provide you access to all the facilities. If you	Aquatic Center Currently

Wed. 8 a.m. - 5 p.m.

Thurs....8 a.m. - 5 p.m.

Fri. 8 a.m. - 5 p.m. *except holidays

If you have an Aquatic Center key card, it will provide you access to all the facilities. If you

don't, please fill out an application for the

KCCA Amenities Key Card. The form is online at mykcca.com, or you can get a form in the holder by the Clubhouse entrance. Please

return your application to the office drop box.

Closed

KCCA Music Club - Come Celebrate the 4th of July with us!

Submitted by Paula Wenzl

Our First Thursday Program will actually be on the 4th of July at 2:00 in the Club House Banquet Room. We hope you will join us, after enjoying the King City Parade and Hot Dogs served by the Hello Neighbors Committee. Our program will be a wonderful celebration of Patriotic songs fit for the day and to remember how lucky we are to be in the United States. The chorus will be doing a rousing medley to honor and remember the branches

of the military as a thank-you for their service. We will have some fun with "This is the Army, Mr. Jones" and remember how our families felt waiting for the end of World War II with the famous Vera Lynn song, "When the Lights Go On Again." This song was number one on the charts in 1943.

We will end the program with "Let There Be Peace on Earth." "Yankee Doodle" will be fun, and there will definitely be a rendition of "America the Beautiful" and more!

Have you been thinking about joining us? Have questions? Please feel welcome to call Muriel Dresser she is the virtuoso on the piano at 503-443-6777 or Club President Paula Wenzl at 503-720-4835.

Singer Spotlight will return in the fall and introduce you to more of our King City family of singers.

Remember First Thursday, this 4th of July, at 2:00 in the Club House Banquet Room!

Library News - Coming Soon!

Submitted 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.

eath of a Spy
las Maneuver
ee-Inch Teeth
le, Kill for You
ne Tea Leaves
Hunter
las Maneuve ee-Inch Teet le, Kill for Yo ne Tea Leave

Lisa GardnerGregg Hurwitz	
Jonathan Kellerman	
Mike Lawson	Kingpin
Susan Mallery	Summer Book Club
James Patterson	Lion and Lamb
Anne Perry	Traitor Among Us
J. D. Robb	Random in Death
Lisa Scottoline	The Truth About the Devlins
Danielle Steel	The Ball at Versailles
Lisa Unger	New Couple in 5B

LARC Committee

THINKING ABOUT SELLING?

The process of preparing to sell can be overwhelming, and there are many things to accomplish before going live on the market. One thing is ensuring your

property is following KCCA's governing documents and LARC policy guidelines. LARC Committee members are here to assist you with this process. Please reach out to the office at office@mykcca.com

if you would like to be visited by a LARC member. You can also view the LARC policy guidelines on the website: www.mykcca.com. Thank you for making our community the best it can be.



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King City Musicals Presents Beaverton Community Band

Submitted by Linda Sawyer and Molly Bowman

This month, our quest is the **Beaverton Community Band.**

There is a strong history of community bands across America. Think about it: most celebrations include music, so when a town had a picnic, rodeo, sports event, parade, or any occasion, there was a band making music!

The Beaverton Community Band is a non-profit, all-volunteer group of musicians who come together to share their love for concert band music and are willing to share their talents with the public. They are



a very popular and busy group. Besides contributing to the music education of students, their many concerts have contributed to the popularity of band music. Come and share this musical celebration!

Sunday, July 14th, 2 p.m. at the **KCCA Club House**

Remember, you can purchase raffle tickets for a chance to win \$5 and \$10 prizes.

We THANK KCCA for their continued sponsorship of these FREE Concerts.

KCCA Walking Club Update

Submitted by Alan Israel

Hello! The KCCA Walking Club held its first official meeting on Friday, June 7, 2024.

Seven walkers were in attendance, with an eighth walker expressing interest but unable to attend. It was a fun opportunity to explore our walking interests and experience, and to make plans for the club. We all agreed that it is much more fun to walk with other people, and it is also a way to hold ourselves accountable. A variety of potential locations were proposed, including (but not limited to):

- KCCA neighborhoods
- Cook Park
- King City Community Park
- Tualatin Wildlife Refuge
- Trvon Creek State Park
- Gabriel Park

After some discussion and negotiation, we decided to start by walking three times per week at 9 a.m. on Monday, Wednesday and Friday. We will meet at the clubhouse and walk from there for about one hour (to start).

The plan is to start on easy walks and then to pick up the pace or difficulty, as the group decides. The average walking pace will be about 2.5 miles per hour, but allowance will be made for all participants. No one will be left behind.

If interested, please call the organizer, Alan Israel, at (503) 360-5584 or visit our Facebook page, KCCA Walking Club, and apply to join.

We hope to see you on a walk in the near future.





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House of the Month

Submitted by Mary Maney

Hello, KCCA neighbors and friends. I am so excited to introduce you to our house of the month for July 2024. It is located at 12351 SW King George. If you are heading down from the clubhouse on King George, it is on the right side of the road. It is a hidden gem in our community, and the homeowners are **Vance and Carol Young**. When I asked them if KCCA could show their home in the July newsletter as House of the



Month, they were so surprised and excited, and they gave me a tour of their home inside and outside.

They moved here from Tigard, Oregon, off Gaarde St., about seven years ago and love our community. They have completely renovated the inside and outside of their home. It is very peaceful and serene all around it, and the backyard has the most calming water feature. I could sit out there and never leave.

Vance and Carol's hobbies are gardening and karaoke; Vance loves to cook. You can see how much they enjoy their home and will see them working around the beautiful oasis they have created. There is so much to see and take in, so if you are walking or driving down King George, you need to stop and look. If, by chance, they are out in the yard,



stop and say hello; they love talking to people and enjoy meeting new friends.

If you want to nominate anyone in KCCA, including the condominiums, townhomes, and apartments, for House of the Month, let us know. We are looking for more hidden gems.

Emergency Readiness Team

Strength in readiness, safety in preparation

Extreme Summer Heat

Age, medical conditions and medications can affect the body's normal response to heat, increasing the risk of heat-related illness.

Seek medical care immediately for symptoms of heat-related illness. (see link below)

Preventive measures include:

- If you live alone, have a friend call to check on you twice a day during a heat wave. Do the same for someone else you know.
- Take cool showers or baths to help cool your core body temperature.
- Electric fans create airflow to provide a sense of cooling to your skin, but they do not reduce the actual room temperature and won't prevent heat-related illness.

- Avoid using the stove or oven to cook.
- Seek out air-conditioned buildings such as shopping malls, a library, or the clubhouse - even a few hours spent in air conditioning can help.
- Wear loose, lightweight, light-colored clothing.
- Do not engage in very strenuous activities, and get plenty of rest.
- Eat light, cold meals to help regulate your body temperature during a heatwave.
- Drink more fluids, even if you don't feel thirsty. Consult your doctor on your intake during hot weather if you have set limits or are on water pills. Also, provide plenty of fresh water in a shaded area for your pets.
- Avoid sugary or alcoholic drinks.

- Avoid very cold drinks, which can cause stomach cramps.
- Window coverings should be closed to keep the sun's rays out of your home. Awnings and outside window films can keep your window glass from heating up.
- When outdoors, wear a widebrimmed hat and sunglasses, and use sunscreen.
- Limit outdoor activity to early morning or evening hours. Avoid exercise during the heat of the day.
- Rest often in shady areas so your body has a chance to recover.
- When working in the heat, monitor the condition of your co-workers and have someone do the same for you.

Signs and symptoms of heat-related illnesses and how to treat them: www.cdc.gov/extreme-heat/signs-symptoms/index.html



Sorority Plant Sale Extended

All of us at lota Delta Sorority would like to extend a huge "Thank You" to our KCCA friends and neighbors for the amazing support shown at our recent plant sale. The proceeds of the sale will be donated to The Good Neighbor Center, a local family shelter, and other non-profits throughout the year. If you missed the sale, there are still plants available. For more details, call Mary at 503-648-5733.

lota Delta is a local chapter of Sigma Phi Gamma (SPG) International Sorority. We are a friendship and service-based organization, and our goals include:

- 1. Promote true friendships among women throughout the world.
- Working together for higher standards among young people.
- 3. Perform service work/fundraisers for those in need.

If you would like to join us in serving our community and developing new friendships, we welcome you to attend ameeting. We get together on the 1st and 3rd Monday of each month at 2 p.m. For more info, call **Cynthia** at **503-330-2783**.

Bring a friend and learn more about SPG at our August Meet-and-Greet. Details in next month's newsletter.

King City Artists' Guild

Submitted by Diane Tyhurst

Welcome to the month of Red, White and Blue. Summer is finally here!

In June, the King City Artist's Guild (AG) was very busy with three art shows this summer. Currently, we are showing our artwork in a large display case near the entrance of Tigard Library. Stop by and take a look! We have also hung art in the Arts and Crafts Bldg hallway with the theme "Art in Water." In July, we will begin a three-month art show at New Season's Market in Tualatin in the room off the dining area. The art we will show will reflect the joys of summer.

Many thanks to all the AG members for being actively involved and helping so much with our summer shows. We hope folks will enjoy admiring the works by the creative women in the AG.

The KC Artists' Guild meets every Thursday from 1:00 to 4:00 in the clubhouse's multi-purpose room. All creative souls are welcome to attend.

Red, White and Blue

If red, white and blue is a challenge for you,

Think of the Blue in the sky, an apple that's Red and vanilla instead of your other favorite pie!

When fireworks glow, there's a reason to know

Why they all burst in the sky

The flag that we fly has a reason to die for many young men over there (WHO DID CARE!)

-Linda Goldie, Author





King City Ceramics Club

Submitted by Marie Vander Weele

Summertime greetings from the ceramics club. Our display case, in the entry hallway of the Arts and Crafts building, is now filled with our members' summertime projects.

We have many new members who are busy creating new shapes and using different glazes to finish them.

It's always interesting to see our

pieces come out of the kiln. Some colors are as expected, but some effects can be surprising. Club members are always experimenting, usually with ceramics but also with "goodies" to share. We aim to be

both a friendly social group and a

supportive environment for creativity

in any aspect of ceramics.

You are always invited to view our display and stop by to visit our members during our regular hours on Tuesdays

and Thursdays.

Are you turning 65?

- 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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- Consults with those who qualify for:
- *PFRS
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