

hey friends and neighbors --

Are you a left-hander? Below in the "Did you Know?" section, you'll find some interesting facts to share with your friends at your next party...

Please join us NEXT Thursday for an INTERESTING conversation about "Why aren't there more Black People in Oregon?" This conversation will take place from 7 to 8:30 pm in the Flora Room in our beautiful Estacada Public Library. Please join us. This event is part of the Estacada Area Arts Commission's Fall Arts and Culture Series.

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do you have a BUNCH of old medicine bottles hanging around? Send them to an address below to help those in the world who don't have them -- details below...

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Be SURE to get to our Estacada Library before the holidays. The Good Old Dog "Art in the Library" Art Show, sponsored by the Estacada Area Arts Commission is FABULOUS. The portraits are GREAT and the haiku poetry is a LOVELY addition. It's one not to miss -- ESPECIALLY if you are a lover of dogs.

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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, 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 ☺.

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start a conversation and impress your friends with these tidbits:

did you know? –

Here Are 23 Facts About Left-Handed People That You Didn’t Know About.
Connie Craver

Have you ever known a left handed person? I myself am right-handed and have no problem finding all of the products that I need because most are geared towards the right hand, but I have known lefties and they seem to struggle a little with some everyday tasks. However, they also tend to be more independent because they have spent their whole lives adapting to this right handed world that we live in. For that reason, let's get to know these lefties a little more. Here are some fascinating facts:

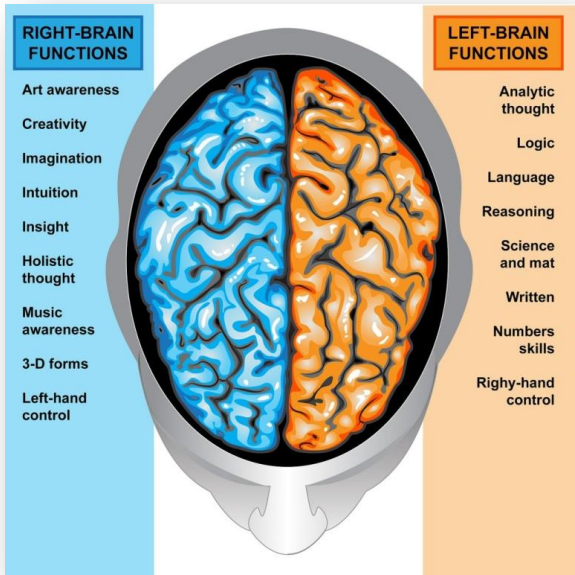
1. Between 5-10% of the population are left-handed.



2. Lefties are three times more likely to become alcoholics.



3. They mostly use the right side of the brain.



4. They reach puberty between 4-5 months later than others.



5. They are good at baseball, tennis, swimming, and boxing. Up to 40% of the best tennis players are lefties.



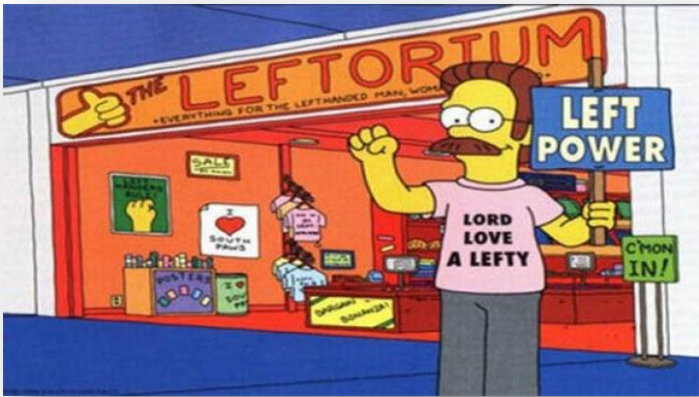
6. 4 out of 7 of our recent presidents have been left-handed.



7. College graduates who are left-handed become 26% richer than right-handed ones.



8. Back in the day, if you were left-handed you might have been accused of having a nasty habit, the mark of the devil, a sign of neurosis, being rebellious and capable of criminality and/or being homosexual. Sometimes, however, it indicated creativity and musical abilities.



Why Aren't There More Black People in Oregon? -- a CONVERSATION...



Why Aren't There More Black People in Oregon?

A Hidden History

Have you ever wondered why the Black population in Oregon is so small? Oregon has a history not only of Black exclusion and discrimination, but also of a vibrant Black culture that helped sustain many communities throughout the state—a history that is not taught in schools. Author and educator Walidah Imarisha will lead participants through a timeline of Black history in Oregon that speaks to the history of race, identity, and power in this state and the nation. Participants will discuss how history, politics, and culture have shaped—and will continue to shape—the landscape not only for Black Oregonians but all Oregonians.

Leader: Walidah Imarisha | Portland | walidahimarisha@gmail.com | (267) 992-2617

Walidah Imarisha has taught courses on topics as diverse as the history of the Black Panther Party, race and the history of prisons, Hurricane Katrina, and hip hop as literature at Portland State University, Oregon State University, and Southern New Hampshire University. She has facilitated writing workshops for students in third to twelfth grades, in community centers, youth detention facilities, and women's prisons. Imarisha also filmed and codirected *Finding Common Ground in New Orleans*, a documentary about Hurricane Katrina's aftermath.

TRP -- Giving People a Lift...

ECHO

Newsletter of the Estacada Community Center

October 2015

"TRP" – Giving People a Lift

Clackamas County's Volunteer Connection offers five programs geared to assistance, information, and support for seniors and the disabled. Transportation Reaching People ("TRP") is one of these offerings.

The TRP program is funded through a partnership between Federal dollars and support from Social Services of Clackamas County, a 501c3 non-profit. Volunteer drivers who have passed background checks are trained to assist seniors aged 60 and older or disabled individuals by providing convenient, reliable and free transportation to medical appointments and some other errands (e.g. bank, post office, grocery).

Qualified riders must have limited access to other forms of transportation. Companions may be required for some riders, and it may be necessary to share rides and/or adjust pick-up times to accommodate other trips being scheduled. Appointments must be scheduled for Monday through Friday between the hours of 9:00 am and 3:30 pm. Although TRP does not require a fare for rides, donations from riders are appreciated and aid in the program's continued operation. Riders are encouraged to give what they can, when they can.

The Estacada Community Center acts as a TRP dispatching center for residents in our extended area. A simple registration in the program is required and can easily be done by phone before scheduling your ride.

(continued on column 2)

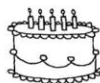


Please **LIKE** us on Facebook
and visit our new website at
www.estacadacommunitycenter.org

(continued from column 1)

Volunteer drivers are needed in the Estacada area and will be reimbursed at the rate of 41 cents per mile. You must be able to pass a background check and agree to required training to become a TRP volunteer.

For information on becoming a volunteer TRP driver or to request rides under this program, call 503-630-7454.



OCTOBER BIRTHDAYS

4th – Penny Kampf
6th – Penny Sittner, Charlene Hunter
7th – Margie Dewey
12th – Ruth Kaplan
14th – Alan Hull
16th – Earlean Marsh
17th – Glen Walcott
19th – Roberta Curry, Tom Crowley
20th – Leona Miller
21st – Sharon Jamieson
23rd – Pete LaRue
24th – Howard Newman
25th – Red Scott
26th – Tom Smith
31st – Karen Schuler, Tom Cherry

Not to mention. . .

1st – Jimmy Carter
9th – John Lennon
20 – Bela Lugosi
23 – Johnny Carson

get ready for Estacada's CREEPY CRAWL...

Mark your calendars...

Saturday, October 31st

The Creepy Crawl

4:00 TO 6:00 PM

AN ESTACADA CHAMBER OF COMMERCE EVENT



What's
GOING ON?
Estacada
Oregon

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Good Old Dog Project -- Library Art Show...

ART IN THE LIBRARY

PRESENTED BY THE ESTACADA PUBLIC LIBRARY
AND THE ESTACADA AREA ARTS COMMISSION



GOOD OLD DOG PROJECT

portraits by pauline zonneveld
haiku by cherie lingelbach

Opening Reception: September 18, 2015, 6 to 8 PM

Estacada Public Library
825 NW Wade Street
Estacada, OR 97023

estacada.lib.or.us
estacadaarts.org
goodolddogproject.com

The Good Old Dog project is a celebration of every dog that has enriched our lives. The portraits and poems are a testament to survival, to finding meaning and joy in life while facing physical limitations and challenges.

MARK YOUR CALENDARS
Fall Arts and Culture Series...

Estacada Area Arts Commission's 2015 FALL Arts & Culture Series



Mark your calendars NOW!
You won't want to miss any of these great events!

OCTOBER 24

Philip Foster Farm Haunted Farm

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



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 gratefully accepted.



Walidah Imarisha
Photo by Pete Shaw

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.

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.

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

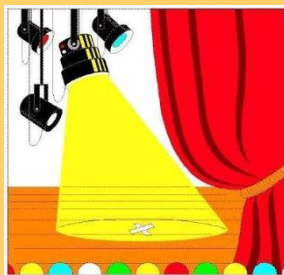
For additional information,
click [HERE](#)



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 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

or call: 503-630-3401, 503-803-1856



DECEMBER 8

**Estacada Together presents
Shakespeare Festival Performance**

Two professional OSF actors will be visiting
the high school and performing interpretations
of Shakespeare and contemporary plays for
the community.

 Oregon
Shakespeare
Festival

Tuesday 7pm at the Estacada Auditorium.
500 NE Main Street
admission \$7 adult, \$4 senior/student, \$20
family

DECEMBER 12

Community Festival of Choirs

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

DECEMBER 15

Estacada High School Band & Choir Night

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



[Philip Foster Farm - Visit our website!](#)



Contact Us

Estacada Area Arts Commission
PO Box 958, Estacada, Oregon 97023
www.estacadaarts.org

Empty Pill Bottles Desperately Needed...

Empty Pill Bottles Desperately Needed (Take your meds & help others!)

[AUGUST 20, 2015](#) / [GINGER AIL](#)

Pill bottles: they are those translucent orange soldiers that pile up all around us... in our drawers, bags, cabinets... sometimes I wonder – if I had saved every empty pill bottle since I got sick, *what would that look like?*



One of the things I have always hated the most about being sick, is you often need more help than you can give. That's not always true, but there are definitely days or weeks like that for even the most functioning among us. I

see those specials on tv and think: *I want to build a Habitat for Humanity house or dig wells in Africa (this might be a late night, insomnia induced thought but the general sentiment still stands).*

Neither of those will be happening in my lifetime, but that’s okay. There really are other things we can do, all of us, to help other people no matter how sick we are. Here’s one idea that only requires a bit of energy...

“Medicine Bottles for Malawi” is a project with an idea so simple, it’s brilliant. I’ve tried this myself so I can vouch for how easy it is to do and how good it feels to pass on something you know will help others.

Imagine you’ve walked miles to a remote village or hospital to receive any form of medical care you can find. You are given the medication you desperately needed and now you have to start the journey back home. You don’t shake the pill bottle maraca as you walk because there is no pill bottle, heck there’s barely medicine. The pills you received are wrapped in a tiny scrap of newspaper.

A scrap of newspaper is all the protection your precious cargo has. The more I thought about this, the more I realized it’s a bigger problem than it sounds like: no safe way to carry the meds home when you are most likely walking miles, no way to really protect the meds from moisture, loss, damage once you get them home. Apparently those orange bottles do more than you think and so can you...

How to Help:



Step 1:

Take your meds and when you finish the bottle, don’t throw it away! *This includes bottles you might receive over the counter like for Advil, Motrin, vitamin bottles, supplements – as long as the bottles aren’t large, send them on! (Large bottles just cost too much to ship).*



Step 2:

Remove the label.

I find it’s easiest just to peel them off, takes a few seconds, but you can also save up until you have a pile of the bottles and dump them into a bowl of boiling hot water.



Step 3:

Send them off!
I used a large flat manila envelope, it's cheap & easy to mail.

Address it to:

**The Malawi Project, Inc.
3314 Van Tassel Drive
Indianapolis, IN 46240**

***Tip:** Take a photo of that ^ address on your phone & save it as a contact! When you have enough bottles to send off, you won't have to log back in here to find the address. I do this often and it definitely saves some energy to take photos of info.*

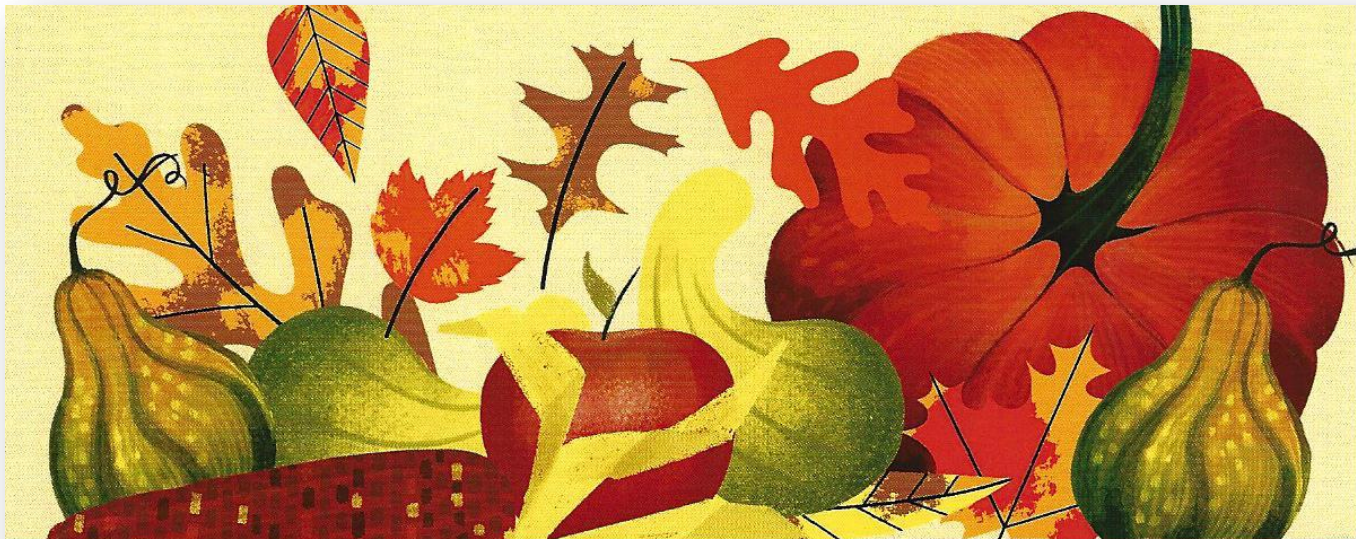
Bonus Benefit:

I saw someone online arguing that we shouldn't send them to Malawi because they won't be recycled when they are finished being used. I thought this question was silly since they are so desperately needed there but I like the answer all the same: Nothing goes to waste in Malawi. Your medicine bottle, when it's empty, will be used in 100 other ways. Imagine you have very little and then think of all the ways a bottle with a sealed lid could be helpful.

The medicine bottles we don't need or want anymore, that probably lie around in drawers reminding us we need that medicine to begin with, to someone else, it's a gift. What better way to use a little bit of energy and send them on!



Grace Place is having a Harvest Party...



Join Grace Place for a
Fall Harvest Party

Thursday, October 22 | 4:00pm-6:00pm

Celebrate the changing of the seasons with us!

Join us to sample food delights of the fall harvest. Wines by Leaning Star Winery and Bhudda Kat Winery will be available to try and to buy. Have a caricature of yourself and friends drawn by local artist Mike Wilson. Hope to see you there.

**Thursday, October 22
4:00pm-6:00pm**

**380 NW 6th Avenue
Estacada, OR 97023**

**RSVP to Flynn by October 20
at 503-630-5341.**

Enlivant
PO Box 1479
Morton Grove, IL 60053-7479


Grace Place
Senior Living

enlivant.com



What's Happening at the Farm...

Dear Friends of Philip Foster Farm,

We have an exciting season ahead of us:

We are having our first-ever Family Portraits at the Farm event!

We have arranged for Charles G. Waugh, Portland's renowned portrait photographer, to create heritage portraits of you and your family outdoors at the Philip Foster Farm.

When you donate \$200 to the farm you get a full hour photographic session, plus \$250 towards any portrait selection.

Details at www.charleswaugh.com/philipfosterfarm

What a great way to support the farm and get memorable portraits of your family!

Upcoming Farm events:

October 24th, 6:00-8:00 Family-friendly Haunted Farm Living History Event. Come meet the pioneers of Eagle Creek as they share stories of death and dying in early Oregon. Admission \$5.00/person or \$20.00/family (free to members).

We hope to see you here soon!

Elaine Butler,
Farm Manager



Chamber Board Members NEEDED...

Greetings Chamber Members:

The Estacada Chamber of Commerce is in need of more board members. This is an exciting time to be on board. In the past year we have developed a business plan and are on track to successfully complete our goals for 2015. We currently have at least two, maybe three, openings for board members for the next year starting January 2016. Terms are generally three years in length. We meet once a month for no more than two hours.

If you are interested, please let us know. If you would like to nominate someone, please respond to this email and send the name of your candidate. We will contact him or her.

Thanks for your interest and help.

Yuanita Stuart
Office Coordinator
www.estacadachamber.org
info@estacadachamber.org
503-630-3483

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Estacada Lakeshore Path Cleanup...

A poster for the Estacada Lakeshore Path Cleanup. The background is a photograph of a serene lakeside path with tall evergreen trees and a wooden bench. Overlaid on the image is the title "Estacada Lakeshore Path Cleanup" in large green letters, followed by the subtitle "Join the movement to keep Estacada trash free and Beautiful!" in smaller green letters. Below the text are four logos: the City of Estacada logo, the C.R.O. Clackamas River Outfitters logo, the SOLVE logo with the tagline "IT'S OUR NATURE TO VOLUNTEER", and the Grind coffee house logo. At the bottom, it says "supported by" followed by the date and time "November 8th 12-5pm" and the location "Estacada City Hall". It also includes the website "for more info visit www.clackamasriveroutfitters.com".

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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
or Facebook "Nutz-n-Boltz"

THANK YOU. PLEASE HELP US GET THE WORD OUT!



Introduction Class to Essential Oils...

Introduction to Essential Oils

Sunday, November 8th • 2:00p – 4:00p

Estacada Library Community Room

Presenter: Tami Serhan, LMT
Animals & Oils Specialist

Tami will guide you through the start of your fascinating journey into the world of essential oils & introduce you to 11 Young Living Essential Oils* that not only help to support your body, but also offer a non-toxic alternative to household cleaners and a natural approach for pet use.

Sample treats & beverages flavoured with some of the evening's features essential oils!

This is a FREE event & seating is limited • early arrival encouraged!

* Available in the new Premium Starter Kit offered by Young Living.



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Here's What's Happening at the

Estacada Community Center...

For inclusion in the October 22, 2015, issue of the Estacada News

ESTACADA COMMUNITY CENTER 200 SW Clubhouse Drive, 503-630-7454 www.estacadacommunitycenter.org
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Halloween Costume Party and Dinner Dance

A Halloween costume party and dinner dance with live music performed by the Heartland Classic Country Band will be held starting at 5 p.m. Saturday, October 31 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 ages 8 and up 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.

Library, ping-pong, puzzles and computer solitaire

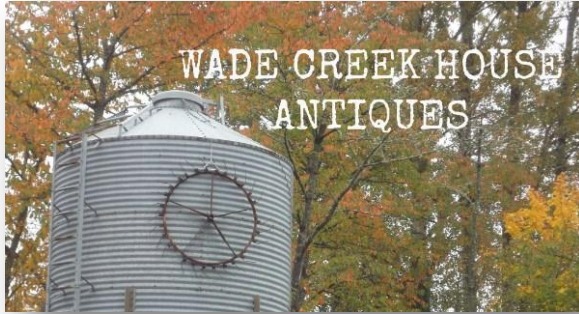
Drop in any time, Monday – Friday, 8:30 am – 4:30 pm.

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Here's what's happening at the

WADE CREEK HOUSE...



WADE CREEK HOUSE ANTIQUES

664 NW WADE ST. ESTACADA

503-630-7556

LEARN TO DO THIS and THIS....

Our SMALL FURNITURE PAINT TECHNIQUE WORKSHOP at WADE CREEK HOUSE ANTIQUES.

Saturday, October 24th from 10:30a - 1p, Carrie is teaching her Small Furniture Paint Technique Workshop where you will learn how to paint stripes, chevrons, and how to use stencils to get results like you see in these photos. You will have a collection of vintage side tables, nightstands, magazine racks and other furniture pieces to choose from. At the end of class you will take home your own one-of-a-kind finished piece.

All materials and furniture are included but please bring a paint shirt. If there is a specific paint color you wish, you are welcome to bring your own satin or velvet finish paint. Call to reserve your space. Furniture is chosen in the order people sign up so call now!! Class is \$65..



AND NATIVE AMERICAN BASKET WEAVING....

November 11 & 18 - Wednesdays 2p - 4p

A wonderful class to learn this art form... Annette learned this skill from a Cherokee Indian 40 years ago and has been teaching this class for the past several years. This class requires 2 sessions to complete. The first class you will learn how to start the basket, weave and start the

walls. In the second class, you will learn how to add beads and finish the basket. Annette will bring the rope and needle. **You need to bring 1)** 1 skein of *Red Heart* multicolor yarn and **2)** scissors. You can also bring pony beads or a pendant which is optional. Limited class size. Cost is \$45.

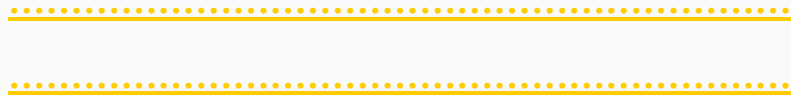


You can't use up creativity.. the more you use, the more you have. Maya Angelou

WADE CREEK HOUSE ANTIQUES
thewadecreekhouse.blogspot.com & Facebook

Open Everyday
Monday - Saturday 10a - 6p
Sunday 11a - 5p

antiques, collectibles, vintage, old, rusty, shabby, chippy, reclaimed, repurposed, revived, salvaged, scavenged, found, barn, garage, estate, garden, home, primitive, and more.



5 Great Water Conservation Tips...

...That You Can Put Into Effect This Winter

Take Stock Of Your Water Usage Habits

Even if you're careful about your water usage in the home, chances are that there are important steps you're not taking and factors that you're not considering. As the air begins to cool, for example, you may enjoy taking a few extra minutes in a hot shower.

Standard shower heads use more than two gallons of water a minute. Even a small amount of extra shower time every day adds up to large water waste. There are a number of products, such as flow meter bags, that can help you gauge your water usage. It's easier to control your usage when you know your usage.

Water Plants Less

Cooler temperatures and increased rainfall means outdoor plants and lawns require much less water. Purchase a rain sensor switch to stop your irrigation system from coming on when it is raining and make sure your irrigation system is turned off and drained no later than October 31st to prevent the pipes from freezing during the winter.

Install Water Efficient Faucets and Shower Heads

While not running water needlessly, such as letting the faucet flow when scrubbing dishes after a large holiday celebration is a good step towards water conservation, many households can further decrease their water use by installing high efficiency faucet aerators and shower heads.

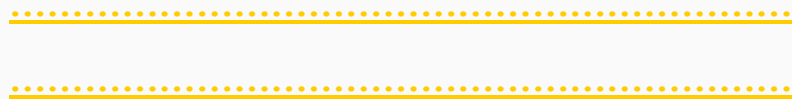
Upgrade Your Toilets

Toilets are the number one water waster in the home, replacing your old toilet with a new EPA High Efficiency Toilet (HET) is an excellent way to reduce unnecessary water waste. If you're unable to replace your toilets for any reason, you can use toilet tank banks, or fill cycle diverters to reduce the amount of water used per flush.

Check Behind the Scenes

Check all faucets and, wherever possible, pipes for leaks. A single drip may seem insignificant, but that volume adds up — a single dripping faucet can waste more than 3,000 gallons a year. To check for leaks in hidden pipes, monitor your water meter for an hour or two when no water is being used, if the meter dial is moving, there is a leak.

These tips are a good place to start, but they are just that, starting places. There are a myriad of different ways to conserve water at home. To learn more indoor and outdoor water saving tips, information about the Clackamas River Water Providers Rebate Program, and how to receive water saving devices such as tank bags, fill cycle diverts, flow meter bags, efficient faucet aerators, shower heads, and much more visit our website at www.clackamasproviders.org or call us at 503. 723. 3511.



Trick, Treat, or Plant ::

Halloween Tree-Planting at Milo McIver!...



Where: Milo McIver State Park, South Entrance Rd, Estacada, OR ([map](#))

*Please park at the Milo McIver Memorial Viewpoint parking lot which will be the first parking area you encounter on Entrance Road. The park fee is waived for all volunteers for this event.

When: Saturday, October 31st — please meet by 8:45am at the above site. Planting activities will wrap up by 1:00pm;

What: Please dress for the weather, wear sturdy shoes or boots, and be prepared to get a little dirty. Friends of Trees will provide gloves, tools, and planting guidance, as well as breakfast snacks and coffee/hot chocolate to get everyone fueled up!

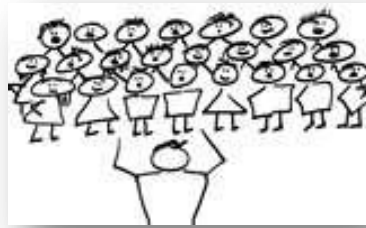
Youth Waiver: For any youth under age 18 volunteering without their parent or guardian, we ask they bring a signed youth waiver to the event. Any youth planting with their parent/guardian do not need a waiver.

With a group? We welcome groups of all sizes! RSVPs are kindly requested for groups of 5 or more people – click [HERE](#) to do so. RSVPs are not required for individuals or groups of 4 or fewer — you may simply show up!



Happiness is Singing in a Choir...

Want to Sing!
It is NOT TOO LATE to JOIN US !!



Molalla Community Choir invites all singers in South Clackamas County area to join them for their 2015 Christmas season.

Practices are Thursdays: 7 to 8:30 PM, Sept- Dec

Held at the Molalla High School Choir Room
(357 Frances St, Molalla, 97038).

Use the Choir room door right of gym entrance.

Cost is \$15.

Questions / contact: Don Newell

dnewell@co.marion.or.us

ph: 503.928.9108.

Bring a friend and enjoy the music!

Community Survey...

Healthy Columbia Willamette Collaborative to Launch Survey and Listening Groups as part of 2016 Community Health Needs Assessment

(October 22, 2015)—Beginning on September 1, 2015, the Healthy Columbia Willamette Collaborative (HCWC) will solicit community feedback for its 2016 Community Health Needs Assessment (CHNA). This initiative will include an online survey starting September 1st designed to identify health needs of our communities.

The information collected from the survey will inform HCWC member organizations of their improvement activities. Examples from the 2013 process can be found at multco.us/healthy-columbia-willamette-collaborative/reports

This is the first year HCWC is offering an online survey, which will be available in English, Spanish, Russian, Vietnamese, and Chinese. To increase engagement in this data collection initiatives, HCWC is reaching out to over 200 local organizations. These organizations, which range from service groups to health clinics, will direct community members to the online survey.

The engagement efforts will launch at the start of September 2015, coming to a close in January 2016. HCWC wants to hear from as many community members as possible. In spring 2016, HCWC will analyze the findings resulting in a CHNA, or a summarized report of the health needs of local community members. This summarized report will be available on July 31, 2016.

To access the survey, visit www.healthycolumbiawillamette.org

DESCRIPTION OF SURVEY AND HCWC

Healthy Columbia Willamette Collaborative to Launch Online Survey as part of 2016 Community Health Needs Assessment

Beginning on September 10, 2015, the Healthy Columbia Willamette Collaborative (HCWC) will publish an online health survey to solicit community feedback for its 2016 Community Health Needs Assessment (CHNA). The online survey is available in English, Spanish, Russian, Vietnamese, and Chinese.

HCWC wants to hear from as many community members as possible, and we need your help. Ways you can help include:

- Take the survey yourself
- Ask your co-workers, clients, patients, and populations you work with to take the survey
- Push information out on any social media channels your organization uses, Facebook, Twitter, Texts
- Display flyers in lobbies, waiting rooms, lunch rooms, etc.

Examples of social media messages are included at the end of this document.

Your opinions about the health of the community will be used, alongside other data, to identify the health issues people experience in Clackamas, Multnomah, and Washington counties in Oregon and Clark County in Washington.

This information will directly inform the HCWC member organizations' community health improvement plans and activities that leverage collective resources to improve the health and wellbeing of our communities.

This is the second cycle of HCWC's assessment and community health improvement work. Examples from the 2013 process can be found at multco.us/healthy-columbia-willamette-collaborative/reports

In spring 2016, HCWC will analyze the findings resulting in a public Community Health Needs Assessment, or a summarized report of the health needs of local community members. This summarized report will be available on July 31, 2016.

To access the survey, visit www.healthycolumbiawillamette.org

HCWC Members

Members of the HCWC include: Adventist Medical Center, Clackamas County Public Health Division, Clark County Public Health, FamilyCare Health, Health Share of Oregon, Kaiser Sunnyside Hospital, Kaiser Westside Hospital, Legacy Emanuel Medical Center, Legacy Good Samaritan Medical Center, Legacy Meridian Park Medical Center, Legacy Mount Hood Medical Center, Legacy Salmon Creek Medical Center, Multnomah County Health Department, Oregon Health & Science University, PeaceHealth Southwest Medical Center, Providence Milwaukie Hospital, Providence Portland Medical Center, Providence St. Vincent Medical Center, Providence Willamette Falls Medical Center, Tuality Healthcare, and Washington County Public Health Division.

EXAMPLE SOCIAL MEDIA

Facebook Post

We want to hear from you! Your experience matters. Take the Healthy Columbia Willamette Collaborative survey and tell us about important health issues in your community. Your responses will help inform health improvement projects throughout the region.

www.healthycolumbiawillamette.org

Tweet

We want to hear from you! Take this survey & tell us about important health issues in your community!
www.healthycolumbiawillamette.org

Text

Hello, I am involved in a regional project to improve health in our community. Please take this survey and share it with others. Thank you! www.healthycolumbiawillamette.org

Healing Sound for Creative Living...



**Shaman's Voice: Healing
Sound for Creative Living**

Oct. 24-25 at Beautiful Hidden Lake

When

Saturday October 24, 2015

9:00 AM PDT

-to-

Sunday October 25, 2015

5:00 PM PDT

[Add to Calendar](#)

Join Lauri for this fully experiential workshop and explore the power of sound and spirit for creating and healing in your everyday livingness.

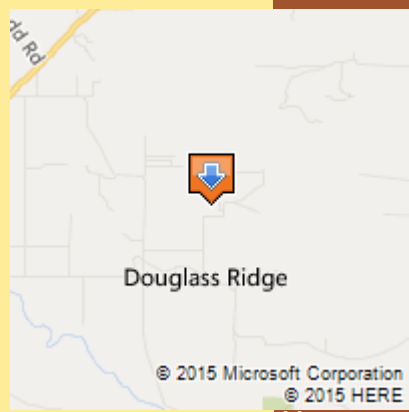
Where

Hidden Lake Retreat

24004 SE Crane Rd

Eagle Creek, OR 97024

Unleash your authentic



[Driving Directions](#)

Create a higher soul-
brancy within, and
r dreams into
with spirit-guided

[Get more information](#)

[Register Now!](#)

Your power songs, your daily
invocation, your gratitude songs
await!

LightSong Students can contact
Lauri for School Discount.

Lauri Shainsky
Hidden Lake Retreat, Inc
lauri@shamanicsoundhealing.com
503-939-7174

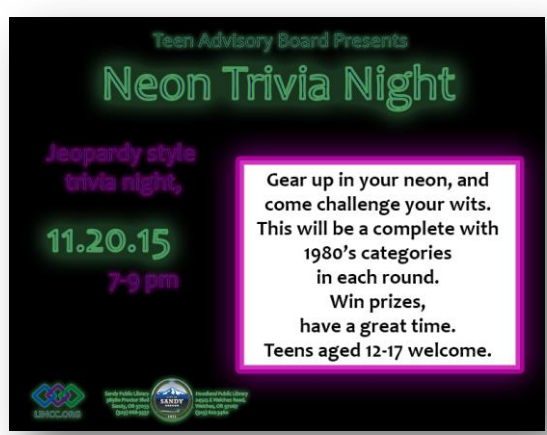


Coming Events at the Sandy Library...

For Teens

Neon Trivia Night

Gear up in your neon, and come challenge your wits. This will be a Jeopardy style trivia night, complete with 1980's categories in each round. Win prizes, have a great time. Teens aged 12-17 welcome. November 20th 7-9pm.



For Families

Library Coffee House

November 6th: Singer/Songwriter Steve Hale will be playing original compositions and sharing why and how he wrote them. This totally acoustic show, will regale you with beautiful melodies, intriguing chord changes, and compelling stories about his songs. Steve Hale has been involved in the local music community for many years. www.stevemale.com

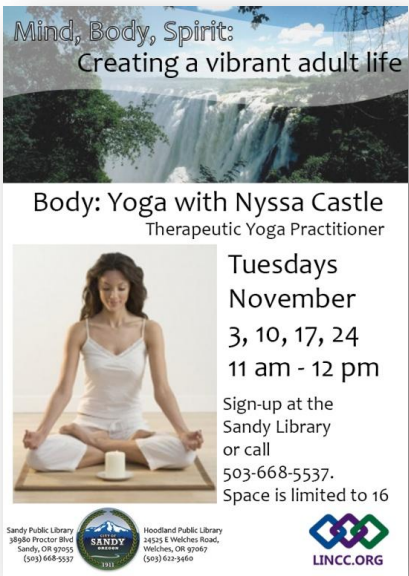


For Adults

Mind, Body, Spirit: Creating a Vibrant Adult Life

This NEW series of programming is meant specifically for Adults over 50, and will continue each quarter of the year with brand new programs in each area; Mind, Body, and Spirit. This inaugural batch contains:

Body: Every Tuesday in November - Yoga with Nyssa Castle. Time To be determined.



Photography Group

The first Photography Group Show is hanging in the Sandy Library.

The Photography Group meets the last Sunday of each month 1-2pm in the Community Room of the Sandy Library. On November 29th We will 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 meets the first Monday of each month at 7pm (except for the Labor Day Holiday)

Women's Group meets on the second Thursday of each month at 7pm

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

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.

November 19th at 6 pm - Protecting Your Identity

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

Food Wave Fest 2015...

You're Invited!

FOOD|WAVES FEST 2015

NOV
7



SATURDAY

November 7, 2015

6:00pm-8:00pm



Food|Waves would like to invite you to join us at the Singer Hill Cafe for a fundraising event to benefit our Garden Education and Food Justice programs. Come on out and join for some local hand crafted food, music, drinks, fun and giving!



Ticket prices to this casual event are \$30.00 per person and will include food and two beverage tickets and a whole lot of fun!

To Purchase Tickets on line please go to the "purchase tickets" button below. It will direct you to the "donation" page of Food|Waves website. Make your 30.00 dollar donation and you are all set! (But don't forget to RSVP below)

You are also welcome to RSVP below and purchase your ticket at the door at the time of the event.

[RSVP](#)

[Purchase Tickets](#)



Singer Hill Cafe

623 7th St, Oregon City, OR 97045



Fall CCC Seasoned Adult Agenda...

College update, Nepal earthquake and Portland water on Fall CCC Seasoned Adult Agenda

OREGON CITY — The Seasoned Adult Enrichment Program (SAEP) presents weekly programs for seniors and retirees at Clackamas Community College’s Harmony Community Campus. The program provides seniors in the county with an educational experience designed and administered by “seasoned adults” in the community.

All classes are held Wednesdays at CCC’s Harmony Community Campus in Room OIT-191, unless otherwise indicated, and begin at 9:30 a.m. SAEP will not meet on Veterans Day, Nov. 11. This fall’s SAEP schedule follows:

Oct. 21: “Clackamas Community College Update.” CCC President Joanne Truesdell and Associate Vice President of College Relations and Marketing Shelly Parini will share plans for the Harmony Community Campus bond project improvements. They will also give an update on the 50th anniversary of the college.

Oct. 28: “Nepal Disaster.” Brian Neubauer was traveling in Nepal in 2014 when an earthquake hit. He will speak about his amazing experience.

Nov. 4: Field Trip: The Oregon Historical Society. Join a field trip to the Oregon Historical Society to view a special exhibit, “World War II: A World at War, A State Transformed.”

Nov. 18: “From Forest to Faucet.” Catherine Howells will talk about the history of the Portland Water Bureau and Portland’s great water.

Nov. 15, 22: CCC Theater Production. Enjoy a Sunday matinee performance of CCC’s fall term theater production, “Sylvia” by R.A. Gurney. Matinee begins at 2:30 p.m. in the Osterman Theatre at CCC’s Niemeyer Center. Purchase tickets online at www.clackamas.edu/theatre.

For more information about SAEP, call 503-594-0620.

CCC Horticulture Department Offerings...

OREGON CITY – The Horticulture Department at Clackamas Community College this fall will offer a variety of workshops and classes for home gardeners, as well as pesticide classes in English and Spanish for professional licensing. A roundup of short courses and workshops during fall term 2015 follows:

- **Make Your Own Mini Hoop House:** Saturday, Oct. 24, from 9 to 10:50 a.m. in Clairmont, room 117. This course provides instruction on how to construct a mini hoop house to grow food year round in your backyard. Fee is \$20.
- **Japanese-Style Pruning:** Saturday, Nov. 14, from 8 to 11:50 a.m. in Clairmont, room 118. Masa Mizuno, a highly respected master of Japanese garden cultivation, will provide instruction on the art of Japanese pruning in this hands-on class. Fee is \$40.
- **Backyard Chickens 101:** Saturday, Nov. 14, from 8 to 11:50 a.m. in Clairmont, room 117. This class provides information on how to raise backyard chickens. Heather Havens will share her extensive knowledge. Fee is \$20.
- **Pesticide Core Training:** Friday, Dec. 4, from 8 to 11:50 a.m. in Clairmont, room 136. This workshop qualifies for four core recertification credits as required by the Oregon Department of Agriculture. Fee is \$40.
- **Apprentice Applicator Recertification in Spanish:** Friday, Dec. 4, from 8 a.m. to 4:50 p.m. in Clairmont, room 133. This class fulfills the Oregon Department of Agriculture’s yearly continuing education requirements for renewal of the pesticide apprentice applicator license. Fee is \$80.
- **Herb Gifts and Holiday Decorating:** Saturday, Dec. 5, from 8 a.m. to 12:20 p.m., Clairmont, 117. During this morning workshop, participants will create herb gifts and holiday arrangements to take home. Fee is \$45.

For more information about horticulture offerings at CCC, please call the Horticulture Department at 503-594-3292, email lorettam@clackamas.edu or visit <http://www.clackamas.edu/horticulture/>.



Calendar of Events...

CLACKAMAS*COMMUNITY*COLLEGE

CALENDAR OF EVENTS

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

October and November 2015 CCC Calendar of Events

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 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 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.

November 4, 11, 18, 25

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, Rook Hall. For information, call 503-594-3254.

November 7

Viva Clackamas

This premier fundraising event supports the CCC Foundation's \$10 million campaign to build scholarships to serve our students. The 1960s, Vegas-themed evening of dining and entertainment is also the kickoff of the 50th anniversary celebration of CCC. Viva Clackamas takes place at the Oregon Golf Course in West Linn and begins at 4:30 p.m. Individual tickets are available for \$125. For more information, please contact Julie Paulsen, CCC Foundation, at 503-594-3129 or Julie.paulsen@clackamas.edu.

November 11

Veterans Day

The college will close in observation of the Veterans Day national holiday.

November 12-22

Theatre Arts Department Fall Term Mainstage Production: 'Sylvia'

Performances of “Sylvia” by A.R. Gurney run Nov. 12 through 22, Thursdays through Saturdays at 7:30 p.m. and Sundays at 2:30 p.m. in the Osterman Theatre. Ticket prices are \$10 for adults; \$8 for seniors; students pay what they can at the door. Visit www.Clackamas.edu/theatre or call Kelly at 503-594-3153.

November 14

Backyard Chickens

This Saturday class provides information on raising backyard chickens. Heather Havens will share her extensive knowledge. Class runs from 8 to 11:50 a.m. in Clairmont, room 117. Cost is \$20. For more information, call 503-594-3292 or email lorettam@clackamas.edu.

November 14

Japanese Style Pruning

Masa Mizuno, a highly respected master of Japanese garden cultivation, will provide instruction on the art of Japanese pruning in this hands-on Saturday class. Class runs from 8 to 11:50 a.m. in Clairmont, room 118. Fee is \$40.

November 17-19

Fall Term Student Performance Showcase

Enjoy student directed one-act plays, stand-up comedy and comedy improv. Performances are Nov. 17-19 from noon to 1 p.m. with an additional performance on Wednesday, Nov. 18, at 7:30 p.m. Shows are in the Osterman Theatre in the Niemeyer Center. There is no cost to attend. For information, call Kelly at 503-594-3153.

November 19

Behind the Scenes of Fall Term Mainstage Production: ‘Sylvia’

Take a behind-the-scenes look at CCC’s fall term Mainstage Production, “Sylvia” by A.R. Gurney. Tour begins at the Osterman Theatre at 4:30 p.m. No cost to attend, but RSVP is required. For more information, call Kelly at 503-594-3153 or go to www.Clackamas.edu/theatre.

November 26-27

Thanksgiving Holiday

CCC will be closed for the Thanksgiving holiday. No evening classes will be held after 4 p.m. on Wednesday, Nov. 25.

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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?*

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GREAT NEWS -- once again you can read the DAWG online -- for years I was grateful that Dan Skoog 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~~~

