

hey friends and neighbors --

There's a FUN, "Did You Know?" this week -- It's about questionable advertising over the years. Check it out below.

Celebrate National Grandparents Day at Grace Place on Saturday -- more information below.

Please join your friends on the Estacada Area Arts Commission NEXT Thursday evening, September 17th, from 7 to 8:30, in Flora's Room at the Library for an interesting CONVERSATION, about Religion in Public Life. It's part of Oregon Humanities Conversation Project. It's GREAT to have interesting and fascinating conversations right here in Estacada. Mark your calendar and plan to attend. More information below.

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**VOLUNTEER COOK NEEDED....**

The Estacada Community Center has two dinner dances each month as fundraisers, and I'm told that the holidays fill up with events in which we need someone to cook.

I have a cook willing to take the first Saturday of each month, but I'm looking for someone/a group to commit to the third Saturday of each month; AND PERHAPS the upcoming holiday events as well.

For these gigs, I BELIEVE the menus can be planned and even prepared, and just need to be warmed up, served and then clean up afterward.

Do you know of anyone looking to do a community service that would be SO HELPFUL to our community? If so please phone Gloria at 503.630.7454.

This person will need a food-handlers license and a background check. We will help with both. THANKS for your consideration and help.....

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**AND are you a pinochle player or perhaps cribbage is your game.** Please join us Wednesday mornings, at the Estacada Community Center, for a NEW gathering of game playing. Breakfast is at 9 and pinochle and cribbage follows right after, around 9:30 -- it's going to be FUN....beginners welcome....

Please connect your Fred Meyer's Card with the Estacada Community Center. You won't lose any of your rewards or gas rewards, but Fred's will send The Center a check once a quarter, just because you shop at Fred's and connected your card with the Center. Either sign up online; or phone. Both are easy processes. Here's the info: [fredmeyer.com/communityrewards](http://fredmeyer.com/communityrewards) or 1 866 518 2686.

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A WARM WELCOME to all the new DAWG readers this week. It's GREAT to have you join us. If there are new people in the neighborhood, and they'd like to know "all the cool and groovy" things that are happening, just have them send an email to: [fun4ever50@gmail.com](mailto:fun4ever50@gmail.com), and I'll add them to the list....

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Be sure to peruse the DAWG from top to bottom, so you don't miss anything - I add new listings throughout the document...

WELCOME to all the new LUCKY DAWG eNEWS readers.

For those of you reading the DAWG each week, I THANK YOU.....

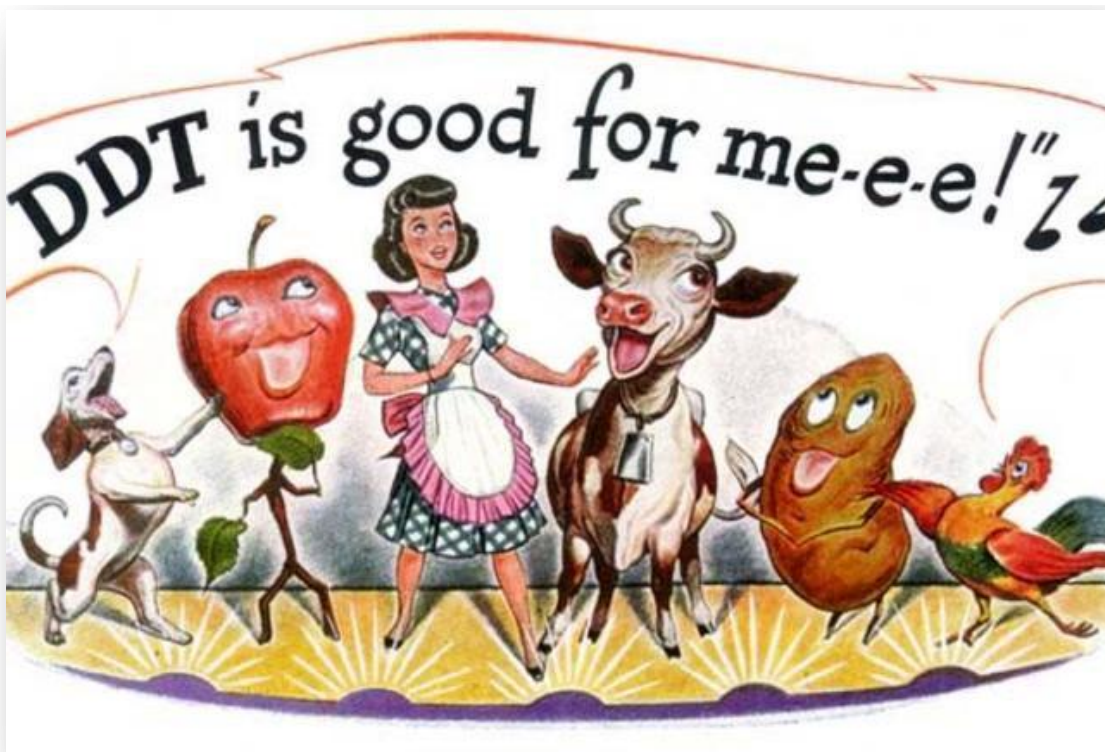
See you around town.....Be good to yourself.....

gloria ☺.

start a conversation and impress your friends with these tidbits:

*did you know?* –

## *What Were We Thinking? The Top 10 Most Dangerous Ads*



CW COLLECTORS WEEKLY by Hunter Oatman-Stanford

Often the criticism of vintage ads focuses on their inherent sexism, racism, or other displays of social prejudices, which we find laughable today, despite their [continued presence](#). But what about ads that steered consumers into dangerous territory, espousing outmoded scientific evidence or misleading half-truths to convince people that appallingly toxic products, or even deadly ones, were actually good for them? While some faulty campaigns were merely the victims of evolving scientific knowledge, many blatantly ignored facts in their race for the dollar, using so-called experts to promote products terrible for public health, like cigarettes.

Revered professionals like doctors and scientists routinely told us precisely the wrong things to do, as they are likely still doing today.

We may take comfort in feeling we're far beyond the bad old days of deceptive advertising, but our current obesity epidemic suggests exactly the opposite: We've simply traded effects like lung cancer and emphysema for diabetes and heart disease.

So here's a look back at 10 colossally painful advertisements, which make you wonder: What modern "health" products – vitamin water, granola bars, acai berry supplements – might look a little more evil in the future?

### 1. JUNK FOOD, NOW FORTIFIED WITH VITAMINS AND MINERALS



Disguising empty calories with healthful nutritional values has been a trope of the processed food world ever since vitamins were first discovered in the 1910s. This 1942 poster for "Vitamin Donuts" may be a little hard to swallow today, but Ovaltine's reputation as a health drink is [still being disputed](#), a powerful testament to simple brand positioning. But let's be real, we're talking about powdered chocolate milk made by Nestlé, the company who brought us such healthy foods as Butterfinger candy bars and Häagen-Dazs ice cream. The Ovaltine ad from 1947 still boggles the mind with its display of so many nutritional perks packed into two glasses of powdered milk, and seems eerily similar to the many supposed benefits contained in drinks like [Vitamin Water](#) or Gatorade. In reality, even the benefits of ordinary vitamin supplements are now being [questioned](#), despite the fact that around half of American adults take them regularly.

### 2. LET THEM EAT LEAD



The most heartbreaking part of this 1923 brochure is its emphasis on kids having fun with the whole “Lead Family” of products, whose presence in everything from their nursery walls to their windup toys made young children particularly susceptible to its dangers. Combined with lead paint’s seductively sweet flavor, putting kids in environments literally covered with the stuff was a recipe for disaster.

In fact, the effects of lead poisoning (brain damage, seizures, hypertension, etc.) were known long before the Consumer Product Safety Commission finally banned them in 1977; the industry had simply refused to acknowledge them. [An article](#) by Jack Lewis published in the EPA Journal in 1985 covers lead’s history as an additive and poison, and how we’ve consistently downplayed its adverse effects. Lewis writes: “The Romans were aware that lead could cause serious health problems, even madness and death. However, they were so fond of its diverse uses that they minimized the hazards it posed. Romans of yesteryear, like Americans of today, equated limited exposure to lead with limited risk.”

### 3. 7-UP IS FOR BABIES

a little **TRICK**  
that makes a **TREAT**  
**SEVEN-UP IN MILK!**

Mix chilled 7-Up and cold milk in equal parts, by pouring the 7-Up gently into the milk. Do not stir. The 7-Up adds a light and delicate flavor making a delicious blended food drink.

Mothers know that this is a wholesome combination. The addition of 7-Up gives milk a new flavor appeal that especially pleases children.

**"FRESH UP" WITH SEVEN-UP!**

Why we have the youngest customers in the business

Nothing does it like Seven-Up!

Not only were sugary soft-drinks great for adults, but sodas like 7-Up used to help babies grow up strong and fit, or so these ads from 1955 and 1953 would have you believe. That’s pretty disturbing, considering that childhood obesity,

linked arm-in-arm with massive soda intake, is shortening our [youngest generation's lifespan](#). The high amount of refined sugar in soda has also been shown to be particularly [harmful for children](#). Today it seems crazy to show a baby drinking a soda, as the tide finally turns against the sugary drinks: School districts across the nation have removed soda machines from their schools and New York City's Board of Health has proposed a ban on over-sized sodas. However, many adults today opt to serve kids "healthy" fruit juice, which may be [just as bad](#), despite its deceptive nutritional marketing.

#### 4. CIGARETTES: JUST WHAT THE DOCTOR ORDERED



Camel's campaign featuring doctor endorsements is probably the most familiar instance of false advertising, seen here in an ad from 1948. Yet almost every cigarette company twisted science to support its products, including Chesterfield's 1953 ads, which rephrased expert findings to show that smoking had "no adverse effect." Long after 1950, when Morton Levin published his definitive study linking smoking to lung cancer, experts continued to imply that there were other [factors](#) causing cancer and lung disease. Though the industry has been seriously weakened over the past 20 years, primarily by government regulation, Big Tobacco is still issuing [misleading health information](#) in an attempt to reap a profit.

#### 5. FEMININE HYGIENE: THE ORIGINAL HOME WRECKER

# That *Other* You Could End Your Marriage!



Let your husband keep the real, the beloved you! Be confident of your intimate feminine hygiene—not troubled with uncertainty . . . another you!

YOU make sure of your feminine daintiness when you douche regularly with "Lysol."

"Lysol" cleanses the vaginal canal even in the presence of mucous matter. No makeshift like soap, salt or soda can possibly act the same way!

"Lysol" is the famous disinfectant with amazing, proved power to kill germ-life quickly on contact!

Yet, gentle, non-caustic "Lysol" will not harm delicate tissue. Correct douching

solution in the simple directions on every bottle. Many doctors advise patients to douche regularly with "Lysol," just to insure daintiness alone, and to use it as often as needed. No greasy aftereffect.

Don't just chance it! Don't ever let neglect create a "dual personality" . . . another you, full of doubts, misgivings and inhibitions! Don't let that other you destroy your love!

Get "Lysol" brand disinfectant today, and use it regularly.

Preferred **3 to 1** over any other liquid preparation for Feminine Hygiene!

**"Lysol"**

A Concentrated Germ-Killer

Product of Lysol or Pink



**FREE! EXPERT MODERN ADVICE ON FEMININE HYGIENE!**

Harriet Dean, Lysol & Pink Products Corp., Box T.W.-581, Bloomfield, N. J.

Please send me, in plain envelope, a FREE copy of booklet, prepared in collaboration with a leading gynecologist, entitled, "Don't Depend on Herself."

Name \_\_\_\_\_  
Street \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_



## OOH! DOMESTIC CRISIS!

Sue was furious at Tom for the way he'd been treating her. But she was really to blame! She should have known better, for she was no stranger to feminine hygiene. It was just that she had become neglectful! Her doc-

tor straightened her out. "It's foolish to risk your marriage happiness by being careless about feminine hygiene—even once!" he said. Then he advised her to use Lysol disinfectant for douching—always.



## AH! DOMESTIC BLISS!

Heavenly is the word for Sue and Tom's home life now! Wise Sue immediately took her doctor's advice. Always, she uses Lysol for douching. . . . Knows for herself how thoroughly this

proved germ-killer cleanses, yet how gently! Lysol is far more dependable than salt, soda, or other homemade solutions. "What's more," says Sue, "it's easy to use—economical, too!"

Check these facts with your Doctor:

From feminine hygiene, as he explains in the booklet, prepared in collaboration with a leading gynecologist, entitled, "Don't Depend on Herself."

deeply into folds and crevices to reach and destroy harmful bacteria. . . .

When you use Lysol for feminine hygiene, you are sure other methods are not so effective. . . .

1948 Lysol & Pink Products Corp., Lysol & Pink, 445 Park Ave., New York 17, N.Y.

For Feminine Hygiene use **Lysol** always!

Long before Lysol was reinvented as the caustic household cleaner we know today, the same substance was basically promoted for use as a feminine hygiene product. These Lysol ads from 1948 tout the internal use of poisonous Lysol as a marriage saver. To sum up the message: if you weren't so dirty down there, he would love you more.

In a time when speaking about sex was even more frowned upon than today, a whole spectrum of sexual products, including [vibrators](#) and contraceptives, was marketed with campaigns focusing on their dubious health benefits for women.

## 6. PLASTICS, PLASTICS, EVERYWHERE



Suffocating babies in Cellophane! A bunch of infants tied up in clear cellophane packaging is pretty frightening to modern viewers, but at the time, these ads were just plain cute. When these Du Pont Cellophane ads came out in 1954, things like plastic grocery bags weren't a ubiquitous part of American culture. Only after plastic bags became widespread during the 1970s did their strangulating qualities become frighteningly clear.

### 7. THE MEAT MYSTERY



In post-World War II America, eating more red meat seemed like a great way to keep yourself “in trim,” at least according to these two ads, from 1956 and 1946. Like other food fads, this campaign was orchestrated by the American Meat Institute, a lobbying group that is still working to improve public and political opinion toward its products. Maybe that’s why almost nobody in America knows that nutritionists generally [recommend](#) only 2-3 servings of red meat *per week*. And don’t get the experts started on sodium nitrite in [processed meat](#). We now know that eating too much meat increases the risk of heart disease and cancer. Yet industry trade groups are still creating food trends to spur sales or combat negative public stereotypes: Think of modern wonder-foods like agave nectar or chia seeds that seemed to appear from the heavens, as well as the bitterly argued [corn syrup](#) campaign.

## 8. DIETING? TRY SUGAR

**Diet hint:**  
Have a soft drink before your main meal.

**Sugar just might be the willpower you need to curb your appetite.**

We know it sounds odd— but it can work. Suppress your appetite by eating something with sugar. Sugar works faster than any other food to turn your appetite down, your energy up.

Then, when mealtime comes, you're less apt to overeat. With some extra helpings at mealtime, that's why sugar is a good guy. Surprised? Sugar... only 18 calories per teaspoon, and it's all energy.

**Sugar Information**  
General Post Office Box 94, New York, N. Y. 10001

**Diet device:**  
Snack on some candy about an hour before lunch.

**Sugar's quick energy can be the willpower you need to eat less.**

Surprise! Sugar isn't a bad guy. The sugar in a soft drink or ice cream cone, shortly before mealtime, turns into energy fast. And that energy could be just the energy you need to say "no!"

to those extra helpings at mealtime, that's why sugar is a good guy. Surprised? Sugar... only 18 calories per teaspoon, and it's all energy.

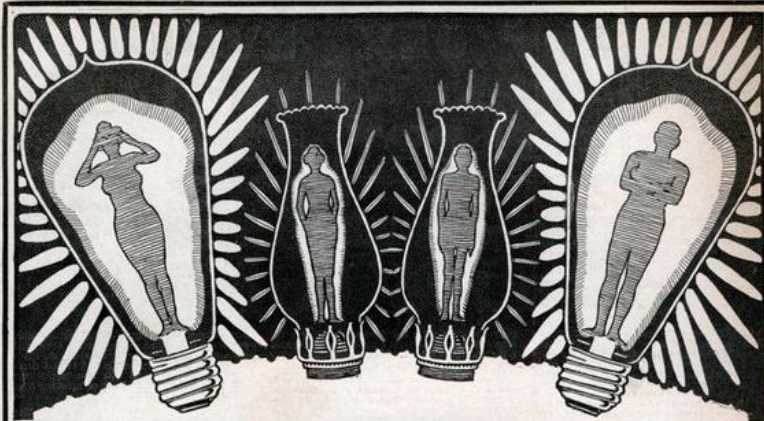
**Sugar Information**  
General Post Office Box 94, New York, N. Y. 10001

In a time before the current widespread obesity epidemic, sugar companies wanted shoppers to believe that a sweet treat would somehow inspire you to eat less. These ads from 1969 coach readers to “have a soft drink before your main meal” or “snack on some candy an hour before lunch.” Their strange logic isn’t even backed by a company name, though the campaign does include a helpful mailing address for “Sugar Information.” Talk about creepy.

Now refined sugar is presented as the [dieter's enemy](#), and is thought to make you want to [eat more](#) rather than less.

## 9. SHOCK YOUR WAY TO PHYSICAL PERFECTION





**DO YOU GLOW WITH HEALTH?**  
*Build Up Personality, Magnetism, Vitality with*  
**VI-REX VIOLET RAYS**

Some people are dull, drab, uninteresting and sickly! Others are vital, compelling and magnetic! WHICH ARE YOU? It is all a matter of vitality and health. The greatest discovery in years is that of VIOLET RAYS, electricity in a curative, medical form. Violet Rays put new life into over-taxed and sluggish tissues; penetrate and invigorate all the muscles and nerves of the body; give new tone and vitality to the entire body.

**Learn the Secret of Physical Perfection**

Learn how you can multiply your energy and vim! Learn how to banish those pains, aches and ailments that run down your system, drain your personality and ruin your looks. WHAT IS PHYSICAL MAGNETISM? It is PERFECT HEALTH—plus the keen mentality based on perfectly balanced nerve centers. We will be glad to send you on request the most interesting book ever published on this subject.

**Send for Free Book and Free Trial Offer!**

Take twenty Vi-Rex Violet Ray treatments in your own home. These treatments would cost you \$50 to \$100 at your physician's or beauty specialist's. Now, through our special liberal offer, you can try Vi-Rex Violet Ray treatments without risking a penny. Use this wonderful machine which attaches to any lighting socket, for ten days. If you do not find quick relief, if you do not feel better, sleep better, eat better, look better, send it back and you will not be out one penny. Prove to yourself that Violet Rays bring you the magic of electricity in its most wonderful curative form. Simply mail the coupon or write a postal. Do it now before our special trial offer is withdrawn.



Send  
 Coupon  
 NOW!



**VI-REX ELECTRIC COMPANY,**  
 Dept. 114, 326 W. Madison St., Chicago, Ill.  
 Please send me without cost or obligation your free book describing your wonderful Violet Ray Machine.

Name .....

Address .....

City ..... State .....

**Use Violet Rays For:**

Asthma	Falling Hair	Nervousness
Balds	Hay Fever	Neuralgia
Blackheads	Headache	Paralysis
Catarrh	Insomnia	Pimples
Cold	Lumbago	Rheumatism
Corns	Sore Throat	Skin Diseases
Eczema		

**Vi-Rex Electric Company**  
 326 W. Madison St., Dept. No. 114, Chicago, Ill.  
 For New York City Only Address—47 West 34th Street

In 1922, "Violet Rays" were said to cure pretty much anything that ailed you. This Vi-Rex device plugged into a light socket so users could give themselves home shock-treatments, which would supposedly make you "vital, compelling, and magnetic." Various recalls and lawsuits erupted throughout the U.S., forcing the FDA to finally prohibit their manufacture. The last batch of Violet Ray products was seized in 1951.

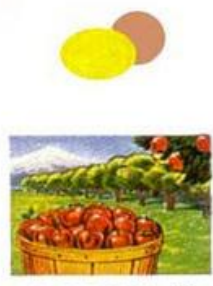
Just Google "light therapy" to find a range of new infrared devices whose claims to prevent everything from aging to anxiety sound pretty darn familiar.

**10. DDT FOR YOU AND ME**



The great expectations held for DDT have been realized. During 1946, exhaustive scientific tests have shown that, when properly used, DDT kills a host of destructive insect pests, and is a benefactor of all humanity.

one of the country's largest producers of this amazing insecticide. Today, everyone can enjoy added comfort, health and safety through the insect-killing powers of Pennsalt DDT products . . . and DDT is only one of Pennsalt's many chemical products which benefit industry, farm and home.



**GOOD FOR FRUITS**—Bigger apples, juicier fruits that are free from unsightly worms . . . all benefits resulting from DDT dusts and sprays.



**GOOD FOR STEERS**—Beef grows meatier nowadays . . . for it's a scientific fact that—compared to untreated cattle—beef-steers gain up to 50 pounds extra when protected from horn flies and many other pests with DDT insecticides.



**KNOX FOR THE HOME**—helps **Knox Out** to make healthier, more comfortable homes . . . protects your family from dangerous insect pests. Use Knox-Out DDT Powders and Sprays as directed . . . then watch the bugs "bite the dust"!



**KNOX FOR DAIRIES**—Up to 20% more milk . . . more butter . . . more cheese . . . tests prove greater milk production when dairy cows are protected from the annoyance of many insects with DDT insecticides like Knox-Out Stock and Barn Spray.



97 Years' Service to Industry • Farm • Home



**GOOD FOR ROW CROPS**—25 more barrels of potatoes per acre . . . actual DDT tests have shown crop increases like this! DDT dusts and sprays help truck farmers pass these gains along to you.



**KNOX FOR INDUSTRY**—Food **Knox Out** processing plants, laundries, dry cleaning plants, hotels . . . dozens of industries gain effective bug control, more pleasant work conditions with Pennsalt DDT products.

This ad for "Penn Salt Chemicals" from 1947 shows a range of dangerous applications for now-illegal DDT, from agricultural sprays to household pesticides. Particularly disturbing is the image of a mother and infant, above the caption stating that DDT "helps make healthier, more comfortable homes." Not quite.

While effective in eliminating dangerous mosquitoes that carry malaria, DDT also has a variety of [hazardous effects](#): Especially among young children, the chemical has been shown to damage the nervous, immune, endocrine, and neurological systems, not to mention its devastating influence on the natural environment. The spread of DDT across mid-century America is mirrored today by the success of [Monsanto](#) (one of the companies that originally manufactured DDT) in placing its genetically modified products on store shelves before researchers have a full understanding of their larger ecological impacts.



# *Culture Wars-- Religion in American Public Life -- a CONVERSATION...*

Please join us on Thursday September 17, from 7 to 8:30 pm at the Flora Room at the Estacada Public Library...for a CONVERSATION. Sponsored by the Estacada Area Arts Commission; the Estacada Public Library and Oregon Humanities....



Oregon is one of least “churched” states in the United States, and the proportion of Oregonians—and all Americans—who describe their religious affiliation as “none” is at historic highs. Even so, a majority of Americans say that it is necessary to believe in God to lead a moral life, and American identity is often conveyed through religious symbols and imagery, such as the Pledge of Allegiance and the national motto of “In God We Trust.” How can we explain this cultural paradox? What does it mean for our shared life as Americans? Courtney Campbell, professor of philosophy at Oregon State University, will explore these questions, as well as issues of religious tolerance, intolerance, identity, and spirituality.

**Leader: Courtney S. Campbell** is the Hundere Chair in Religion and Culture and a professor in the School of History, Philosophy, and Religion at Oregon State University. He has been on the faculty at OSU since 1990 and has received numerous awards for teaching and scholarship. His primary teaching and research interests focus on ethical issues in medicine, religious ethics, concepts of peace and war, theories of death and dying, and theologies of embodiment. Campbell serves on the board of directors for Benton Hospice, the ethics committee for Good Samaritan Regional Medical Center, and coordinates the program in medical humanities at OSU.



*Home-Delivered Meals – DRIVERS NEEDED...*

Estacada's HOME-DELIVERED MEALS go out of The Estacada Community Center on a daily basis. They are delivered by our DEDICATED volunteer drivers and we are in need of a few more people to take this on.

If you have a bit of time around noon during the week, and would like to deliver meals to those in need, please phone 503-630-7454 and ask for Denise.

NOTE: Due to our clientele, you'll need to fill-out a background check, prior to driving for us. This usually takes a few weeks, so please let's get this process started as soon as possible, if you're interested.

THANK YOU for your consideration. Our most vulnerable population NEEDS YOU....



## *Adopt-A-Garden-Bed Program...*

[EstacadaCommunityCenter@gmail.com](mailto:EstacadaCommunityCenter@gmail.com)



I HEARD a GREAT idea and I'm now running with it. We are asking people and groups around Estacada to "adopt a bed" at the Center.

So far the following people/groups have committed to adoptions:

- the Joanne Derr iris bed -- the TOPS group
- the flagpole bed -- Jerry and Gloria -- we are making it into a hummingbird/butterfly garden
- the bed along Clubhouse Drive at the front of the property -- Steve Josse -- bamboo
- the NE bed adjacent to the building -- Tina -- she's planning a scent garden with stones with names on them...
- the entire southside bed adjacent to the building -- the Estacada Garden Girls -- I'm not sure what they are planning but it will be GREAT....

- and this project is on the agenda for the Estacada Garden Club -- let's keep our fingers crossed that they too will adopt a flower bed....

That leaves the following beds to adopt -- either all or a portion:

- the NW bed adjacent to the building
- the bed between the street and the parking lot, on the north east side of the property
- the bed between the street and the parking lot, on the west side of the property

Are you or you and a few friends or family members interested in sponsoring a bed; planning and planting and taking care of the bed through the years? It would be a project that could be REALLY COOL. We have SOME monies to put toward this, and Steve Josse is "in the plant biz," so he has some networking connections to get us some deals on plants.

Here are some garden ideas:

- a night garden -- white and variegated plants which "shine" at night in the moonlight
- a scent garden
- a wild rose garden
- an all-season garden -- color of some kind all year long
- a native plants garden
- a low-maintenance and low-water garden
- 

So whaddya think? Do you think you and your friends would be up the task and willing to do this FABULOUS community project?

If you think this is a worthy cause, I'd be HAPPY to meet you and/or your group down at the Center to talk about the possibilities....

gloria polzin  
503.630.7454  
gloria.communitycenter@gmail.com

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***MARK YOUR CALENDARS***  
***Fall Arts and Culture Series...***

# 2015 Estacada Fall Arts & Cultural Series

**September 17**

## Oregon Humanities Conversation Project

### Cultural Wars: Religion in American Public Life

This provocative discussion led by OSU professor Courtney S. Campbell is hosted by EAAC and the Estacada Public Library, Thursday 7pm in the Flora Community Room at Estacada Library. Donations greatly accepted. [estacadaarts.com](http://estacadaarts.com)

**September 22**

## OrchEstraCada

### Fall Term Begins

An opportunity for musicians of all ages and skill levels to gather and rehearse Tuesday and Thursday afternoons 4pm at Eagle Creek School, 303 SE Hwy 211, Eagle Creek [orchestracada.org](http://orchestracada.org)

**September 27**

## Estacada Poetry Project

### Poet Judith Arcana

The Estacada Poetry Project and the Estacada Public Library will be hosting poet Judith Arcana in the Flora Community Room, Sunday 3pm. Ms. Arcana will read some of her poetry followed by a discussion. Donations greatly accepted.

**October 15**

## Estacada Public Library

### Documentary Film Night: *Biblioburro the Donkey*

**NEW!** The Library will host documentary film screenings once a quarter starting Thursday 7pm. Check the library's Facebook page and website for more information. [estacada.lib.or.us](http://estacada.lib.or.us)

**October 21**

## EHS Band & Choir Night

High school bands and choirs will be performing for the community. Wednesday 7pm at the Estacada Auditorium.

**October 29**

## Oregon Humanities Conversation Project

### Why Aren't There More Black People in Oregon?

A provocative public discussion about "a hidden history", led by Walidah Imarisha. Hosted by EAAC and the Estacada Library on Thursday 7pm in the Flora Community Room at Estacada Library. Donations are greatly accepted.

**September 18**

## Art in the Library

### The Good old Dog Project

Sponsored by EAAC and the Estacada Public Library. This exhibit of Pauline Zonneveld's photos celebrating the spirit of dogs in their golden years will be displayed at the Estacada Library, September - January. Artist reception hosted by The Friends of Estacada Library. Friday, Sept. 18th, 6-8pm.

**September 26 & 27**

## Philip Foster Farm

### Cider Squeeze

Come squeeze up to 2 gallons and visit this historic site on the Oregon Trail. Saturday 10am-4pm  
Need to squeeze more than 2 gallons? Squeeze all you want no fee, Sunday 2-6pm.  
29912 SE Hwy 211, Eagle Creek  
[philipfosterfarm.com](http://philipfosterfarm.com)

**October 2**

## McIver State Park Rangers

### Back Country Skills

Presented by Rangers and hosted by Estacada Public Library, Friday 7pm in the Flora Community Room.

**October 18**

## Estacada Together Hosts

### Ellen Whyte's Second Season Productions

Featuring: Mary Flower, The Ivie-Mezierer-Floss Trio, and The Norman Sylvester Band. Connecting accomplished musicians and younger talent with new audiences. Sunday 4-7pm at the Estacada Auditorium, 500 Main Street. admission \$15 [estacadatogether.org](http://estacadatogether.org)

**October 24**

## Philip Foster Farm

### Haunted Farm

A family-friendly introduction to death and dying in pioneer era Eagle Creek. Saturday 6-8pm at Philip Foster Farm.

over for more . . .



### **November 4 & 7**

#### **Forest Foray**

Learn safety and how to hunt for mushrooms. Pre-registration required, \$25 fee. 8am -12pm  
Location site given after registration.  
[estacadafungusfest.com](http://estacadafungusfest.com)

### **November 19, 20, & 21**

#### **Estacada High School**

**Seussical the Musical** Come see Estacada High School's musical production Thursday, Friday, and Saturday 7pm at the Estacada Auditorium.

### **December 8**

#### **Estacada Together Presents**

#### **Oregon Shakespeare Festival Performance**

Two professional OSF actors will be visiting the high school and performing interpretations of Shakespeare and contemporary plays for the community.  
Tuesday 7pm at the Estacada Auditorium.  
500 NE Main Street  
admission \$7 adult, \$4 senior/student, \$20 family

### **December 15**

#### **Estacada High School**

#### **Band & Choir Night**

Tuesday at 7pm high school students will be performing for the community at the Estacada Auditorium.

## **Estacada Festival of the Fungus**

This festival is a celebration of all things mushroom. Learn to appreciate these wonderful, interesting organisms that are everywhere. The festival offers several related events starting October 31 ending with the big day November 7.

### **October 31**

**Compass Class** 9-11am

**Learning Mushroom ID** 12-2pm

Learn skills for the woods. No admission. Pre-registration is required. Classes held in the Flora Community Room at Estacada Public Library. [estacadafungusfest.com](http://estacadafungusfest.com)

### **November 7**

#### **Mushroom Festival**

All Welcome! Fungus art show, fresh mushrooms, mushroom identification, mushroom displays, tours, vendors, and more! 12-5pm at Estacada Community Center, 200 SW Club House Road  
admission \$3

### **December 4 & 5**

#### **Estacada Development Association Sponsors**

#### **The 5th Annual Winter Artisan Show**

This show and sale exhibits fine arts, folk art, crafts, and handmade works produced by local artists. Arts demonstrations and prize drawings ever half hour. Local wine tasting. Friday evening, The Troubadors from EHS will be singing. Friday 5-8pm and Saturday 10am-4pm  
Held at Estacada City Hall, 475 Main Street.

Artisans interested in applying should visit:  
[estacadadevelopmentassociation.org](http://estacadadevelopmentassociation.org)  
or call: 503-630-3401, 503-803-1856

### **December 12**

#### **Community Festival of Choirs**

This annual holiday performance of community choirs will be Saturday 7pm at the Estacada Auditorium.

### **December 17**

#### **Estacada High School**

#### **Concert Choir & Brass Ensemble at The Grotto**

EHS's Concert Choir and Brass Ensemble will be performing at The Grotto on Thursday night at 9pm.  
8840 NE Skidmore St., Portland, Oregon 97220

*Don't forget The Spiral Gallery art exhibit opening and the Mossy Rock bluegrass jam every First Friday, ALL YEAR long, in beautiful Downtown Estacada.*

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## *September Chamber Luncheon...*

We haven't had a forum luncheon for quite some time and now seems to be an opportune time to have one.

Denise Carey is our new city manager. She will introduce our mayor, Brent Dodrill, and the changes that have taken place in the city recently.

Lunch will be in the council chambers at city hall at noon Thursday, Sept. 17. It will be all you can eat pizza and dessert for \$5.00. Please bring the correct change and rsvp to (503) 630-3483.

Yuanita Stuart  
**503-630-3483**

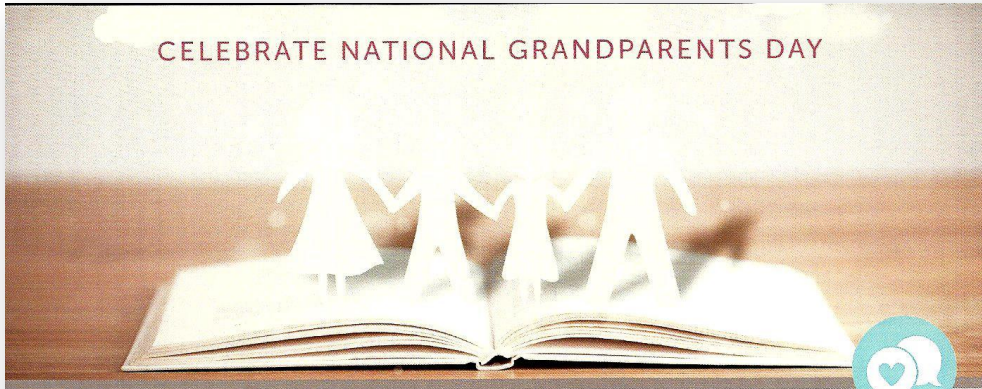
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## *Celebrate National Grandparents Day at Grace Place...*



CELEBRATE NATIONAL GRANDPARENTS DAY



## Share Your Inspiration!

BRING FRIENDS & FAMILY TO SHARE STORIES  
HONORING GRANDPARENTS AND CAREGIVERS.

Join us for lunch and great conversation followed by a game of mini golf in our courtyard.

SUNDAY, SEPTEMBER 13 | 11:00AM-1:30PM | 380 NW 6TH AVENUE, ESTACADA, OR



Share Your Inspiration

Enlivant  
PO Box 1479  
Morton Grove, IL 60053-7479

It's National Grandparents Day! Join us for a wonderful opportunity to hear and share personal stories about those who inspire others. Bring grandchildren, friends and family to this inspiring event to hear and pass along your story to the next generation.

**SUNDAY, SEPTEMBER 13 | 11:00AM-1:30PM**

380 NW 6th Avenue  
Estacada, OR 97023

RSVP to Jennifer by September 10  
at 503-630-5341.

  
**Grace Place**  
Senior Living

[enlivant.com](http://enlivant.com)



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***Wade Creek House -- Here's what's Happening?...***

# THE WADE CREEK HOUSE ANTIQUES

664 NW WADE ST. ESTACADA

503-630-7556



**IN 9 DAYS.... JUST AROUND THE CORNER.... COMING SOON... SO EXCITED...**

**Our next OUTDOOR VINTAGE MARKET at Wade Creek House Antiques is SATURDAY, SEPTEMBER 19TH.** We have some fabulous vintage vendors, delicious food, snow cones, kettle corn, and more. We have two great bands... from 9a - 1p is Slim Bacon and from 1p -5p Dusty Boots. Your feet will be tapping .. both are amazing! The market opens at 8am till 5pm and **ADMISSION IS FREE!** **ESTACADA FARMER'S MARKET** will be there with wonderful home grown and home crafted wares. **NOT AN EVENT TO MISS...**

**We have a few vendors spaces available.** Vendor guidelines on our blog in the right column. Friday set-up is available.

**Enjoy a day of FABULOUS FINDS, FOOD, MUSIC AND FUN .....** Adventure awaits..

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***Nutz-n-Boltz Theatre NEW FALL SEASON...***

Nutz-n-Boltz Theater Company, a non-profit community theater, will start their fall theater season with "See How They Run," by Philip King.

The comedy centers around a sleepy village and the vicar, who's American (gasp) wife wears pants and was once an actress. The town busybody gets drunk, the Cockney maid falls in love with their soldier houseguest, the Bishop is coming to visit and there is an escaped Russian convict on the loose!

Add six doors, two more vicars and set it all at double-time. This comedy classic is a great way to start the tenth season of the "little theater group" that could in Boring.

PERFORMANCES: October 9-25th on Friday, Saturday at 7:30PM or Sundays at 3:00PM. Appropriate for ALL AGES, but best enjoyed by those 9 and up. Tickets at the door or online. Adults \$12.00. Seniors/Students \$10.00

All performances at the Boring-Damascus Grange Hall  
27861 Grange St. Boring 97009  
[www.nnbtheater.com](http://www.nnbtheater.com)  
or Facebook "Nutz-n-Boltz"

THANK YOU. PLEASE HELP US GET THE WORD OUT!

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***Here's what's Happening at the  
Estacada Community Center...***

*For inclusion in the September 10, 2015, issue of the Estacada News*

<b>ESTACADA COMMUNITY CENTER</b> 200 SW Clubhouse Drive, 503-630-7454
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**Foot care clinic**

There will be a foot care clinic at the Center on day Thursday, September 17 from 9:30 am to noon. Call 503-630-7454 for rates and to schedule an appointment.

**Community Center Board meeting**

The next Community Center Board meeting will be at 5:00 pm on Thursday, September 17 at the Center, 200 SW Clubhouse Drive. The meeting is open to the public.

**Dinner, live music and dancing**

An all-ages evening of dinner, live music performed by the Heartland Classic Country Band and dancing will be held starting at 5 p.m. Saturday, September 19 at the Estacada Community Center, 200 S.W. Clubhouse Drive. Dinner costs \$6 or \$3 for music and dancing only. 50/50 raffle to benefit Meals on Wheels.

**Wednesday breakfasts**

The Estacada Community Center offers breakfast at a cost of \$3 at 9 a.m. on Wednesdays with a door prize drawing. Breakfast is followed at about 9:30 am by pinochle and cribbage. The Center is at 200 SW Clubhouse Drive. Bus service available.

**Weekday lunches and games**

Lunch is served in the Estacada Community Center's dining room at noon on Mondays, Tuesdays, Thursdays and Fridays. Donations are suggested. Chicken foot dominoes follow Monday and Thursday lunches. Bingo follows lunch on Tuesday and Friday. Bus service available.

**Free all-ages Tai Chi classes**

Free Tai Chi classes for all ages are held at 10:30 am on Tuesdays and Fridays at the Community Center,

200 SW Clubhouse Drive.

**Seniors exercise class**

Exercise classes for seniors are held at 9:30 am on Mondays and Thursdays at the Community Center, 200 SW Clubhouse Drive.

**Tae Kwon Do classes**

Tae Kwon Do classes for all ages are held at 5:30 pm on Tuesdays and Thursdays at the Community Center, 200 SW Clubhouse Drive. Call 503-975-7119 for information and cost.

**Weight- loss group**

TOPS (Take Off Pounds Sensibly), a weight-loss group open to all ages, meets at 8:30 am on Tuesday mornings at the Community Center, 200 SW Clubhouse Drive.



***Hunter INFORMATION...***

# Douglas Ridge Rifle Club

## PUBLIC HUNTER SIGHT-IN DAYS 2015

27787 Hwy 224 - Eagle Creek - Oregon

Gate Open 9am – 3:30pm  
Shooting Ends Promptly at 4pm

\$5.00 per gun



### Saturdays and Sundays

September 12<sup>th</sup> & 13<sup>th</sup>

September 19<sup>th</sup> & 20<sup>th</sup>

September 26<sup>th</sup> & 27<sup>th</sup>

October 10<sup>th</sup> & 11<sup>th</sup>

- Any legal hunting rifle or handgun caliber.
- All guns will be safety-checked prior to shooting.
- Targets and ear protection provided.
- Bore sighter available.
- Coaches will provide instruction and spotting.
- Bring your gun in UNLOADED AND ACTION OPEN.
- We do not sell ammunition.

***Support those in need. Bring a non-perishable food item for the Estacada Family Resource Center***

For more information call Tom at 503 803-8480 or via email at [paroditj@comcast.net](mailto:paroditj@comcast.net).

[www.douglasridge.org](http://www.douglasridge.org)

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***Kid's Arts and Crafts Day in the Park...***

When: September 12, 2015



# Kid's Art & Craft Day in the Park

Your day to sell your own handmade Art & Craft items!



### The Rules:

1. It must be made by you with no help from an adult.
2. You will sell your Art & Craft items at your own table. All items need to be priced before you come to the park.
3. If you are in Kindergarten through 6th grade, a parent or another adult must be with you the whole day at the table.
4. You can share your table with other kids. If you share your table, then you only need one parent or other adult with you at your table.
5. Bring money to make change, when you sell things to your customers. Be sure it is in an envelope or cash box.
6. You must bring your own table to use. The adult with you can help you put it up and take it down. Also bring water, lunch, snack and anything else you want to drink. Don't forget to bring chairs to sit on.

Where: Wade Creek Park

Time: 10:00am-2:00pm

Who: Kindergarten through High School kids who live in the Estacada school district

Cost: FREE



Sponsored by: The Estacada Parks and Recreation Commission

*These are events coming up for the Sandy Library...*

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## For Kids

### *Story Time With An Officer*

The Sandy Library is collaborating with the Sandy Police for special storytimes with a local police officer! These special storytimes will be: (all at 10 am) Beginning **September 9**

### Saturday Afternoon Kids' Club

**Every Saturday afternoon is Kids' Club at the Sandy Library!**

1st Saturday of each month: LEGO Club

2nd Saturday of each month: Board Games

3rd Saturday of each month: Art Club

4th Saturday of each month: Video Games and Minecraft

**Sandy's Saturday Afternoon Kids' Club is from 2pm to 4pm.**

**2nd and 4th Saturdays are Kids' Club at the Hoodland Library!**

2nd Saturday of each month: LEGO Club

4th Saturday of each month: LEGO Club

**Hoodland's Saturday Afternoon Kids' Club is from 1pm-3pm**

### Read to the Dog

Read to Thimble the dog at the Sandy Library! Reading to dogs is a great low-pressure way for your child to develop reading skills and confidence. Call the library at 668-5537 to sign up for 15 minute sessions. Thursdays from 3:00 to 4:00 at the Sandy Library.

## For Teens

### Teen Lock-In with the Ant Farm September 18th 8pm-12am.

Start out at the Ant Farm for professional karaoke with MDM Productions while sipping gelato floats. After making some delectable treats, we'll head over to the Sandy Library to watch a recent movie release, or get your build on with Minecraft gaming. Teens aged 12-17 welcome.

### Library Coffee House

September 4th : Elvis is in the building! Mark Stevenz, locally renowned Elvis tribute artist will be at the Sandy Library Coffee House in September! "Stevenz' passion has driven his need to perfectly replicate Elvis' performances throughout all three decades. He has broken down the moves and vocal nuances to provide the audience with an authentic trip down memory lane. He has not missed a detail and he works tirelessly to ensure that his tribute to the "King's" work in the 1960's, Gospel & throughout the 1970's replicates the true excitement Elvis brought to the stage."

<http://www.markandthememphiskings.com/>

## For Adults

### Photography Group

The Photography Group meets the last Sunday of each month 1-2pm in the Community Room of the Sandy

Library.

September 27th - Discussion on creating a book of our photographs. We will pick a theme and create a schedule for completing this project. We will also talk about creating a photography contest for the community. Bring something you are working on, a friend, show and tell, or just yourself. Refreshments will be served!

## Intercambio: Spanish & English Conversation Group/Español y Inglés Grupo de Conversación

Are you interested in improving your Spanish? Intercambio is a new, weekly group starting at the Sandy Public Library in September. You are invited to come and practice your Spanish, while helping native Spanish speakers practice their English, in a casual, friendly setting.

¿Está usted interesado en mejorar su Inglés? Intercambio es un nuevo grupo a partir de la Biblioteca Pública de Sandy en Septiembre. Usted está invitado a venir y practicar su Inglés mientras que ayuda a hablantes nativos de Inglés practicar su español, en un ambiente informal y amistoso.

## 3 Book groups; Men, Women & Mystery

Visit the Library website or like the City of Sandy on Facebook to see what books the book groups are reading next. Book Groups meet at the Sandy Library unless otherwise noted.

Men's Group Sept 14

This group meets the first Monday of each month at 7pm (except for the Labor Day Holiday):

Women's Group Sept 10

This book group meets on the second Thursday of each month at 7pm: ,

Mystery Group Sept 24

The Mystery group meets at the Senior Center on the fourth Thursday of each month at 2pm (except Thanksgiving & Christmas):

## Hoodland Book Groups

Let's get together and talk about what kind of Book groups we would like to have here at the Hoodland Library. There are many choices available for different types and styles of book groups so the more input the better.

We are going to have three starter meetings to brainstorm ideas and accommodate everyone's busy schedules. Meet at the Hoodland Public Library at 6pm on any of the following dates: Wed. Sept 9, Tues. Sept 15, Mon. Sept 21. 2015.

## Oktoberfest "Meet the Brewer Series"

Aaron Hanson owner of Bunsenbrewer will kick off the series with a "Beer 101". The next 4 events in the series will be "Meet the Brewer". These talks will give each brewer the chance to share their unique stories and what they like most about their beer. The brewers are encouraged to bring free samples and information about their breweries. All "Meet the Brewer" programs will be in the Community Room at the Sandy Library unless otherwise noted.

9/17 Aaron Hanson - BunsenBrewer "Beer 101"

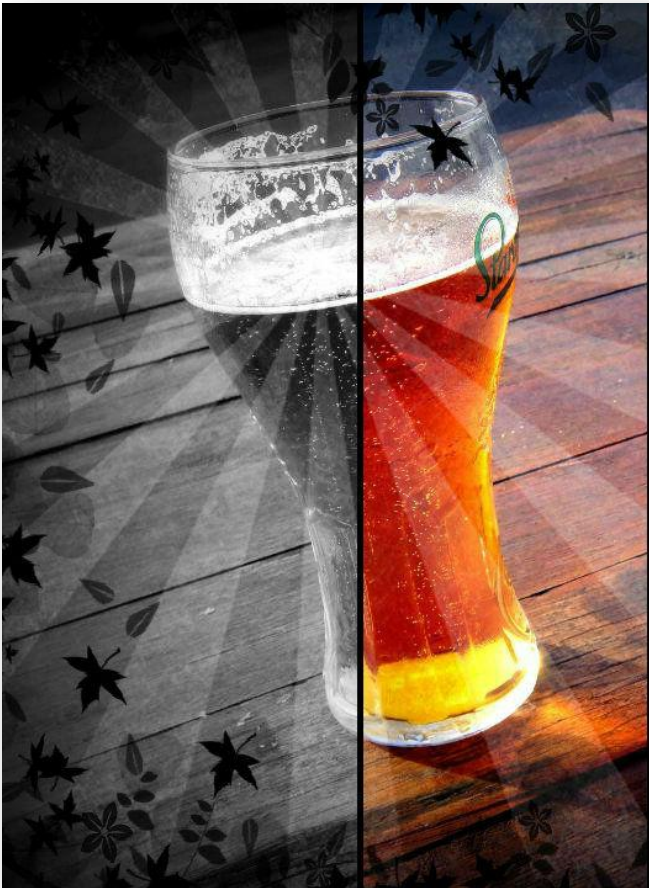
9/27 TBA - "Meet the Brewer"

10/1 Ken Johnson - Fearless Brewing

10/08 Oregon City Brewing CO.

10/15 TBA - Meet the Brewer" at the Hoodland Library







**OKTOBERFEST**

Thursdays  
 9/17/15 - 10/8/15, 7 pm  
 @ The Sandy Public Library  
 10/15, 7 pm  
 @ The Hoodland Public Library

**"Meet the Brewer"**

Sponsored by the Friends of the Sandy Library

 LINCC.ORG	Sandy Public Library 38980 Proctor Blvd Sandy, OR 97053 (503) 668-5537		Hoodland Public Library 24525 E Welches Road Welches OR, 97067 (503) 622-3460
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**Financial Education Classes**

The Sandy Public Library and Clackamas County Bank have partnered to provide a financial education series this fall. Questions about the series? Contact Maureen Skinner at the library at [503-668-5537](tel:503-668-5537) or Lisa Elwood at Clackamas County Bank at [503-668-2560](tel:503-668-2560). All sessions will be held in the Sandy Library Community Room.

**Starting** September 23rd at 6pm - Retirement Planning for All Ages

**All Library Programs Sponsored in part by the Friends of the Sandy Library and Friends of Hoodland Library**

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 Thea Kuziemski, Library Assistant  
 Sandy & Hoodland Public Libraries  
 503-668-5537



***LaurelHedge RSVP Home Sale...***

# Laurel Hedge

RSVP Home Sale

November 6, 7, and 8



Its almost here! Our annual fall Sale in the Laurel Hedge farm house. Sign up is now online at [LaurelHedge.com](http://LaurelHedge.com)

## Friday November 6 Preview Sale from 3 - 7

Our fun Catered event. Stroll through the sale with a glass of wine!

Featuring Kendra at the Grand Piano! RSVP required \$25.



## Saturday November 7 Brunch from 9 to 12

Saturday morning sale with Champagne brunch from 9 to 12. Wonder through the farmhouse with a glass of bubbles. This Event is \$15 per person.

## Saturday November 7 Home Sale Shopping Event From 2 to 6

Sunday November 8 Home Sale shopping Event From 10 to 4 This is a Free shopping event!

## Sunday November 8 Shopping Event 10 to 2

Free shopping event.

[Click here for more info and sign up!](#)

Last open garden of the season September 19 and 20th from 10-4.

Laurel Hedge  
28500 SE Currin Rd, Estacada, OR  
Estacada, OR 97023



*Ant Farm News...*



*AntFarm News*  
*Week of September 7, 2015*

So, when was the last time you shared a wonderful meal with your neighbors... the last time you really took the time to linger over dinner and talk... or tried a new kind of food... or got to know someone new in town?

Now, lots of us talk about having more of a sense of community. We yearn to slow down and break bread together. We would love a chance to know our neighbors better.

*But can doing this actually change the world?*

*Let's find out...*

Join us for our first  
**Neighbor-To-Table Dinner**  
Friday, September 25, 6-8 p.m.

Friends, neighbors and country people! Prepare your favorite salad, entree or dessert item and come on down to AntFarm on Friday 9/25 at 6 p.m. We'll provide the ambiance and serving spoons... you bring a dish and your community spirit. And together we'll all have a chance to slow down and enjoy a friendly, old-fashioned, and delicious potluck supper.



*Here's a scene from our wonderful AntFarm dinner in April.*

We can't wait to see you in a few weeks. Please feel free to forward this email to any friends who might be interested. (*Dinner takes place at the AntFarm Cafe at 39140 SE Proctor Blvd. in downtown Sandy.*)

[Just click here to RSVP for Neighbor-To-Table on Sept. 25.](#)

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***New + Improved***  
**Bottles and Cans**  
**Returnables Program**  
**RIBBON CUTTING**

Does the picture below make you happy?  
Keep reading to find out why it makes us **ECSTATIC!**



**AntFarm Bottles and Cans Program**  
**Ribbon Cutting, Raffle, Live Music!**  
Saturday, Sept. 26 11 am- 1 pm  
(During Mount Hood Farmers Market)

For the past 6 months, a group of volunteers from the [Ford Institute Leadership Program](#) has been working hard on a cool project to improve our Bottles & Cans Program. Returnables donated by community members actually create a significant revenue source for AntFarm-and now, thanks to our FILP volunteers, it'll be much easier and more efficient to donate, collect and return a lot more bottles-and raise a lot more money for AntFarm.

Come to the **Ribbon Cutting** to check out and celebrate what they've created!  
And be sure to bring a bag of returnable bottles and/or cans  
and you'll be entered in the **RAFFLE**  
for a generous gift basket!

*NOTE: Ribbon Cutting takes place a few blocks west of the  
Cafe at AntFarm Outdoors, 38600 SE Proctor Blvd.*

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And, as always, stop in at the [AntFarm Cafe & Bakery](#) anytime for a delicious cup of coffee,  
fresh-baked pastry like this one  
or a yummy organic sandwich or salad.



39140 SE Proctor Blvd., Sandy, OR 97055

Hours:  
Monday-Friday 6 am to 3 pm  
Saturday 8 am to 3 pm

*Please forward this email to anyone who would be interested in finding out more about AntFarm!*

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## *Scrapbooking Class for Vets...*

VFW Auxiliary Post 1324 is hosting a

# Scrapbooking

## **CROP 4 VETS**

### **Saturday September 26, 2015**

**~ 9am - 9pm ~**

104 Tumwater Dr.,  
Oregon City, OR

A “**scrapbook crop**” refers to a group of people who come together to work on their picture scrapbooks, sharing a common space and ideas at the same time.

Join us for 12 hours of fun and creativity! Simply bring the projects you are working on and enjoy 4 feet of table space along with great conversation in a well-lit, drama-free space. Don’t scrapbook, that’s ok, if you make cards, crochet, knit or some other type of craft you are welcome too. 100% of all proceeds from event fees go to the Auxiliary programs to help our Veterans, local Military and their families in need!

For just **\$40.00**, we will provide lunch and dinner. There will be a silent auction, Door prizes, a \*scrapbooking class and a \*card class (\*additional fees apply). You will even have a chance to win a prize or two. We will have a few vendors there as well, Close To My Heart, Stampin’ Up, Damsel in Defense, Thirty One Bags and a licensed Masseuse!

**Raffle Tickets!** Earn tickets for our grand prize drawing.

- Every person that arrives by 9:30am will start the day off with (2) raffle tickets.
- Bring a Personal Hygiene product and receive (1) raffle ticket per item, (limit 10 tickets)!
- Make a scrapbook layout for our Auxiliary and you will receive (2) tickets!
- Make cards for our Veterans and you will receive (1) ticket per card (limit 10 tickets)
- Knit or Crochet a hat for our Veterans and receive (1) ticket per hat (limit 10 tickets)

Participate in our games and challenges and earn even more tickets. Tickets may also be purchased.

Join us on Facebook. <https://www.facebook.com/events/101579343525240/>

To sign up for the Crop and classes call Janice Wilson 503-708-6889

**Accepting donations of Personal Hygiene products**

- |                    |                |                   |               |              |
|--------------------|----------------|-------------------|---------------|--------------|
| *Bars of soap      | *Laundry soap  | *Liquid dish soap | *Tooth brush  | *Tooth paste |
| *Disposable razors | *Shaving cream | *Deodorant        | *Toilet Paper | *Shampoo     |
| *Conditioner       |                |                   |               |              |

\*\*\* All tooth brushes, bar soap and razors should be individually wrapped; laundry and dish soaps should be small size as we cannot repack products.

~\*~ All items donated will be distributed to our Military and their families. ~\*~  
If you have a smart phone scan the code to the right and it will take you to the Facebook Crop 4 Vets event page.

For more information please contact:

Janice Wilson - Event coordinator 503-708-6889 or email: [jwilson@bctonline.com](mailto:jwilson@bctonline.com)



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# Upcoming Workshops...

## **Sept 12** **Sound and the Ascended State** **1:00-4:30 pm** **Hidden Lake Retreat**

Explore how we can rise above dualistic living using sound.

Our wellness often hinges on our challenges presented by our states of consciousness and beliefs about the world. Excited/Bored, Chaos/Flow, Good/Bad, Yin/Yang, Pleased/Displeased. We live on countless points on countless spectrums. How we describe our world to ourselves defines our feelings about, and our position in it.

Together we will create coherent fields of divine light and healthy vibrations through sound to resonate into an ascended state. For example, we can utilize the Sacred Ratio (frequencies that we know as the musical notes C & G) using mindful, heartfelt toning or humming to fill the room with a potent medium for change.

In this charged environment, we can utilize the principles of polarity processing and altered consciousness to help us clear confining emotions, beliefs, and the dense energies accompanying them. We will discover how to move through different states of being to a place of peace, equanimity, bliss—higher vibrational states guided by intention and sound.

No previous sound healing experience required.  
By donation (\$20-\$40).

Please RSVP to [lauris@lightsong.net](mailto:lauris@lightsong.net)

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## **Sept 13** **Heal the Animal Kingdom Through Constellations and Sound @ Hidden Lake Retreat** **1:00 pm – 4:30 pm**

Explore healing and manifesting change in the health of animals on the planet using a unique blend of sound healing and Nature Constellations.

Constellations are embodied experiences that use our senses to uncover hidden energetics of relationships in a system—a family system, a natural system, an organizational or community system, eg. In uncovering these hidden patterns, we change in relation to pivotal elements in the system. These pivots can lead to significantly relief of tension, illuminating answers to questions and issues, and freeing bound energy that keeps us locked in a particular way of seeing, thinking, or being in the system.

Constellation work uses the “knowing field”—a matrix of unlimited knowledge and source of spiritual power. This knowing field is very familiar to us in shamanism. The Knowing Field assists us in healing through the energetic exploration of relationships (to self, to others, to ideas, to Earth, to elements and circumstances in life), clarifying and clearing blocks to our full wellness and joy.

We turn our attention to the animals of the world, and utilize this amazing way of working energetically to send healing to them. Intentional Sound adds power and healing to the knowing field, sending waves of love, freedom, and Spirit/divine essence into the changing system to assist in unwinding, unbinding, releasing and illuminating our lives and our new configuration



in relation to elements in the system in focus.

Join Lauri in an uplifting experiential session in the knowing field, with sound offering an expansive source of nourishing the planet and ourselves, sturdy support, full of wisdom and power.

Donation: \$25-45.

Please RSVP to [lauris@lightsong.net](mailto:lauris@lightsong.net)

Thank you!

*May the Creative Power of Sound Fill You with Divinity!*

## **Lauri**

Lauri Shainsky, Ph.D., Sh.D.

Shamanic Sound Healer and Instructor/Karuna Reiki Master

## **Upcoming Events:**

*Sept 12: Sound and Ascended State*

*Sept. 13: Healing the Animal Kingdom with Sound and Nature Constellations*

*Sept 20: Equinox Lodge*

*Sept. 22: 10-weeks of Shamanic Sound Bliss begins*

*Oct. 2-4: Shamanic Sound Intensive*

*Oct. 24-25: Shaman's Voice: Healing Sound for Creative Living*

*Oct 31: Soul Constellations and Our Bodies*

*Nov. 1 The Beheading Game: A Celtic Ritual of Service*

*Nov 14-15: Singing Bowls: Magical Agents of Change*

[www.shamanicsoundhealing.com](http://www.shamanicsoundhealing.com)

503-939-7174

[www.shamanicheart.wordpress.com](http://www.shamanicheart.wordpress.com)

*Of Service to You in partnership with LightSong School of 21st Century Shamanism*  
([www.lightsong.net](http://www.lightsong.net))

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**POW/MIA...**



# POW/MIA



*Friday, Sept.18, 2015 Time: 5-8 pm*

**Veterans of Foreign Wars, Three Rivers Post #1324**

**POW/MIA Recognition day**



WE WILL BE HONORING THOSE WHO HAVE YET TO RETURN HOME FROM AMERICA'S FOREIGN WARS BY A *SERVICE OF REMEMBRANCE* AT 6:30 PM.

THE OREGON CITY, WEST LINN, GLADSTONE AND CLACKAMAS COMMUNITY IS INVITED TO JOIN US FOR FREE FOOD, DRINKS AND DESSERTS SO WE CAN THANK OUR COMMUNITY FOR THE WONDERFUL SUPPORT YOU HAVE GIVEN US HELPING VETERANS AND RESTORING OUR POST.

JOIN US AS WE KEEP OUR PROMISE TO NEVER FORGET THOSE WHO ARE STILL MISSING IN ACTION, IN VIET NAM, KOREA AND AROUND THE WORLD.

THIS IS A GREAT OPPORTUNITY TO VISIT WITH OUR VETERANS AND TAKE A TOUR OF OUR POST HOME AND SEE THE IMPROVEMENTS.

104 Tumwater St. Oregon City, OR 97045  
(503) 655-6969 [vfw1324@gmail.com](mailto:vfw1324@gmail.com) facebook: threeriversVFWpost1324  
[www.vfwpost1324.org](http://www.vfwpost1324.org)

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*Release Party for Strong Scotch Ale...*

# FEARLESS



**BREWING COMPANY**  
announces

**AUTUMN EQUINOX CELEBRATION**

And

## FEARLESS

## STRONG SCOTCH ALE

### 2015 RELEASE PARTY

The first Strong Scotch Ale brewed on our new brewing system promises to be a real champion: rich malty, caramel character and over 9% abv. Come join the Fearless Strong Scotch Ale fan club!

**5:30 pm- 8:30 pm**

**Saturday, Sept. 19, 2015**

Live Celtic Music by popular

## BELT AINE

No cover for those ordering food and beverage

Fearless Brewing Company, 326 South Broadway, Estacada, Oregon. (503) 630-BEER  
[www.fearless.beer](http://www.fearless.beer)

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## *Sandy Actors Theatre upcoming gigs...*

**Workshops**  
**Acting Workshops**  
**begin September 12**  
**10-1:00pm**

We are continuing the acting workshops which began in June. If you missed the workshops in June, sign up now. The acting workshops are exciting, passionate, entertaining, and illuminative – while honing acting skills. These workshops are for the experienced actor as well as the beginner; we only ask you to come with focus, determination and a love of acting. Sign up on line at [www.sandyactorstheatre.org](http://www.sandyactorstheatre.org) or come to the first class. A \$3.00 fee is charge for each session to pay for refreshments.



"You'll get your tea when its ready, Sir" A typical moment in the Bliss household from Sandy Actors theatre's production of Hay Fever opening on September 11. All information at [sandyactorstheatre.com](http://sandyactorstheatre.com) Cherie Shields as Clara and George Farquhar s David.

## **Hay Fever**

by Noel Coward

Directed by Berta Limbaugh

**September 11th - October 4th**

*Saturday September 19th bring a donation of school supplies*

This Noel Coward play is a wickedly funny comedy. The "over-the-top theatrical lifestyle of the Bliss family is brought to life with mayhem and laughter. On the surface, *Hay Fever* appears to be a frothy quasi-farce about that most mannered of comic set-ups, the nightmare country house party. But cracks in the social veneer are visible from the start as the unexpected guests arrive. As couples switch affections, the undercurrents of cruelty, jealousy and self-indulgent despair begin to strain the bonds of social niceties to the limit.

The cast is headed by Kate Lacey, George Farquhar, Karen Beaver and, Bret Hatcher as the Bliss family. Molly Reid, Chris Botcheos, David Bodis, Tabitha Souders and Cherie Shields round out the cast as the invited house guests.

The donated school supplies will be distributed to students in need by schools in our area.


*Buy your assigned seats on line at [www.sandyactorstheatre.org](http://www.sandyactorstheatre.org). Or better yet buy a FlexPass on line for tickets at a discount. We are no longer taking reservations. You will still be able to buy tickets at the door when available.*

**The Actors Dojo, TAD**

Saturday September 12th  
10:00am


Acting workshops are beginning again. The workshop is open to the experienced actor as well as the beginner. Acting exercises and scene preparation will give the participant a safe and creative space to increase confidence and acting skills. To register for the class send an e-mail to [manager@sandyactorstheatre.org](mailto:manager@sandyactorstheatre.org).

## *SOLVE River and Beach CLEAN UP...*







**SOLVE**  
**BEACH & RIVERSIDE CLEANUP**

SATURDAY, SEPT 19, 2015, 10AM-1PM  
Register to volunteer at [SOLVEOREGON.ORG](http://SOLVEOREGON.ORG) or call 503-844-9571







 **SOLVE**  
IT'S OUR NATURE TO VOLUNTEER






*Photo by Sheila Sund, MD*

**PRESENTING SPONSOR** **LEGACY SPONSOR** **SUSTAINING SPONSOR** **COORDINATING SPONSORS**

**SUPPORTING SPONSORS** **MAJOR SPONSORS** **MEDIA SPONSORS**

*Down the River Clean Up on the Clackamas...*

**WE LOVE CLEAN RIVERS™**  
AND clackamas river basin council  
PRESENT THE

# DOWN THE RIVER CLEANUP

on the Clackamas  
**Sunday, Sept. 13, 2015**

All non-motorized paddle crafts invited to volunteer  
On-land positions, SCUBA divers & artists are invited too!

**FREE BBQ for ALL VOLUNTEERS!**

All participants must pre-register at:  
[www.WeLoveCleanRivers.org](http://www.WeLoveCleanRivers.org)

Clackamas River Water Providers    AMR    METRO    OREGON WATERSHED ENHANCEMENT BOARD  
SOLVE IT'S OUR NATURE TO VOLUNTEER    CLACKAMAS COUNTY    OREGON STATE PARKS    Guys Grilling  
SAFeway    DEQ    Clackamas River Outfitters

Boaters may launch at Milo McIver State Park - Lower Boat Ramp, Barton Park, Carver Boat Ramp, & Riverside Park

**Down the River Clean Up on the Clackamas  
to Make a Splash at the 13<sup>th</sup> Anniversary, Sept. 13<sup>th</sup>**

**Estacada/Boring/Clackamas/Oregon City, OR - August, 2015** — The 13th Annual Down the River Clean Up is set to make a splash on Sunday, September 13th, 2015. For the first time in 12 years, the event will include Milo McIver State Park as an official boat launch for floaters joining the effort to keep the Clackamas River clean. This year's trash sweep at the end of the summer recreation season will be extended by 10 miles to include a 20+ mile stretch of the Clackamas River from Estacada to the confluence with the Willamette River in Oregon City.

**Pre-registration is required at:**

<http://www.welovecleanrivers.org/clackamas-down-the-river-clean-up-sep/>

The Down the River Clean Up is the largest and longest-running on-water cleanup event of its kind in Oregon, co-hosted by local non-profits — the Clackamas River Basin Council and We Love Clean Rivers. Each year, over 350 volunteers rally together in rafts, kayaks, and SCUBA gear, to scour the streambed and banks for trash, collecting an average of 2-3 tons, over half of which is recycled. Since 2003, over 32 tons of garbage — the approximate weight of one gray whale — has been removed from the Clackamas River by 3,000 volunteers.

Community members are encouraged to come float and fill the boat! Keeping the Clackamas clean will help preserve and protect the health of this beautiful and bountiful river that provides fresh drinking water to hundreds of thousands of Oregonians and is home to old-growth forests, endangered species, and one of the last remaining wild salmon runs in the lower Columbia Basin.

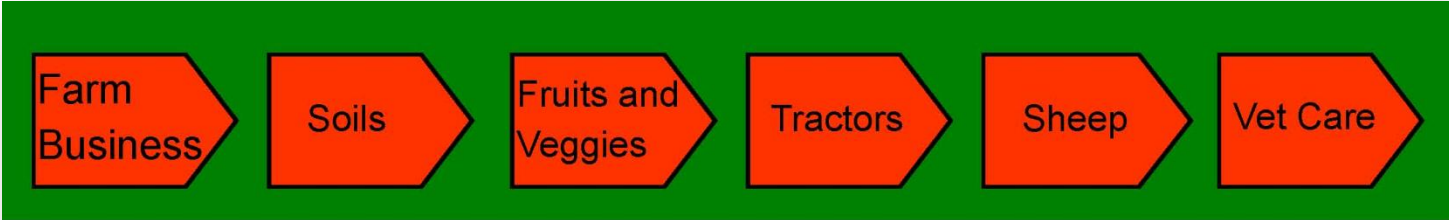
Everyone is encouraged to join the event. All non-motorized paddle crafts may participate and launch at one of four parks: Milo McIver State Park, Barton Park, Carver Boat Ramp, and Riverside Park between 7:30 am – 9:30 am. Boaters must have Class II+ whitewater experience and wear a life jacket. On-water and on-land volunteer opportunities are available. SCUBA divers are also welcome. Register to volunteer at [www.welovecleanrivers.org](http://www.welovecleanrivers.org).

For their hard work, all volunteers are invited to a free BBQ at Barton Park from 3:00 – 5:00 pm featuring local 3 Guys Grilling of Damascus and raffle prizes!

Event sponsors include Clackamas River Water Providers, eNRG Kayaking, Oregon Watershed Enhancement Board, Metro, Clackamas County, American Medical Response, Oregon Parks and Recreation Department, Clackamas River Outfitters, Department of Environmental Quality, SOLVE, and Safeway.

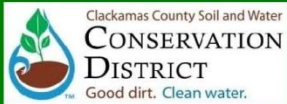
For more information, visit [www.welovecleanrivers.org](http://www.welovecleanrivers.org).

*Small Farm School...*



**September 12, 2015**  
**Clackamas Community College**  
**Oregon City**

**Registration opens July 15, 2015**  
[www.smallfarms.oregonstate.edu/small-farm-school](http://www.smallfarms.oregonstate.edu/small-farm-school)



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*CRT Presents Northwest Premiere of British Hit*  
*'One Man, Two Guvnors'...*





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*Jayson Shanafelt and Annie Rimmer. Photographer: Travis Nodurft*

OREGON CITY - Clackamas Repertory Theatre continues its 11th season with the Northwest premiere of Richard Bean's farce "One Man, Two Guvnors," an English adaptation of Carlo Goldoni's "Servant of Two Masters." The show opens Friday, Sept. 11, with shows Thursday through Sunday through Oct. 4.

David Smith-English, Clackamas Rep's artistic director, directs "One Man, Two Guvnors," the third and final play of the 2015 season. The comedy features Jayson Shanafelt as Francis Henshall, the "one man" who is trying desperately to serve two bosses, one a gangster, the other an upper-class criminal, while trying to keep the two from meeting. The show also features Clackamas Rep company members Annie Rimmer, Jayne Stevens, Alex Fox, Travis Nodurft and Doren Elias.

The play was a hit at the National Theatre of London where it premiered in 2011 and ran for three years. It received the best play at the Evening Standard Theatre Awards. It had a limited run on Broadway in 2012, where it received seven Tony nominations. James Corden, the lead in both productions, received the Tony Award for best actor. Corden is now possibly best known in the U.S. for hosting "The Late, Late Show with James Corden" on CBS.

The play is set in Brighton, England, in 1963, and like all farces it involves mistaken identity, physical humor, and absurd, improbable situations. "One Man" also encourages improvisation between the actor playing Henshall and viewers, including a long passage with an audience member on stage. Additionally, the play features an onstage skiffle band.

Performances take place Thursdays through Saturdays at 7:30 p.m. with Sunday matinees at 2:30 p.m. through October 4. All performances are in the Osterman Theatre at Clackamas Community College. Tickets may be purchased by calling 503-594-6047 or at [clackamasrep.org](http://clackamasrep.org). The low-price preview is September 10, opening night is September 11.

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# CLACKAMAS\*COMMUNITY\*COLLEGE

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## CALENDAR OF EVENTS

PUBLIC AFFAIRS OFFICE • 19600 MOLALLA AVENUE • OREGON CITY • OREGON 97045

**CONTACT:** JANET PAULSON • 503.594.3162 • [jpaulson@clackamas.edu](mailto:jpaulson@clackamas.edu)

### September and October 2015 CCC Calendar of Events

#### September 7

*Labor Day Holiday Closure*

Clackamas Community College will be closed in observance of the Labor Day holiday.

#### Sept 16 and 18

*College Orientation Sessions*

College Orientation sessions introduce new students to the campus, faculty, academic programs, extracurricular activities, and important resources for college success. The Wednesday, Sept. 16, orientation is for career technical and undecided students. The Friday, Sept. 18, orientation is for transfer or undecided students. Sessions run from 9 a.m. to 2:30 p.m. with check-in at the Gregory Forum. For more information, go to [www.clackamas.edu/orientation](http://www.clackamas.edu/orientation) or email [success@clackamas.edu](mailto:success@clackamas.edu).

#### September 23

*CCC Inservice*

The college is closed to the public on Wednesday, Sept. 23, for all-staff Inservice activities.

#### September 10 – October 4

*Clackamas Repertory Theatre: 'One Man, Two Guvnors'*

Clackamas Rep's production of the comedy "One Man, Two Guvnors," by Richard Bean is directed by David Smith-English. Evening performances are scheduled for 7:30 p.m. Thursday through Saturday; Sunday matinees begin at 2:30 p.m. in the Osterman Theatre. For ticket information, call the box office at 503-594-6047 or visit [www.clackamasrep.org](http://www.clackamasrep.org).

#### September 28

*Fall Term Begins*

Fall term classes begin at Clackamas Community College.

## **October 1 – December 11**

### *Susan Hinton Watercolor Exhibit at Wilsonville*

An exhibit by watercolor artist Susan Hinton opens Sept. 28 and will be on display at the CCC Wilsonville Campus through Dec. 11. There is no cost to view the exhibit. The gallery is open Monday through Thursday from 8 a.m. to 7 p.m. and Fridays from 8 a.m. to 5 p.m. For more information, please call 503-594-0950.

## **October 1 - 4**

### *Clackamas Repertory Theatre: 'One Man, Two Guvnors'*

Clackamas Repertory Theatre presents “One Man, Two Guvnors” directed by David Smith-English. Evening performances are Thursdays through Saturdays, beginning at 7:30 p.m., and Sunday matinees begin at 2:30 p.m. For tickets, please visit [www.clackamasrep.org](http://www.clackamasrep.org) or call 503-594-6047.

## **October 7, 14, 21, 28**

### *Chrysalis: Women Writers*

Local author Pat Lichen guides women writers of all levels through discussions of their work. Chrysalis meets from noon to 2 p.m. in the Literary Arts Center, Room 220 in Rook Hall.

## **October 8**

### *Fall Job Fair*

Clackamas Community College, in partnership with in partnership with WorkSource Clackamas, will host a Fall Job Fair on Thursday, Oct. 8 at the Oregon City campus. The event runs from 10 a.m. to 1 p.m. in the Gregory Forum. Local employers will be hiring for open positions. This event is free and open to the public. For more information, visit [www.clackamas.edu/careerfair](http://www.clackamas.edu/careerfair).

## **October 10**

### *Aquaponics*

Aquaponics is a food production system that combines aquaculture with hydroponics. This introductory workshop covers water quality, biosecurity, plant and fish health and more. Workshop is from 8 to 11:50 a.m. in Clairmont, room 117. Cost is \$40. For more information, visit <http://depts.clackamas.edu/hort> or call 503-594-3292.

## **October 24**

### *Make Your Own Mini Hoop House*

This course provides instruction on how to construct a mini hoop house to grow food year-round in your backyard. Workshop is from 9 to 10:50 a.m. in Clairmont, room 177. Cost is \$20. For more information, visit <http://depts.clackamas.edu/hort> or call 503-594-3292.



*mark your calendars.....*

## ***Additional sources of information.....***

- check <http://www.estacadaarts.org> for upcoming arts events
- check here for the who's who at first friday at the spiral gallery:  
<http://www.thespiralgallery.com/FirstFridaynew.html> -- *do you see someone you know on the First Friday photos?*

On FACEBOOK please LIKE the following local arts group pages:

- estacada arts
- performing arts group of Estacada (PAGE)
- estacada together
- estacada summer celebration -- a free arts and music festival
- the spiral gallery



There are LOTS of new people moving to our neighborhood. I wish that they ALL could know about the LUCKY DAWG eNEWS. Many have told me that if it wasn't for the DAWG they would have missed an event that interested them. SO...

...I had business cards made. (see above). I plan to distribute them around town to be picked up by those interested. Do you know new people in the neighborhood; or perhaps even some of your friends who want to know what's going on? If you'd like some of these cards, to help inform peeps about all the FUN things happening around here, just let me know; and I'll get some cards to you. My THANKS to Paul Strobel, our own State Farm Insurance guy; Linda Arnett from the Book Nook; Tamera Nielson from Oregon Massage & Lymphedema Clinic; and Michele Kinnemon at our own Estacada Public Library, who are all handing these cards out to all the new Estacada residents they meet... ***Would you like some LUCKY DAWG eNEWS business cards, to hand out too?***

~ ~ ~ ~ ~

GREAT NEWS -- once again you can read the DAWG online -- for years I was grateful that Dan Scoog posted the DAWG online; and now Jordan Winthrop has graciously "picked up the torch" to do so. So now you can read the LUCKY DAWG eNEWS either as it arrives in your email; or online at EstacadaLocal.com. Find it here <http://estacadalocal.com/news/lucky-dawg-e-news/>

always know that if you have local friends and family who'd like to receive this weekly "LUCKY DAWG eNEWS" email, send me their email address and i'll add them to my list -- if this one email once a week has become overwhelming, and a simple "delete" will put your over the edge, let me know and i'll pull your name from this list.....

**if you have anything you'd like to put in this weekly newsletter, please email it to me BY wednesday at midnight, of any given week; in a "cut and paste form" -- keep in mind that images/pictures are more interesting than just WORDS; -- this email generally goes out on thursdays -- it may or may not "make the cut," so please don't take it personally if it doesn't.....**

well kids, that's what i know for now -- go out and meet someone new, do something novel and eat something extraordinary..... :).

**aren't we LUCKY DAWGS to be living in estacada, the BEST place on earth?!!!**

enjoy one another -- we're all in this together :).....

gloria :).

~~~ shopping locally is a GOOD thing ~~~  
~~when we support the local events and businesses, they support us~~~

