

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

# **NEWSLETTER**

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



# KING CITY Health AND WELLNESS FAIR



Join us on **Saturday, September 13, 2025**, from **11:00 a.m. to 3:00 p.m.** in the **KCCA Banquet Room** for an exciting and informative day hosted by the **King City Civic Association** in partnership with the **King City Lions Club**!

Have you ever wondered about your health, local resources, or services available to you—but didn't know where to start? This is your chance to get answers to those lingering questions and explore the many resources available in our community. Over **20 trusted organizations and companies** will be right here in our neighborhood, ready to answer your questions, provide guidance, and offer free mini health check-ups such as vital signs and hearing screenings. Whether you're looking to learn more about health, wellness, or local services, this event is a great opportunity to connect, discover, and take charge of your well-being—all at no cost. Come be part of a welcoming, informative day that's all about supporting our neighbors and community

A variety of organizations will be present to showcase their programs and services, including:

- Nurses Navigator AMR These are nurses that you call if you are not certain if you need an ambulance. They will help you decide and arrange for you.
- Washington County CPR Class (max 20 spots)
   Please call KCCA office to sign up
- Pacific University Hearing Clinic Hearing Tests
- Gentog Daytime Senior Care
- **Portalano** Addiction/recovery plans
- Breast Friends Women's Health
- Nurse/Med Vital signs incl BP, Pulse, O2 Sat, etc.
- Washington county Recycling What and where
- Washington County Disaster Preparedness
- AMR Display Ambulance with tour guide to see the equipment

- Tigard Senior Center Nutrition, Meals on Wheels
- Ride Connection round, round get around
- PGE How to save on your bill (up to 80% in some cases)
- Nyberg Acupuncture New pain management options for old pains
- Wash Co. Community Action Energy Assistance
- Northwest Natural Gas Discount program Weatherization
- Oregon Sight and Hearing Foundation Bring your old glasses for donation
- **King City Lions** Durable Medical Equipment (also Sheriff's Elder Care Brochures)
- McCanns New Medical Equipment
- Insurance Resources NW Medicare advisers

We're still in discussions with a few more organizations, but space is quickly filling up. In the meantime, we hope this lineup gives you plenty of reasons to make the trip to the clubhouse and connect with these amazing experts in person. Sign up soon for the CPR classes and look for additional communications from the KCCA office with additional vendors to join.

## KCCA BOARD OF DIRECTORS 2025-2026

Cherie Gilmore-Forczak, President cheriegf@mykcca.com

Rob Peters, Vice President rpeters@mykcca.com

Megan Rutz, Treasurer mrutz@mykcca.com

Lono Waiwaiole, Secretary lwaiwaiole@mykcca.com Cheryl Wong, Director cwong@mykcca.com

Cindi McCollough, Director cmccollough@mykcca.com

Teri Sunell, Director 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 <a href="https://www.mykcca.com">www.mykcca.com</a> 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 and 3rd Tuesday of the Month at 3:00 p.m. Location: Crown Center

#### **GREENS**

Chair: Teri Sunell Date & Time: 1st Thursday 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: Rob Peters
Date & Time: 1st & 4th Monday @ 10:00 am
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 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 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: <a href="mailto:nancynmnh@yahoo.com">nancynmnh@yahoo.com</a>

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**

- Labor Day Potluck: Monday, September 1, 1-2:30 pm Clubhouse
- First Sunday Open House: September 7, 1-3 pm, Clubhouse
- Second Sunday Musical: September 14, 2 pm, Clubhouse
- Movie Time: Friday, September 19, 2 pm, Clubhouse
- Hello Neighbors Dance: Sunday, September 21, 1-3 pm, Clubhouse
- Harvest Hop: Back to the 70's, Saturday, September 27, 5-8 pm, Clubhouse
- First Sunday Open House: October 5, 1-3 pm, Clubhouse
- Second Sunday Musical: October 12, 2 pm, Clubhouse
- Movie Time: Friday, October 17, 2 pm, Clubhouse
- Hello Neighbors Dance: Sunday, October 19, 1-3 pm, Clubhouse
- Italian Night: Saturday, October 25, 6-7:30 pm, Clubhouse
- First Sunday Open House: November 2, 1-3 pm, Clubhouse
- New Resident Meeting: Sunday, November 2, 2pm, Clubhouse

## **LAWNCARE UNLIMITED**

- Weekly maintenance
- Bush trimming
- Sprinkler repair
- Concrete/wood Powerwashing
- · Barkdust flowerbeds
- Lawn thatch/aerating reseed lawn
- Gutter cleaning

Earlier The Better, Call or Email Now!

971-678-0090 or jaythelawnguy@gmail.com

## KC Music August Program: Autumn, September

Submitted by Paula Wenzl

First Thursday, September 4, 2025, at 2:00 p.m. in the Clubhouse Banquet Room

As we near the end of summer, our song inspiration turns to Autumn, cooler temperatures, the start of school and as ever in Oregon, the rainy season. Our chorus numbers will be: Will I See You in September, September in the Rain, Listen to the Rhythm of the Falling Rain and Autumn in New York. We hope you will retreat from whatever the weather is doing and come and enjoy the afternoon of music with us.

Did you know that the record for the most rain in September for Portland, Oregon, was in 2013 with a record of 6.44 inches? The september rainfall is 1.54 inches. So our chorus numbers are a good reflection of what is happening in our region. As always, we will shower you with additional numbers from members of the chorus who love to deliver solos of their favorites.

Our average program is one hour

long, with four chorus numbers and about 10 additional solos, duets or group numbers.

The King City Chorus appreciates our audiences so much, and they rise to their best efforts to entertain you all. We hope to see you at our September 4! First Thursday Program at 2:00 p.m. in the Clubhouse Banquet Room.

We buy good cars and trucks and year/any model, and pay cash at your place!

Call Willamette Motors in West Linn,
Ask for Norm. (I'm the owner)

Call 503-756-0071

Phone calls & texts only, please • 7 Days a Week, 9 am - 9 pm





## **Chess and Scrabble Club**

Submitted by Alan Israel

Do you yearn for an occasional mental challenge while also meeting new people and having fun? Do you play or have an interest in learning chess or Scrabble, all in the comfort of an air-conditioned room in the clubhouse? Well, here is your chance.

I personally love both games, as they provide a good chance to learn and maybe bring out a little of our competitive sides (but not too much). Scrabble can be played by two, three or four players at a time. Chess is for two players at a time.

Come to our introductory meeting on **Monday, September 9**, in the meeting room. This first meeting will be to gauge the level of interest in our community. We can



discuss when and how often we would like to play, and for how long. How much interest is there in either or both games? Also, does anyone have a chess or Scrabble board that they would be willing to bring to our meetings?

Please come prepared to have fun and learn something. For additional information, call **Alan** at **(503) 360-5584**.

Meanwhile, stay cool.



# **Learn about Medicare Changes for 2026**

**Educational Event - No Insurance Carriers Discussed** 

Join us for an Educational Event on the upcoming changes that Medicare will have for 2026.

Learn about the basics of Medicare, proposed changes for premiums, IRMAA, Rx maximum out of pocket, and programs available for Beneficiaries in the upcoming year.

Join us for a local seminar



Oct. 1 @ 11 a.m.; Sherwood YMCA 23000 SW Pacific Hwy, Sherwood, OR 97140

To RSVP: Phone: 503-869-5008 (TTY) Email: regina@sradvo.com Web: www.sradvo.com



Oct. 3 @ 2 p.m.; King City Clubhouse 15224 SW 116th Ave King City, OR 97224

Calling listed number will direct you to insurance agent. Not affiliated with or endorsed by the government or Federal Medicare. People with special needs call.



## **Picnic on the Patio**

Submitted by Ron Yates

On a hot August evening, over 120 KCCA residents enjoyed a delicious catered dinner of pulled pork and chicken on buns, coleslaw, baked beans, watermelon, pasta salad, spring rolls, and cake for dessert.

The dinner was catered by Julie LeBrun from Sherwood. Steel drum music played in the background by the NW Pan Man, Terry Baber. Our clubhouse patio was decorated in a tropical theme, suitable for our really hot day. Door prizes and a 50/50 raffle payout of over \$100 were given out to the attending residents.

Thanks to the Hello Neighbors Social Committee for sponsoring this event, coordinated by **Ron Yates** and **Peggy Trees**. Committee members helping to produce the event were Thia Barth, Megan Rutz, Mary Lou Russ, Judy Summers, Jackie Ceccanti, Judi Harrison, Terri Johnson, Dennis Williams, Elaine Simms, Sandy Thiringer, and Gayle Loaiza. Volunteer Mike Ceccanti was very helpful with our event.

Thanks to all who attended. We look forward to seeing you on **September 1** for a **Labor Day Potluck** and on



Saturday, September 27, for our Harvest Hop Back to the 70s Party, featuring DJ music, a catered dinner, and your opportunity to wear your old 70s clothes if you want.





## **Travel Club October Trip: Hood River Fall Harvest Festival**

Submitted by Linda Herb

The Valley's best farms and orchards bring their bounty to this Fall Festival with stands full of produce, raw honey, beautiful flowers, local plants, herbs, Handcrafted and locally made Items, Including Hats, candles, cheese, jam, woodworking, paintings, clothing, jewelry, and more. The artists and makers go through a juried acceptance process and are some of the best in the region.

Food trucks and restaurants galore! With a diverse selection of Thai food, gyros, garlic fries, barbecue and more. This will be a no-host lunch event.



Date: Friday, October 10, 2025

Sign-in starts at 11:00, leaving for Hood River at 11:30

We should be back in King City by 6:00 (depending on the traffic)

**Cost: \$74.00 per person**. Contact Linda Herb 541 536-1038

We will again need a minimum of twenty people to make this trip viable.

Reservations must be made no later than 9/25/25. The earlier the better. To receive a refund, cancellations must be made no later than 10/3/25

Please come and join us. We've done this before, and it has been very popular.

The upcoming November trip will be the annual Verboort Sausage feed.





# **King City Lawn Bowling Green Wants You to Try Lawn Bowling**

Submitted by Raymond Francis

Summer arrived, and the King City Lawn Bowling Club is taking advantage of the excellent weather and great green conditions while they last.

Lawn Bowling is a great game for people of all ages: seniors frequently beat



younger players, and women can beat men. It's not a game of brute strength: bowls is a game of skill and concentration that can be played singly or on teams.

If you want to try this centuries-old game, come to the green behind the KCCA Clubhouse on **Tuesdays and Thursdays at 10:30** with flat-soled shoes on (sneakers are fine). We'll lend you the equipment and provide the starting instructions. We are a welcoming group and enjoy having new members. If you have any questions or need more information, please call **David Mack** at **503-998-9240**. See you on the green!

## Republican Club

Submitted by Dan Harris

Hello King City Friends and Neighbors!



The Republican Club is in a quandary, waiting for a decision from the KCCA Board of Directors to know if they will allow the Republican Club to

continue meeting at the KCCA Clubhouse. The vote was to take place at the August 12, 2025, Board Meeting; however, it was postponed until the September 9, 2025, meeting. Therefore, the Club is uncertain if there will be a September meeting.

Once we receive confirmation from the KCCA Board of Directors regarding our use of the KCCA Clubhouse, we will request that the KCCA Office send out an email blast. Thank you for your patience.

Until we have a final decision, you can access information at <u>washco.gop</u>. You will find many helpful articles to bring you up to date.





# KCCA ACTIVITIES CALEN

Sunday	Monday	Tuesday	Wedn
	8:00am BR;LR;K Labor Day Potluck - Set Up 9:30am L Walking Club 10:00am MP Ping Pong 10:00am SH Shuffleboard 10:00am OP Water Aerobics 11:45am BR;LR;K Labor Day Potluck 1:00pm BR;LR;K Labor Day Potluck 2:30pm BR;LR;K Labor Day Potluck - Clean 10:00pm BR BR; BINGO - Lions Club 6:00pm OP Water Aerobics	8:00am MR MEN'S GOLF CLUB 9:00am P;AC Ceramics Club 9:00am LR Coffee Clutch 9:30am BR Fitness and Fun 10:00am CC Clubs & Ameneties Mtg 10:30am MR Travel Club Mtg 10:30am GR Lawn Bowling Club 12:30pm MP Cribbage 1:00pm MR Tuesday Cards 3:00pm CC Finance & Budget Mtg 5:00pm MP Double Deck Pinochle Set Up 5:45pm MP Double Deck Pinochle 6:45pm MR TV Quilt Guild Board Meeting	9:30am L Walking 10:00am MP King Cit 10:00am SH Shufflet 10:00am BR Tai Chi 11:00am LR Women 12:00pm MP Pinochle 1:00pm MR Party Br 1:30pm CC Red Hat 3:00pm MP LARC M 5:00pm MR Mah Jon
9:00am K;BR Church Service 9:00am GR Croquet Club 1:00pm L First Sunday 1:00pm MP Mexican Train 3:00pm CC Private Event (tentative)	9:30am L Walking Club 10:00am MR House Committee Mtg 10:00am MP Ping Pong 10:00am SH Shuffleboard 11:45am BR Yoga 12:30pm MP Set-up - Second Monday Bunco Group 1:00pm MP Bunco Group (Second Monday) 1:00pm MR Chess & Scrabble Club 1:00pm CR Poker 2:00pm BR IOTA Delta 6:30pm AC Woodshop Club	9:00am P;AC Ceramics Club 9:00am LR Coffee Clutch 9:00am CC GVSA- Welcome Committee Meeting 9:30am BR Fitness and Fun 10:30am GR Lawn Bowling Club 11:00am CC Garden Villas Finance Committee Mtg 12:30pm MP Cribbage 1:00pm MR Tuesday Cards 5:00pm MP Double Deck Pinochle- Set Up 5:30pm BR Board of Directors Work Session 5:45pm MP Double Deck Pinochle 6:30pm BR Royal Gardens- Board Meeting	9:30am L Walking 10:00am MP King Cit Table Te 10:00am SH Shufflet 10:00am BR Tai Chi 11:30am BR;K Private I 12:00pm MP Pinochle 1:00pm MR Party Br 5:00pm MR Mah Jor
9:00am GR Croquet Club 1:00pm MP Mexican Train 1:30pm BR Monthly Musical Set Up 2:00pm BR Monthly Musical	9:30am L Walking Club 10:00am MP Ping Pong 10:00am SH Shuffleboard 11:45am BR Yoga 1:00pm CR Poker 2:00pm MR Hello Neighbors Book Club 2:00pm MP IOTA Delta Sorority 6:00pm BR BINGO- Lions Club 6:30pm BR King City Camera Club	9:00am P;AC Ceramics Club 9:00am LR Coffee Clutch 9:30am BR Fitness and Fun 10:30am GR Lawn Bowling Club 12:30pm MP Cribbage 1:00pm MR Tuesday Cards 3:00pm CC Finance & Budget Mtg 5:00pm MP Double Deck Pinochle- Set Up 5:45pm MP Double Deck Pinochle 6:30pm BR TV Quilt Guild - General Membership Meeting	9:30am L Walking 10:00am MP King Cit Table Te 10:00am BR Tai Chi 10:30am K Ladies 0 11:00am K;BR Ladies 0 12:00pm MP Pinochle 1:00pm MR Party Br 3:00pm LR LARC C 4:00pm BR Drummi Meditati 5:00pm MR Mah Jor
9:00am GR Croquet Club 12:00pm BR Set-Up Dancing (Hello Neighbors) 1:00pm BR Dancing (Hello Neighbors) 1:00pm MP Mexican Train 3:00pm BR Clean-Up Dancing (Hello Neighbors)	9:30am L Walking Club 10:00am MR House Committee 10:00am MP Ping Pong 10:00am SH Shuffleboard 11:45am BR Yoga 1:00pm MR Chess and Scrabble Club 1:00pm CR Poker 6:30pm BR King City Camera Club	9:00am P;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 Club 12:30pm MP Cribbage 1:00pm MR Tuesday Cards 5:00pm MP Double Deck Pinochle- Set Up 5:45pm MP Double Deck Pinochle	9:30am L Walking 10:00am MP King Cit Table Te 10:00am SH Shufflet 10:00am BR Tai Chi 12:00pm MP Pinochle 1:00pm MR Party Br 1:30pm CC Bunco E 5:00pm MR Mah Jor
9:00am GR Croquet Club 1:00pm MP Mexican Train	9:30am L Walking Club 10:00am MP Ping Pong 10:00am SH Shuffleboard 11:45am BR Yoga 1:00pm CR Poker 6:30pm BR King City Camera Club	9:00am P;AC Ceramics Club 9:00am LR Coffee Clutch 9:30am BR Fitness and Fun 10:30am GR Lawn Bowling Club 12:30pm MP Cribbage 1:00pm MR Tuesday Cards 5:00pm MP Double Deck Pinochle- Set Up 5:45pm MP Double Deck Pinochle	

# DAR - SEPTEMBER 2025

esday	Thursday	Friday	Saturday
Club Ping-Pong/Inis Pard Golf Mtg Wednesday dge Royalty g g (Chinese)	9:00am P;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 Club 11:00am BR Line Dancing 12:00pm CC Omaha Hi-Low 1:00pm MP Artist's Guild 1:00pm PS Greens Committee 1:30pm BR KC Music Club Set-up 2:00pm BR KC Music Club Concert 5:30pm GR Lawn Bowling Club 6:30pm MP Table Tennis	9:30am L Walking Club 10:00am MR Friday Morning Bible Study 10:00am MP HNSC MEETING 10:00am SH Shuffleboard 10:00am BR Tai Chi 10:30am CC Mah Jongg Club 11:45am BR Yoga 2:00pm MR Friday Cards	9:00am GR Croquet Club 10:00am MP Texas Hold-Em 11:30am BR Private Event 5:00pm MP Double Deck Pinochle- Set Up 5:45pm MP Double Deck Pinochle
Club r Ping-Pong/ nis pard  vent Wednesday dge g (Chinese)	9:00am P;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 Club 11:00am BR Line Dancing 12:00pm CC Omaha Hi-Low 12:00pm MP Artist's Guild 1:30pm BR KC Music Club Set-up 2:00pm BR KC Music Club Set-up 2:00pm GC GVSA Board Meeting 5:30pm GR Lawn Bowling Club 6:30pm MP Table Tennis	9:30am L Walking Club 10:00am MR Friday Morning Bible Study 10:00am SH Shuffleboard 10:00am BR Tai Chi 10:30am CC Mah Jongg Club 11:45am BR Yoga 2:00pm MR Friday Cards 2:00pm BR Garden Club 6:30pm MR Canasta	8:00am BR;LR;MP;MR;K Health & Wellness Fair - Lions Club - Set Up 9:00am GR Croquet Club 11:00am BR;LR;MP;MR;K Health & Wellness Fair - Lions Club 3:00pm BR;LR;MP;MR;K Health & Wellness Fair - Lions Club 5:00pm MP Double Deck Pinochle- Set Up 5:45pm MP Double Deck Pinochle
Club Ping-Pong/Inis pard  olf Club olf Mtg Wednesday dge pmmittee Mtg g for Peace - Sound on g (Chinese)	9:00am P;AC Ceramics Club 9:00am LR Coffee Clutch 9:00am CC Tops 9:30am BR Fitness and Fun 10:00am MP King City Bible Study 10:30am GR Lawn Bowling Club 11:00am BR Line Dancing 12:00pm CC Omaha Hi-Low 1:00pm MP Artist's Guild 1:30pm BR KC Music Club Practice 5:30pm GR Lawn Bowling Club 1:30pm BR KC Music Club Practice 5:30pm GR Lawn Bowling Club 6:00pm BR Set-up - Concerned Republicans 6:30pm MP Table Tennis 7:00pm BR Concerned Republicans	9:30am L Walking Club 10:00am MR Friday Morning Bible Study 10:00am SH Shuffleboard 10:00am BR Tai Chi 10:30am CC Mah Jongg Club 11:45am BR Yoga 2:00pm MR Friday Cards 2:00pm LR Movie Time 5:00pm BR Matadorians	8:30am MR AARP Safe Driving 9:00am GR Croquet Club 5:00pm MP Double Deck Pinochle- Set Up 5:45pm MP Double Deck Pinochle
Club I Ping-Pong/Inis Dard  Wednesday dge abes g (Chinese)	9:00am P;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 Club 11:00am BR Line Dancing 11:30am MR KC Condos HOA 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 Practice 5:30pm GR Lawn Bowling Club 6:30pm MP Table Tennis	9:30am L Walking Club 10:00am MR Friday Morning Bible Study  10:00am SH Shuffleboard 10:00am BR Tai Chi 10:30am CC Mah Jongg Club 11:45am BR Yoga 2:00pm MR Friday Cards 4:00pm BR Harvest Day Dance - Set Up 6:30pm MR Canasta	8:00am BR;LR;K Harvest Day Dance - Set Up 9:00am GR Croquet Club 10:00am MP Open Sew - TV Quilt Club 5:00pm MP Double Deck Pinochle- Set Up 5:00pm BR;LR;K Harvest Day Hop 70's Dance & Dinner 5:45pm MP Double Deck Pinochle 8:00pm BR;LR;K Harvest Day Dance - Clean up
		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	Aquatic Center Currently Closed

## **Men's Golf News**

Submitted by George Patton, Handicap Chairman

This has been a very good month for golf at King City. We started our Fall Match Play rounds with a field of 27 players, and the tournament will run through September 2. Next month is our fall handicap tournament open to all club members. Sign up is required.

This month, I would like to cover slow play:

A notoriously slow player was questioned by another member about his sluggish play. The slow player responded by stating he was "Paying the same amount of money as you and I will take as long as I want to play a round of golf." Another reply, "I'm playing at my pace and you are not going to rush me". As you can imagine, the

conversation went downhill from there.

SO, let's look at what the "BOOK" SAYS ABOUT SLOW PLAY.

Rule 5.6b gives everything one needs to understand the concept of prompt pace of play and how to achieve the goal:

A round of golf is meant to be played at a prompt pace.

Each player should recognize that their pace of play is likely to affect how long it will take other players to play their rounds, including both those in the player's own group and those in following groups.

The player should play at a prompt pace throughout the round, including the time taken to:

- Prepare for and make each stroke,
- Move from one place

to another between strokes, and

Move to the next teeing area after completing a hole.

A player should prepare in advance for the next stroke and be ready to play when it is their turn.

When it is the player's turn to play:

- It is recommended that the player make the stroke in no more than 40 seconds after they are (or should be) able to play without interference or distraction, and
- The player should usually be able to play more quickly than that and is encouraged to do so.

Depending on the form of play, there are times when players may play out of turn to help the pace of play:

 In stroke play, players may play "ready golf" in a safe and responsible way (see Rule 6.4b(2))."

I hope this helps and will be used by all our members.

# EXCELSIOR COMBO

Featuring John Van Beek



From standard "Great American Songbook" favorites, delivered with impeccable "crooner" flair, to hits of the 1960s and beyond, Excelsior Combo will entertain with songs we can't forget.

Whether you come and enjoy the music or feel like dancing... Everyone is Welcome!

Sunday, September 21, 2025 1:00pm – 3:00pm King City Civic Association Clubhouse

> \$5 Cover Charge per person Open to the Public

Presented by the KCCA Hello Neighbors Social Committee



## King City rider participates in seventh Great Cycle Challenge

Bill Hood will ride 600 miles during September in support of Children's Cancer Research Fund.

Bill Hood, a resident of King City, is planning to ride 600 miles and raise \$2,500 during September for Children's Cancer Research Fund

(CCRF) in support of its 11th annual Great Cycle Challenge USA.

Founded in 2015. Great Cycle Challenge USA has grown to become one of the biggest cycling events in the country. In just 10 years, over 500,000 riders from 50 states have ridden 33.8 million miles, raising more than \$73 million for research and the development of better treatments and cures for childhood cancer. This year, CCRF hopes over 20,000

riders will help raise more than \$7 million.

"Over 15,000 American children are diagnosed with cancer every year and, sadly, 38 children die every week," said Kenna Dooley, Chief Development Officer at Children's Cancer Research Fund. "Thanks to riders like Bill, we're fueling groundbreaking research to save lives and give kids the brighter future they deserve." "This is the seventh

time I have participated in Great Cycle Challenge," said Bill Hood. "During those years, I rode 3,366 miles and raised \$12,645.96. This

> year, I am aiming to raise \$2,500 and ride 600 miles." Funds go to support research at leading pediatric cancer centers across America.

To learn more about Bill's Great Cycle Challenge USA and to make a donation, please visit <a href="https://www.greatcyclechallenge.com/Riders/BillHood">www.greatcyclechallenge.com/Riders/BillHood</a>. To participate in Great Cycle Challenge USA, visit <a href="https://greatcyclechallenge.greatcyclechallen

goal throughout September to fight kids' cancer.

Riders fundraise to save lives and give kids the brighter future they deserve.

**About Children's Cancer Research Fund:** Children's Cancer Research

Fund: Children's Cancer Research
Fund invests in groundbreaking
research that is leading to better
treatments and cures for children
with cancer. CCRF also funds
vital family support services and
advocates for childhood cancer
education and awareness. Since
1981, CCRF donors have helped
fund research that has revolutionized
the way childhood cancer is treated
worldwide.

Visit <u>childrenscancer.org</u> or call 1-888-422-7348 to learn more.

The Hello Neighbors Social Committee Presents

A King City Favorite



com.

About Great
Cycle Challenge
USA: Great
Cycle Challenge
USA encourages
cyclists across
the United States
to challenge
themselves and
set their own
personal riding





Proudly Serving King City for 20 Years!

# 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, Sept. 19 at 2 p.m. **Mission: Impossible-The Final Reckoning**

## PG-13 | 2025 | 2 HR. 49 MINS. | ACTION



Mission: Impossible
- The Final Reckoning
follows Ethan Hunt and
the IMF team as they
continue their mission
to destroy the Entity,
a dangerous artificial
intelligence program
that has infiltrated global
intelligence networks
and seeks to control
humanity. As they race
against time, they must
contend with the world's

governments and a figure from Ethan's past, Gabriel, who wants the Entity's power for himself. The film showcases death-defying stunts, global espionage, and high-stakes action sequences as Hunt and his team strive to prevent the Entity from altering the course of the world forever.

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

## KING CITY BUSINESS SPOTLIGHT:

## Fawn and Feather Massage & Bodywork

Located at the heart of King City's picturesque downtown, Fawn and Feather Massage blends seamlessly into the community's

embracing of nature and wellness.

Fawn and Feather owner/operator Kayla Payne is passionate about therapeutic and compassionate touch.



Kayla Payne, LM

massage is particularly helpful for runners, athletes, and clients who experience repetitive body movements throughout the day.

#### AROMATHERAPY

 Essential oils are another way to personalize your treatment.

#### HOT STONE

 Temperaturecontrolled hot basalt stones relieve tension, stiffness, and inflammation.

Payne suggests a 60-minute massage (\$90) for those who wish to focus on a specific area of the body. Sixty minutes is also enough time for a full-body relaxation-style massage if this is your preference.

For those who would like a more personalized full-body massage, she suggests a 90-minute massage (\$125). A 90-minute massage allows additional time to dedicate to areas needing treatment.

Fawn and Feather Massage offers services by appointment only, 8 a.m. – 7 p.m., seven days a week. Gift Cards are available.

"The field of massage is boundless, and I continue to seek new techniques to incorporate into our sessions," Payne stated. "It is incredibly fulfilling watching clients improve their chronic pain, injuries, and mental well-being, while enjoying their treatments."

Fawn and Feather Massage & Bodywork is located at 15405 SW 116th Ave, #126 in King City.

Call 503-869-0500 to make an appointment or visit fawnandfeathermassage.com for more information.

"I love sharing the art of healing and promoting wellness of the body, mind, and spirit. Physical touch promotes stress relief and improves mental well-being," states Payne.

"This is what makes massage so special; it provides positive effects on both our muscles and minds."

Payne offers a variety of techniques, each suited to the client's specific needs.

- **DEEP TISSUE** used to treat pain and tension in the body by sinking deep into the muscle fibers and connective tissues.
- **SWEDISH** This technique targets the superficial muscle fibers and focuses on stress relief while relaxing the muscles.
- TRIGGER POINT Trigger point massage is particularly effective in managing chronic pain

#### • MYOFASCIAL RELEASE

- This technique stretches and kneads the fascia, effectively relieving tension and tight muscles.
- **CUPPING** This non-invasive technique promotes blood flow to specific areas of the body, improving healing and decreasing inflammation.
- SPORTS MASSAGE This

## **SCAM ALERT!**

Submitted by Cherree Weeks

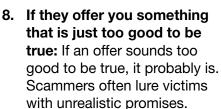
Scamming has become so invasive in our society that I wanted to share some tips:

By following these guidelines, you can enhance your ability to spot and avoid scams effectively.

- Verify the Source: Always independently verify the identity of the person or organization contacting you.
- Trust Your Instincts: If something feels off or makes you uncomfortable, trust your gut feeling and proceed with caution.
- 3. If the person is overly pushy:
  Scammers often use highpressure tactics to rush you into
  making decisions. Legitimate
  businesses will give you time to
  think things over.
- 4. If the person doesn't have a natural way of talking: Poor grammar, awkward phrasing, or unusual language can be red flags. Scammers may not be fluent in the language they are using, which can lead to communication that feels off.
- 5. If they want you to send money or cash a check for ANY reason: Be skeptical of any request for money, especially if it's unexpected. The check may bounce, leaving you responsible for the full amount.
- 6. If they ask personal questions about you or your family: Scammers often seek personal information to use against you or to steal your identity.
- 7. If they ask you to download

ANYTHING onto your computer or to share computer information:

Downloading files from unknown sources can introduce malware or viruses to your system. Legitimate companies will not ask for sensitive information like passwords or access to your computer.



- 9. If they act like they want to get to know you better:
  Scammers may try to build a rapport to gain your trust.
  Be wary of anyone who seems overly interested in your personal life without a legitimate reason.
- 10. Stay Informed About Common Scams: Educate yourself on common scams and fraud tactics. Awareness of what to look for can help you recognize potential scams early.
- 11. Report Suspected Scams:

  If you encounter a suspected scam, report it to appropriate authorities. This can help protect others from falling victim as well.

By keeping these checks in mind, you can better protect yourself from falling victim to scams. Always trust your instincts and take the time to verify any suspicious interactions.

Most of this information came from www.ncoa.org/article/what-are-the-top-online-scams-targeting-older-adults.





## **King City Garden Club News**

Submitted by Peggy Nelson

It may be September outside, but it still feels like Summer is sticking around for a bit longer!

On August 7th, several of our members drove up to the Jenkins Estate in Beaverton. We wanted to see the Master Gardeners' part of the estate. There are many other activities going on at this estate, but we were just focused on the plants (of course!). We started out with one guide, but soon had others talking to us about their respective sections. Some of the types of gardens we saw included a native plant garden, a small area of deer-resistant plants, as well as a vegetable garden with a smaller section loaded with flowers

for the pollinators. The volunteer Master Gardeners were each hard at work (in their respective sections) around us while we wandered around, looking and listening (and learning too), about all the different plants. We were all amazed by the amount of work accomplished over the past few years.

The estate, comprising around 68 acres, is under the care of Tualatin Hills Parks and Recreation District (THPRD) and is also on the National Registry of Historic Places. We were surrounded by the most beautiful conifers, and the peaceful air about the place could be felt as soon as we got out of our cars. There are also around two miles of trails at the estate, but we ran out of time to



check them out. We might just have to try them out on our next visit, perhaps next year? Oh yes, we also had a very delicious lunch, after the Estate visit, at Reedville Cafe.

If you are interested in becoming a member, or have any questions about our club, please call/text **Peggy Nelson** at **541-951-9930**. We would love to see you!

## **Artists' Guild**

Submitted by Diane Tyhurst

Welcome to Autumn, with kids returning to school, football finally commencing, and half of the world soon blanketed in the beautiful warm colors of Fall.

In August, the K.C.A.G. members attended the KCCA Creativity Faire at the Clubhouse. Many different arts and crafts were represented by the many creative souls in the community. There is a plethora of amazing talent here. Member Debbi Estes showed her art in the Washington County Open Studios Summer Showcase at the Brookwood Library in Hillsboro, a small, timely show that represented how art has evolved over the years.

We hope that folks are enjoying our current art display, ANIMALS, in the arts and crafts building, which will be on display until the end of September. Two new displays will be hung at the beginning of October: *Monochromatic Art* and *Teacups*. In the multi-purpose room of the Clubhouse, a new display of BUILDINGS will be hung on November 1. Other shows of interest to our members are the Salem Art Fair in September and the Washington

Members Debbi Estes and Jan Auten will be displaying art in this show.

County Open Studios

tour in October.

September is the beginning of our club year. Dues of \$15.00 for KCCA members and \$20.00 for non-members will be collected at our first meeting on September 4. The K.C.A.G. meets every Thursday from 1:00 to 4:00 p.m. in the Clubhouse. We welcome new members into our club. All different styles of painting are welcome. We encourage new ideas from new and

old members. We look for current or retired art teachers to teach us new styles of painting. We also like to use the talents of our own members and encourage them to

teach a workshop. Please consider joining us, where you can paint and enjoy conversations with other like-minded people.

Member Leah
Guengerich will be assisting
Laurie Svec in teaching the weekly
watercolor class at King City
Senior Village during the month
of September. I, Diane Tyhurst,
will be traveling to Addis Ababa,
Ethiopia, for a month to visit my
former students whom I taught
English to in 1968. I will be flying via
Dubai, U.A.E., where I will have an
opportunity to visit this "fairy tale"
city and observe the tallest building
on earth, the Burj Khalifa.

Have a lovely beginning of Fall!

## **CROSSWORD**

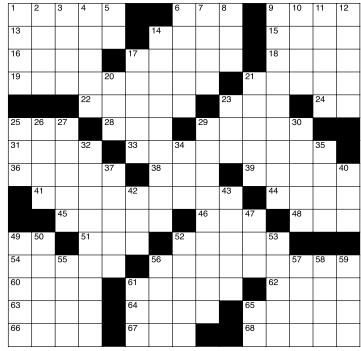
#### **CLUES ACROSS**

- 1. Fairly large
- 6. Barrels per day (abbr.)
- 9. Cover the entirety of
- 13. Leafy appetizer
- 14. Showy ornament
- 15. Norse personification of old age
- 16. Athletes
- 17. Closes tightly
- 18. Attack via hurling items
- 19. Where the reserves stand
- 21. Sword
- 22. Begat
- 23. Damage another's reputation
- 24. Northeast
- 25. Turf
- 28. For each
- 29. Hours (Spanish)
- 31. Western state
- 33. One who offers help
- 36. Flanks
- 38. A woolen cap of Scottish origin
- 39. Free from drink or drugs
- 41. Tunnels
- 44. Mature
- 45. More dried-up
- 46. News organization
- 48. Steal something
- 49. Forms one's public persona(abbr.)
- 51. Female fish eggs
- 52. Small petrel of southern seas
- 54. Edible starches
- 56. Historical

- 60. In a place to sleep
- 61. Horse grooms
- 62. Off-Broadway theater award
- 63. Chinese dynasty
- 64. Resembling a wing
- 65. Small projection on a bird's wing
- 66. Of the Isle of Man
- 67. Derived unit of force (abbr.)
- 68. Plate for Eucharist

#### **CLUES DOWN**

- 1. Vipers
- 2. Ancient city in Syria
- 3. Sloc
- 4. Emits coherent radiation
- 5. "Pollock" actor Harris
- 6. Bleated
- 7. Monetary units of Afghanistan
- 8. Tooth doctor
- 9. One who takes apart
- 10. Commoner
- 11. Beat poet Ginsberg
- 12. Cave deposit material
- 14. Home energy backup
- 17. Begets
- 20. Face part
- 21. Frocks
- 23. Hill or rocky peak
- 25. Giving the impression of dishonesty
- 26. About ear
- 27. Male parents
- 29. Popular grilled food
- 30. Vaccine developer
- 32. Not conforming
- 34. Polite address for women



- 35. 1970 U.S. environmental law
- 37. Astronomical period of 18 years
- 40. One who fights the government
- 42. Center for Excellence in Education
- 43. Watches discreetly
- 47. An electrically charged atom
- 49. Hymn
- 50. Arabic given name

- 52. Popular pie nut
- 53. City in Zambia
- 55. Species of cherry
- 56. John \_\_\_, British writer
- 57. Be next to
- 58. Make angry
- 59. Give birth to a lamb or kid
- 61. Unhappy

## SCHOOL YEAR WORD SEARCH

Ι K Ε P N K C В T X K R G Н Α В W N W М В K Н L М T М G R K Y G X Н Ι Ρ R K Ρ C Ε Ι Ι R Υ X X 0 U U 0 C В Α D 0 Ρ Т М Т T В R U 0 Ε S X P Ε Α T P G W P Α P R X Α Α Ι Ε R C L L Т E E Ε D E G R K R Ε Υ Ε C Ε S S S Υ Ι S R R 0 В Н 0 М В K Ε L S S K Ε 0 0 Ε Ρ X C U K Н D Н N Н 0 Н N N Ι W Α Α R Υ Α S D Н 0 R Y Α 0 М C R R S G М L Y R G R D E Υ R Α K М 0 М Ι Н D C R Ρ 0 N S Н X Α 0 T Ε В 0 0 Κ R Ε D N Т 0 Ρ X L Н Υ Α S R 0 T Α L U C L Α C Н E S Н W L Ι Α Н C C E N 0 Ι S L 0 L R G Ι S G Ι Υ Н Ε T В Ι Ι Α 0 Н М K X Α W Α C E Т D Y S S Н R C Ε U E K 0 C Α Α Ε W S G Т U D D C Н Н L Ν М D W Н Υ Α K D R Ε Υ T Ε Ε Ρ T D Н N K N Α E Α U X Α М М R K Ρ Ι D R R X 0 D L G N R L K L E D В Υ 0 Ρ D X Ι K Ρ Т L В М C E Ι Ε S D Υ L Ι S P Т N Е М Ν G S Α Α Υ R Α R В Ι L L D Ε S Κ S G D В U В U Υ U

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

### WORDS

**ASSIGNMENT** 

BACKPACK **BLACKBOARD** CALCULATOR **CHAIR CHALK CLASSROOM DESK EXAM GRADE** HIGHLIGHTER **HOMEWORK LESSON** LIBRARY **MARKER** NOTEROOK **PRINCIPAL RECESS RULER SCHEDULE STUDENT TEACHER TEXTBOOK** WHITEBOARD

## 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 June:

### July 1st

1st Place	Sue Phipps-19
2nd Place	.Julian Rodrigues-23
3rd Place	Doris White-33
July 6th	

1st Place......Bonnie Dunning-16 2nd Place ......Kenya Williams-27 3rd Place .....Jim Gorman-30

#### July 15th

1st Place...... Lorie Walters-12 2nd Place ......Bonnie Dunning-26 3rd Place ......Tie Denise Mann-32 Tie George Patton-32

#### **July 22**

1st Place	Dale Hass-8
2nd Place	Sue Phipps-16
3rd Place	Kenya Williams-21

#### **July 29**

1st Place	Sandy Patton-2
2nd Plac	George Patton-26
3rd Place	Gary Curtis-32

## 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.

## 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.



Our services and consultations are always at no cost to you, and we have relationships with most national and local carriers.





Oriental Weavers Andorra 7139A Blue/ Multi, various sizes available, from \$299.00

Brand name rugs at Big Box/Internet pricing and 10% of every purchase donated to GoodWeave, a world leader in the fight to eliminate child labor in rugs!



Oriental Weavers Andorra 9818g Beige/Ivory, various sizes available, from \$269



Oriental Weavers Hayden hay09,various sizes available, from \$159



Oriental Weavers Verona 1803H, various sizes available, from \$179

12568 SW Main Street • Tigard • 503-462-4752 www.rubiconrugs.com

Open Tues. - Fri. 11 - 6 • Saturday 11 - 5 • Sunday 12 - 4