

hey friends and neighbors --

**TONIGHT please join us 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, and is co-sponsored with Oregon Humanities and the Estacada Public Library.**

Saturday is Halloween -- the Creepy Crawl will be happening in beautiful downtown Estacada. And if you'd like to help plant trees you can do so that day as well. You'll find details about both events and MORE, below...

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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 ☺.

.....

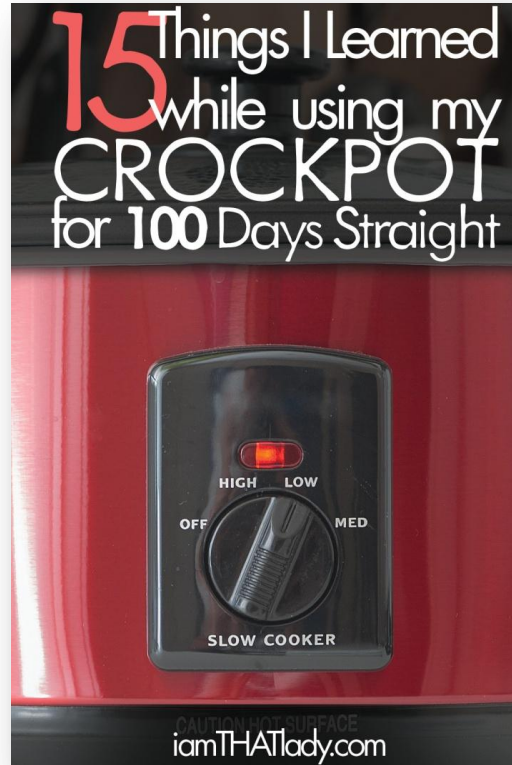
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start a conversation and impress your friends with these tidbits:

*did you know? -*

# 15 Things I Learned by Using my Crockpot for 100 Days Straight

By LAUREN on SEPTEMBER 30, 2015



The Crockpot. God's gift to moms, dads, working people, grandparents... basically anyone who wants to save time. So here's my cooking background: *wannabe foodie*.

I like to cook.

A lot.

And in the past, I might have looked down on the crockpot. I'd always insist on doing things the long way because it was the best way. Well, turns out busy moms don't have time for the long way. And for those who aren't parents – it's nice to just be able to come home from work and have dinner already done.

So I've made it my mission while preparing these last 2 [Aldi meal plans](#) to challenge what I thought of the crockpot. Maybe you really can make amazing food doing it the "easy way".

Really, 100 days straight. I might have missed a few here and there, but for the most part... pretty much straight through. Somedays, I had to have 2 going at once. When creating recipes, I usually had to make it 2 or 3 times to get it right.

Through trial and error, here's what I've learned:

## 1. You do not need to thaw everything before you start cooking.

You read that right. I do realize that [the USDA](#) disagrees with me. And I also understand the USDA's reasoning. When you place a piece of meat in the slow cooker, for the first hour or two, it's really just thawing from the outside in. During this process, the center of the meat might be at the danger zone (between 70 and 117 F) where bacteria grows very easily.

But here's the thing about the USDA, they sometimes make very broad blanket recommendations to cover all circumstances. And I get it... their recommendations have to apply to everyone, regardless of cooking knowledge or experience.

But here's where I differ: 90%+ of the meals I make in the crockpot will either be shredded or fall apart. So the meat won't be sitting in that "danger zone" very long. And guess what happens once the meat reaches 130 F? It starts to die. Not instantaneously, but if the meat sustains 140 F for just a half hour, 99.99999% of all bacteria dies. Once it reaches 165 F, bacteria practically dies instantaneously.

Good enough for me. So even if some bacteria started to grow, it will die in short order. So just be smart, make sure it cooks long enough, and break it apart after it's been cooking for a little while and you'll be fine. Use a meat thermometer if you want to feel more safe.

Here's what I do:

- If it's a large piece of meat that will remain whole while it is cooked, I will always thaw it ahead of time (See #15 for my tip on thawing). Is it safer, and it will cook more easily and consistently. For example, I would never place a whole frozen chicken in the slow cooker. And for pork loin, if it is to stay in one piece while cooking, I will always thaw it first.
- If it's chicken breast, you're fine. They're small and will cook quickly even from frozen. Just make sure to break them apart from each other if you placed them in as one large mass of frozen-together chicken breasts.
- If it's a large piece of meat that will be shredded (like [Korean Pork Tacos](#)) or beef that will fall into pieces as it cooks ([Roadhouse Pot Roast](#)), I'll just put it in frozen. For a large piece of pork, I will slice it in half after it's been cooking for about an hour. This reduces the time that the middle of the meat might be sitting in the danger zone and also helps it to cook faster and more evenly.

## 2. You don't need to sear anything ahead of time.



I've seen so many slow cooker recipes with like 6 steps listed before actually doing anything with the slow cooker. Many of these tell you to sear the meat in oil before placing in the slow cooker.

Fine. I don't see anything wrong with it. And it probably is slightly better.

But you don't need to do it. Searing the meat and getting that little bit of brown crust (called the [Maillard reaction](#)) definitely will have some AWESOME benefits with food – especially meats and bread. But I just don't think it makes much of a difference in the slow cooker.

Any extra “depth of flavor” just seems to just get lost in all of the other flavors and textures that develop while the the food is slowly cooking. I’ve tried some recipes both ways – searing before placing in the slow cooker vs. just tossing it in raw. I might just have an underdeveloped palette, but I couldn’t taste much of a difference.

Save your time. Don’t sear.

### 3. You don’t need to mix anything ahead of time.

Again, so many slow cooker recipes will tell you to mix the spices and wet ingredients together and then pour in the slow cooker with the other ingredients. Save your time. Don’t do it.

It just doesn’t matter. Instead, after the food has been cooking for a couple hours (or even if it has fully cooked) take the lid off and give it a good stir. When you are cooking food in liquid, the flavors and spices get to where they need to go.

A couple notes:

- [Meatloaf](#) needs to be mixed well before placing in the slowcooker (for obvious reasons)
- Make sure not to put the spices in last (see number 6). If the spices are perched on the very top of the ingredients, like an island surrounded by the other wet and dry ingredients, they aren’t gonna do much to flavor your food.

### 4. The potato masher is amazing.



So much time and effort wasted. I can never get those precious minutes and energy back. If I only knew...

When shredding chicken (and sometimes pork), stop using forks. Use a [potato masher](#) instead, and you will soon wonder why you hadn’t thought of this yourself. I can’t take credit for the idea- someone had to show me “the way”.

But seriously, for recipes like [Honey Garlic Chicken](#), or [Chicken Tacos](#), it makes life much easier.

It can work okay for pork sometimes. But pork is a little tougher than chicken in the slow cooker. If it’s been cooking for a really long time you might have good luck with this method.

You can also [use your Kitchen Aid mixer to shred chicken](#) in under 30 seconds too.

## 5. You can thaw, freeze and refreeze. Just be smart.

Before you tell me that I'm crazy for even suggesting such a thing, did you know that the USDA actually agrees with me on this one (unlike #1)?

Although there could be a slight loss of moisture or "quality", thawing and then freezing meat again to use at a later time is [perfectly safe](#). I've done this many times and actually found no loss of quality either – the meat always seems to turn out just fine. This is probably because the meat still remains pretty cold, and I never leave it thawed for very long.

However – I don't usually do this. Not because of safety concerns – it's simply faster and easier to buy meat unfrozen if it's to be used in a freezer meal. It eliminates the thawing step.

## 6. When placing food in the crockpot, generally follow this order of operations:



1. Meat\*
2. Spices
3. Vegetables\*
4. Other non-liquid ingredients
5. Liquids

\*see number 7 for exceptions.

This seems to work well for a few reasons:

- First, it ensures that the meat is completely covered in liquid. This is very important in crockpot meals.
- Secondly, the spices will end up flavoring the meal evenly.

If you follow this order, you generally won't have to mix or stir anything ahead of time.

If you are placing food in a freezer bag to cook at a later time, this doesn't really matter too much since the ingredients probably mixed pretty well while in the bag. I simply try to get the meat on the bottom of the slow cooker

However, I have found exceptions to this. If it's a soup, or a very 'liquidy' meal, it isn't necessary. And as with my [Slow Cooker Chicken Parmesan](#) recipe, there may be a reason to place the meat on top of the sauce.

Also – I make an exception for potatoes and onions...



## 7. Potatoes and onions – put them on the bottom.

Usually, it's most important for the meat to cook in liquid. But have you ever cooked cubed potatoes in the slow cooker? Or sliced onions? The ones kicking around on top never quite get cooked all the way. So I've found that it's more important for potatoes and onions to cook in liquid.

Like most people, I prefer my potatoes and onions to be soft – not crunchy. The only way to accomplish this every time is to place them in the bottom, below the meat.

Speaking of potatoes...

## 8. You can freeze potatoes.



I don't mean freezing whole potatoes to cook at a later time. I've never tried that and probably never will.

I'm referring to chopped or cubed potatoes as part of a slow cooker meal to be frozen prior to cooking. I have been hesitant to do this in the past, but every time I've done it, it seems to work out ok.

They get a little discolored, and the texture seems soft and strange as they thaw. But once they're cooked, the texture and flavor are fine. I'm not sure if this is true with all potatoes; I've tried it with Russet potatoes, but not other varieties.

## 9. Chicken works best when cooked for 4 hours on high.

I simply haven't found a reason to cook chicken longer than 4 hours, or at a temperature lower than high. After 4 hours on high, it will both shred easily and also stay together well, depending on the meal you are making.

That's not to say that you couldn't cook it longer. For example, if you are out of the house for 8 or 9 hours at your job, you don't have a choice but to cook it on low for a long time. It will turn out just fine. It just might be a little more "fall-apart" than you might want.

Maybe I should have renamed #9 to be "There's no benefit to cooking chicken past 4 hours on a setting lower than high."

## 10. Beef works best when cooked for 8 hours on low.

Beef and chicken are very different from each other, both in color and how they cook. In the slow cooker, chicken cooks very quickly – especially chicken breasts. But have you noticed how much longer it takes beef to be done?

And by “done”, I mean tender and edible. A beef roast will be “done” after cooking on high after 4 hours, but you better be ready to chew for a LONG time – because that meat is gonna be like leather.

The cuts of beef suitable for the slow cooker have a lot more collagen than chicken breast. Collagen is rubbery and makes the meat really tough. If you cook it too hot and fast, it will only tighten up even more. But if you cook it “low and slow”, it will liquify and also lubricate the cooked meat fibers.

This is why a chuck roast cooking for 8 or 10 hours on low will fall apart with a fork. Speaking of chuck roast...

## 11. The chuck roast is king of the crockpot.



This tough cut of beef which comes from the shoulder of the cow is PERFECT for slow cooking. Here’s why:

- 1.) It’s cheap. Beef prices have gotten out of control, but you can still get a chuck roast for \$4.99 a pound.
- 2.) It is the perfect size and shape. A chuck roast will usually be between 2 and 3.5 lbs., and seems to be the perfect shape to sit perfectly in the bottom of your slow cooker. So you can usually get the whole roast to sit and cook evenly in liquid.
- 3.) It is DELICIOUS. The chuck roast might be the most flavorful and rich cut of meat anywhere. Even if you cook it with just salt and pepper, it has enough flavor on its own to be great. I almost feel as if the spices and ingredients in a chuck roast recipe are there to simply add to the flavor that is already present within the meat itself. You can’t make that statement about chicken or pork.
- 4.) It’s obviously named after Chuck Norris. so it has to be the best.

Want some good chuck roast recipes? Check out this [Mongolian Beef](#) and this [BBQ Pot Roast](#). They’re AMAZING.

## 12. Hamburger works great, just use 90% lean.

I used to be so scared to use hamburger in the slow cooker. And when I did, I would pre-cook the ground beef and drain it before placing it in the slow cooker... which is a huge extra step.

I was afraid of having that layer of grease and fat on top of the, chili, sauce, soup or whatever I was making – which is a valid concern.

Then I tried using lean ground beef – 90% lean or higher. And it worked great. Yes there is fat in it, but not enough to have that pooling layer on top. Seriously, try my slow cooker [meat sauce](#) or [chili](#). They both use raw hamburger in the bottom of the slow cooker with no issue at all.

### 13. Unless you're cooking a lot of food, a small-medium sized crockpot works best.

So maybe you have this amazing slow cooker. A beautiful “Crockpot” brand 6 or 7 quart stainless steel programmable slow cooker that actually looks nice on your countertop.

What if I told you that a much more plain and simpler slow cooker would result in MUCH better food? And it's not because it is any better, it's simply because it might be smaller.

Unless you are cooking for an army or want lots of leftovers, a 3 or 4 quart slow cooker works best. The reason has to do with geometry and volume. You want the meat covered in liquid as much as possible. Think of a 2 lb. chuck roast with 1 cup of liquid added in a small slow cooker vs. a large slow cooker. the liquid will better immerse the meat in the smaller slow cooker.

If you are making large batches, obviously you should opt for the larger slow cooker. But for a family of 4-6, the medium-sized will work better.

### 14. Rice doesn't work.

I've tried. It doesn't work. It stays crunchy and just doesn't absorb the liquid like you would think. Rice is weird.

### 15. Thawing in cold water is best



Although I think it's usually safe to cook meat in the slow cooker frozen, it is still best to thaw... and always for larger chunks of meat that will be cooked whole.

Want to cut that thaw time down drastically? Make sure the freezer bag is tightly closed and immerse it in cold water. I've found that food thaws about 10 times as quickly done this way. And it's perfectly safe too (the USDA happens to agree with me on this one).

Just make sure that the water stays cold. Either keep cold water from the faucet constantly running into it (it only needs to be on very low) – or make sure to replace the water if it starts getting too warm.



But – make sure you are using high-quality freezer bags. You all know how much I love ALDI, but I gotta tell you, their freezer bags aren't that great. They work just fine for most applications, but I haven't had good luck using them to defrost food using this cold water immersion method.

There always seems to be a leak, and I end up with more water in the freezer bag than when I started. This dilutes the recipe, and then the meal ends up under-seasoned and watery. Not good. So buy some good name brand freezer bags if you plan on defrosting in cold water.

*Agree? Disagree? I'm just sharing what I do and what I've learned over the past 100 days.*

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



*The Estacada Area Arts Commission  
and the Estacada Public Library present...*

### **Oregon Humanities Conversation Project:**

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

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### **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.



A provocative public discussion about, "a hidden history",  
led by Walidah Imarisha.

**Thursday, Oct. 29 at 7 pm**  
**Flora Community Room**  
at Estacada Library.

*Donations are gratefully accepted.*

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.

*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.*

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***TRP -- Giving People a Lift...***

 Please **LIKE** us on Facebook  
and visit our new website at  
[www.estacadacommunitycenter.org](http://www.estacadacommunitycenter.org)

## “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)

(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

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

*Not to mention. . .*

- 1<sup>st</sup> – Jimmy Carter
- 9<sup>th</sup> – John Lennon
- 20 – Bela Lugosi
- 23 – Johnny Carson

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*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  
2020

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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](http://estacada.lib.or.us)  
[estacadaarts.org](http://estacadaarts.org)  
[goodolddogproject.com](http://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.

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

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# 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 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

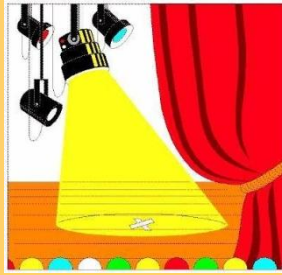
For additional information,  
click [HERE](#)



## 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](http://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.

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

 Oregon  
Shakespeare  
Festival

## 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](http://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).*

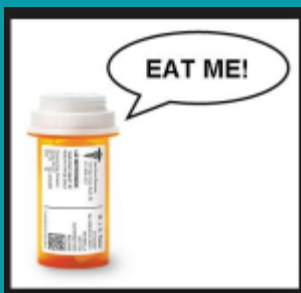
Neither of those will be happening in my lifetime, but that's okay. There really are other things we can do, all of us, to help other people no matter how sick we are. Here's one idea that only requires a bit of energy...

"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!**



***#Oregonians Give...***



## #OregoniansGive

Black Friday. Cyber Monday.

#GIVINGTUESDAY

December 1, 2015

RESOURCES

## What is #GivingTuesday?

We have a day for giving thanks. We have two for getting deals. Now, we have **#GivingTuesday**, a global day dedicated to giving back.

On **Tuesday, December 1**, people from around the world will come together for one common purpose: to celebrate generosity and to give.

It's a simple idea. Just find a way for your family, your community, your company or your organization to come together to give something more. And be a part of a global celebration of a new tradition of generosity.

## What is #OregoniansGive?

*"Oregon is an inspiration. Whether you come to it, or are born to it, you become entranced by our state's beauty, the opportunity she affords, and the independent spirit of her citizens." - Tom McCall*

Hello, Oregonian. Whether you were born here, or chose this place as your home, you make Oregon what it is today - and you can play a part in a brighter tomorrow. **#OregoniansGive** will bring together people from every city, town, and rural community, in a statewide **#GivingTuesday** celebration of what it means to be Oregonian.

We're Oregonians. We've got this.

**#OregoniansGive** will change the way you think about the state you live in by encouraging philanthropy, empowering nonprofits, and inspiring fellow Oregonians in strengthening communities across the state. Whether through giving or by volunteering your time, you'll be a part of what makes Oregon the state we love.

Welcome to the next chapter in Oregon's history.

Welcome to **#OregoniansGive** on **#GivingTuesday**.

## Join **#OregoniansGive** - December 1, 2015

Individuals

Nonprofits

Businesses

Join today to show your support for the state you love. Then like us on Facebook and tell your friends about **#OregoniansGive**.

First name

Last name

\* Email

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# *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](http://www.estacadachamber.org)  
[info@estacadachamber.org](mailto:info@estacadachamber.org)  
503-630-3483

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# *Estacada Lakeshore Path Cleanup...*

**Estacada Lakeshore Path Cleanup**  
Join the movement to keep Estacada trash free and Beautiful!

supported by

**November 8th 12-5pm Estacada City Hall**  
for more info visit [www.clackamasriveroutfitters.com](http://www.clackamasriveroutfitters.com)

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## *Festival of the Fungus...*

Here are a couple of ways to get information about the upcoming **Festival of the Fungus** –

Visit their website at [www.estacadafungusfest.com](http://www.estacadafungusfest.com)

or

find them on Facebook at **Estacada Festival of the Fungus**

The main program will be at the Estacada Community Center, but they will also be going out into the forest AND during the festival several local restaurants will be serving special mushroom dishes.

The festival begins October 31<sup>st</sup> and runs through November 7<sup>th</sup>. For more information, visit their website.

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## *Introduction Class to Essential Oils...*



# Introduction to Essential Oils

Sunday, November 8th • 2:00p – 4:00p

Estacada Library Community Room  
YOUNG LIVING™

Presenter: Tami Serhan, LMT  
ESSENTIAL OILS  
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 featured essential oils!

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

~~~~ For more information, contact Nikki Mantei ~~~~

call/text: 503.577.4494 -or- email: gardenpurl@gmail.com

\* 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 29, 2015, issue of the Estacada News

ESTACADA COMMUNITY CENTER

200 SW Clubhouse Drive, 503-630-7454

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

### **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. Costumes optional. 50/50 raffle to benefit Meals on Wheels.

### **Hearing check**

There will be free hearing checks at the Center on Tuesday, November 3 at 10:30 am.

### **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

# HAPPY HALLOWEEN



What does it mean to see a teal colored pumpkin on a porch? Teal pumpkins mean that you know that not all kids can have all foods and that you are providing a fun non-food treat to all the little ghosts and goblins that visit you on October 31st. With so many kids that have food sensitivities or allergies, seeing a teal pumpkin on a porch means peace of mind to those parents of the kids. WADE CREEK HOUSE ANTIQUES will have fun non-food treats for those kids with sensitivities AND candy for those who have no food issues.

## SOME FUN CLASSES FOR YOU..



### **Country Christmas Stocking** Saturday, November 7th 1pm-3pm

Make a great "country style" burlap stocking for the holidays this year. Then take the pattern home and make one for the whole family!

Burlap, lace, buttons and more included. Please bring scissors and a sewing machine if you have one. Limited class size. \$ 25

# NATIVE AMERICAN BASKET WEAVING....

November 11 & 18 - Wednesdays 2p - 4p

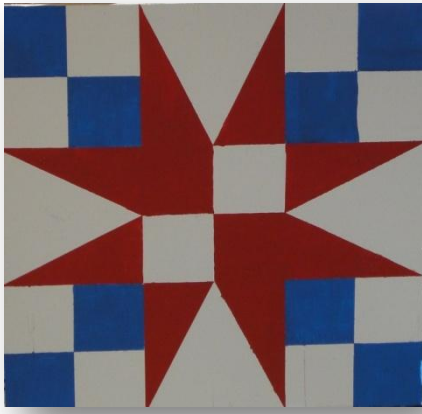
A wonderful class to learn this art form... Annette learned this skill from a Cherokee Indian 40 years ago and has been teaching this class for the past several years. This class requires 2 sessions to complete. The first class you will learn how to start the basket, weave and start the walls. In the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



# WOOD BARN QUILT WORKSHOP

NOVEMBER 14TH 10:30A - 12:30p

Learn how to create your own barn quilt. Fun to hang inside or out.. All materials provided to make one 24" x 24" barn quilt. 100's of patterns to choose from and lots of colors to choose 3 from. You are welcome to bring your own paint brushes or custom paint. Cost is \$35. Bring a paint shirt..



*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

**WINTER HOURS START NOVEMBER 1 - CLOSE  
EVERY DAY AT 5PM**

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

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## *monthly Chamber Lunch Forums...*

Greetings Chamber Members:

We are committed to recharging the monthly Chamber Lunch Forums, and to kick things off, you are invited to the next event on Thursday, November 19, from noon to 1:30 in the Council Chamber at City Hall.

We will start out with a social time and then present the new Chamber Business/Strategic Plan and talk about some of the goals we expect to accomplish during the next year. We look forward to getting member feedback and sharing ways that you can make a difference.

Optional pizza lunch will be available for just \$5.00. Please bring the correct change with you. When you respond to this email, please indicate if you plan to partake in pizza.



We hope you will join us for this event.

Yuanita Stuart, Office Coordinator  
Estacada Area Chamber of Commerce

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

[info@estacadachamber.org](mailto:info@estacadachamber.org)

503-630-3483

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***Holiday Bazaar in November...***

**VFW Auxiliary Post 1324**

**HOLIDAY**

**BAZAAR**

**Saturday November 14 ~ 9am - 5pm**

**Sunday November 15 ~ 10am - 3pm**

**104 Tumwater Dr. Oregon City, OR**

**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 items donated will be distributed to our Military and their families.

**Vendors include:** Avon, Beach Body, Daisy May Dog Treats, Damsel In Defense, Glenda's Gifts, Handmade by Heidi, It Works, Kreation by Kai, Jamerry, Liera Collections, Mary Kay, Monat, Lila Rose, Origami Owl, Pampered Chef, Party Lite, Pink Zebra, Prettygirlkita, Scentsy, Sise International, Tastefully Simple, Thirty One, Thrive, Tupperware, TuVous, Tyra Beauty, ViSalus body by vi, VFW Auxiliary, Wildtree, Younique.

- Hall reservation and membership information available
- Kitchen open all day
- Proceeds from event fees go to the VFW Auxiliary programs

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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## ***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](http://www.clackamasproviders.org) or call us at 503. 723. 3511.



***Trick, Treat, or Plant ::***

***Halloween Tree-Planting at Milo McIver!...***



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**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!

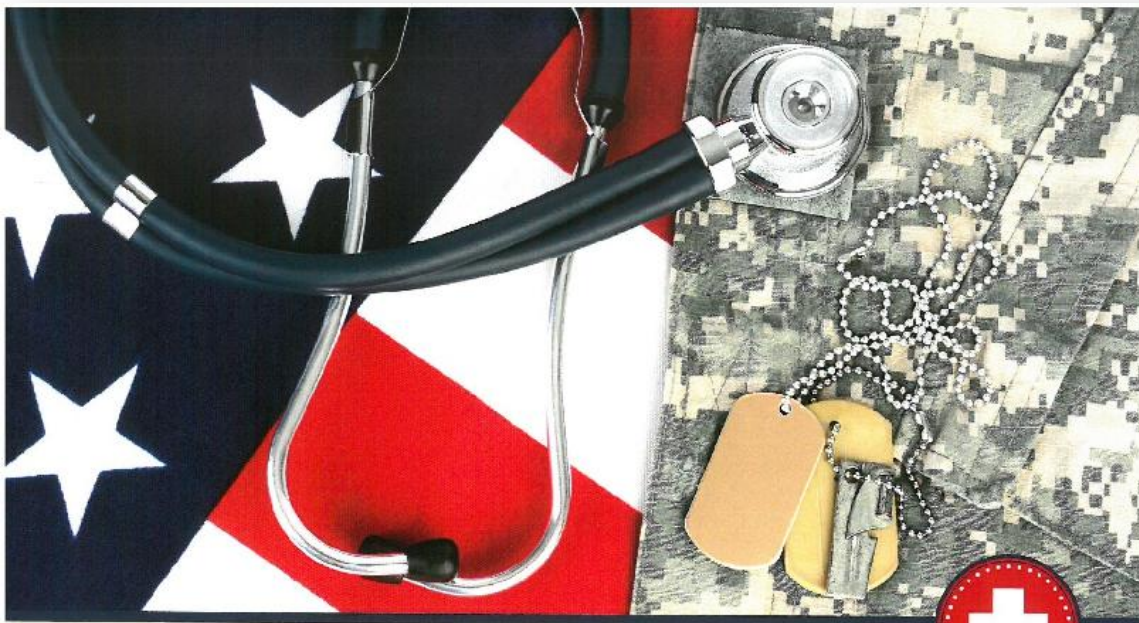
**Youth Waiver:** For any youth under age 18 volunteering without their parent or guardian, we ask they bring a signed youth waiver to the event. Any youth planting with their parent/guardian do not need a waiver.

**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!

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***Veteran's Benefits -- Know Your Options...***



## Veteran's Benefits Know Your Options

Please join us at Grace Place Senior Living to learn more about your Veteran's benefits. If you or your spouse has served in the Military and you are not getting benefits, you need to attend. We will be discussing what is available for benefits, going over qualifications, and setting up times for benefit enrollment with Veterans Services. If you know a homeless veteran, encourage them to attend.

*Please welcome Michael McMillan, a Veteran Services Outreach Specialist and Tina Kennedy a Homeless Veteran Outreach Specialist who will be available to answer your questions.*

RSVP to Flynn by November 9 at 503-630-5341

TUESDAY, NOVEMBER 10 | 1:00PM-3:00PM | 380 NW 6TH AVENUE

  
Grace Place

Senior Living

380 NW 6th Avenue  
Estacada, OR 97023  
503-630-5341

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



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## Community Survey...

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

(October 29, 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 1<sup>st</sup> 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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.healthycolumbiawillamette.org)



***Estacada Literary Foundation meeting...***

AGENDA  
Nov. 2, 2015

- Call to Order/5 p.m./office of Betty Veveiros
- Reading Minutes Last Meeting/Margie
- Treasurer’s Report/Betty
- Investment Report/Jim

Old Business

Book Nook Report /Dollar Sale/Christmas for Kids - Linda

New Business

- \*Fund request from River Mill Elementary for Battle of Books
- \*Fund request from Estacada Middle School for Battle of Books
- \*Fund request for Christmas gifts of \$240 for volunteers at BN
- \*Do we want to take part in the Adopt-A-Family program this year?

Next Meeting – Feb. 1, 2016

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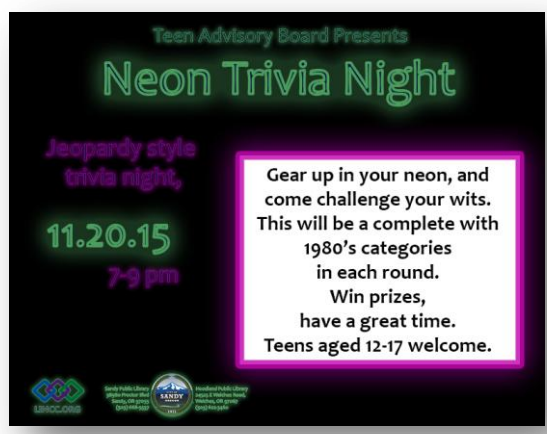
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# *Coming Events at the Sandy Library...*

## **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](http://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**

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***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**



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## *Vendors sought for CCC Holiday Craft Fair...*

OREGON CITY – Share your handmade crafts with the community during the annual Holiday Craft Fair at Clackamas Community College. Vendors are needed for the fair, which will be held Tuesday, Dec. 1, and Wednesday, Dec. 2, from 10 a.m. to 2 p.m. in the Community Center Mall.

Vendors who wish to participate in the fair should complete the craft sale application and submit it to the CCC Student Life and Engagement Office. Items for consideration must be handmade, at least in part. However, no homemade food items are allowed. The cost per table at the fair is \$15 or a donation of 30 cans of food. Proceeds from the table fees will be used to sponsor CCC club activities. The deadline for submitting an application is Nov. 13.

**To submit an application, contact Michelle Baker in CCC Student Life and Engagement at [mbaker@clackamas.edu](mailto:mbaker@clackamas.edu). For more information, call 503-594-3041.**

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## *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:

**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](http://www.clackamas.edu/theatre).

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

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## ***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:

- **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](mailto:lorettam@clackamas.edu) or visit <http://www.clackamas.edu/horticulture/>.

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## ***CCC participates in Winter Warming Drive...***



OREGON CITY – Clackamas Community College and its Associated Student Government (ASG) are participating in the Clackamas Fire District #1 Winter Warming Drive.

As colder weather arrives, donations are needed to help the community stay warm. Items needed are new hats, gloves, socks, scarves and personal hygiene products. Donations may be dropped off at any Clackamas Fire District #1 fire station or division office until Nov. 19.

On the CCC Oregon City Campus, a donation collection barrel is located in the ASG Office in the Community Center and there is another barrel at the Harmony Community Campus in the lobby.

Or, let the Fire District shop for you. Make donation checks payable to Clackamas Fire District #1, 11300 SE Fuller Road, Milwaukie, OR 970222. Attention: Winter Warming Drive.

All donations benefit Feed the Hungry Inc. and the Clackamas Service Center. For more information, call 503-742-2600.

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## *Calendar of Events...*

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# CLACKAMAS\*COMMUNITY\*COLLEGE

## 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)

# 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.

## 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](mailto: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](http://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](mailto: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](http://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.



*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 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~~~

