

hey friends and neighbors --

THIS Friday at 7 pm in the Flora Room at the Library, our own MJ Cody will be reading from her new novel. She is a talented writer and it's ALWAYS great to listen to her prose. MJ will sign books and will have them for sale that evening.

Enjoy this LOVELY weather we're having here in the neighborhood.....

"Learn How to Garden like a Farmer" -- cool program and GREAT folks -- details below.....

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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 ☺.

.....  
.....

start a conversation and impress your friends with these tidbits:

*did you know?* –

# 11 Fonts That Designers Love To Hate by [Dainius](#)

This list of the #worstFontsEver was compiled by Creative Market to poke fun at typefaces that designers hate “due to popularity, ugliness, or both.” A [font](#) is what you use, a [typeface](#) is what you see, just to dodge another designer pet-peeve before we get into some details!

Many of these maligned typefaces have an interesting story behind them. *Trajan* is based on “capitalis monumentalis” or Roman square capitals, which were used for the inscription at the base of Trajan’s Column; *Arial* was created in 1982 by Microsoft to avoid paying for the *Helvetica* license; and *Comic Sans*, another Microsoft creation, was intended for use with the failed [Microsoft Bob](#) software.

# COMIC SANS

Ruining PowerPoint  
presentations since 1994.

FONTS DESIGNERS  
**LOVE  
TO HATE**

Creative  
MARKET

# Arial

Helvetica's weird, ugly cousin

FONTS DESIGNERS  
**LOVE  
TO HATE**

Creative  
MARKET



# Lobster

*The retro script that no amateur  
designer can possibly resist.*

FONTS DESIGNERS  
**LOVE  
TO HATE**

Creative  
MARKET

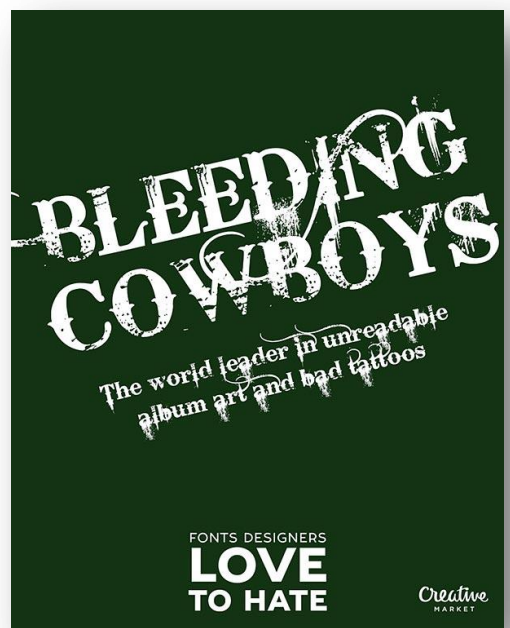
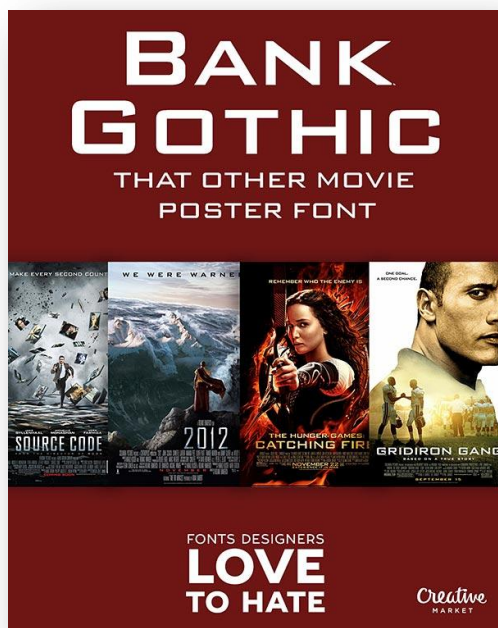
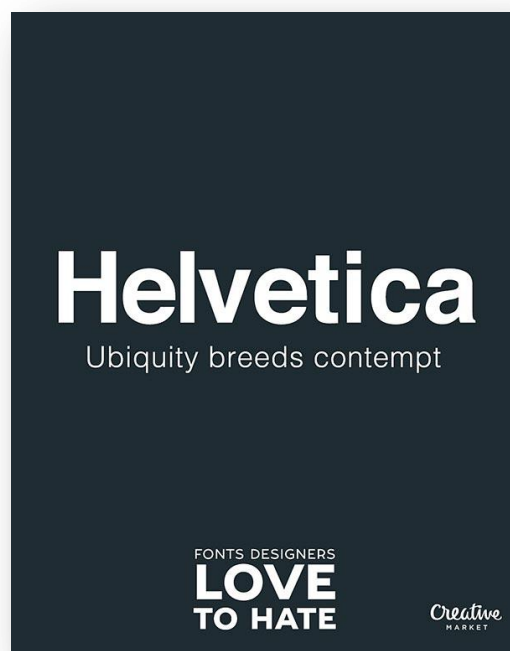
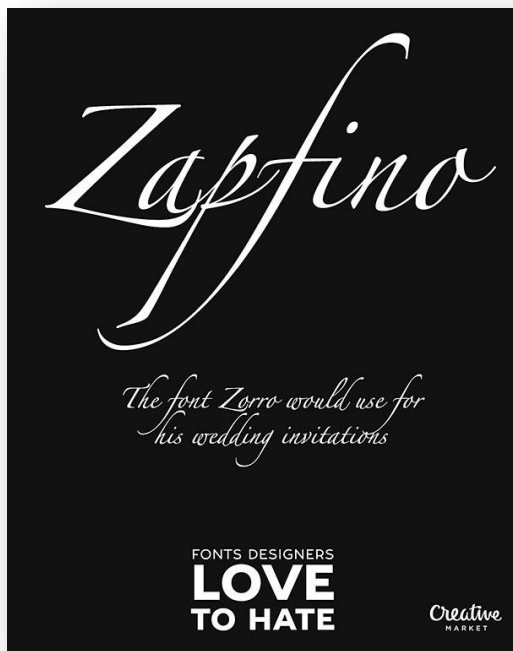
# TRAJAN

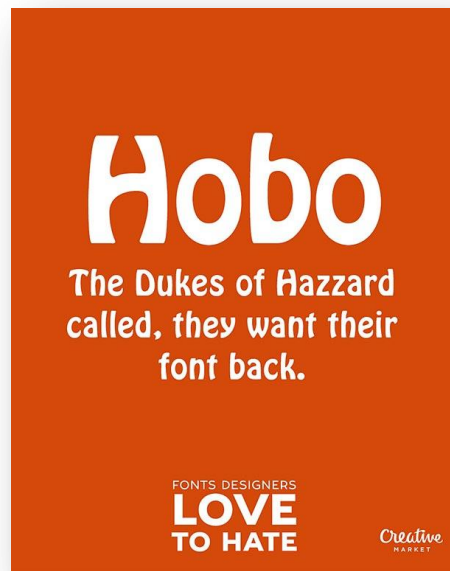
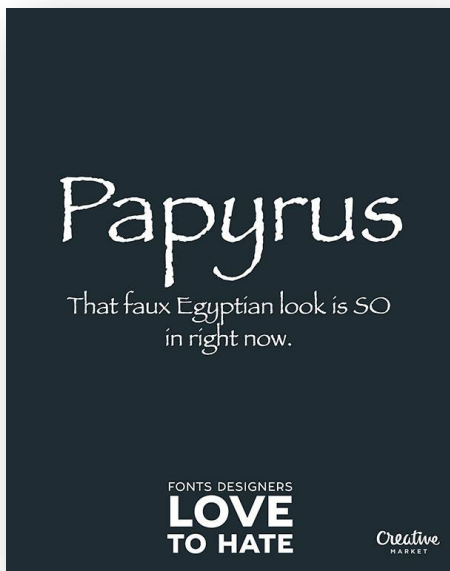
THE FONT USED ON EVERY  
MOVIE POSTER, REGARDLESS  
OF GENRE OR TIME PERIOD.



FONTS DESIGNERS  
**LOVE  
TO HATE**

Creative  
MARKET





at The Spiral Gallery...



Join us for an evening of fun and take home a masterpiece!

## VINE ART ...

Where Fun, Art and Wine Combine!

*The Spiral Gallery is offering these fun classes by our gallery artists.*

- No previous painting experience needed.
- All supplies are provided to complete a painting or project in one evening lesson.
- Glasses of wine, featuring local wineries, and other beverages and food will be available for purchase.

Class size is limited so sign up soon here or in person at The Spiral Gallery in downtown Estacada.

All classes start at 6:30 pm and last about 2 hours.

Join your friends for a fun night of painting and creating!

**SIGN UP NOW!**

Only ten spots for each class.

**June 13 - "It's a Firefly Kind of Night"**  
**Kerrie Hubbard, Instructor**



**June 17 - Felted Sunflower Hot Pad**  
**Annette Reisbick, Instructor**



More coming very soon!

Go to our [website](#) and sign up today!



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## **Learn How to Garden Like a Farmer...**



Assemblies of God Church- 478 NW Wade St., Estacada

**June 7<sup>th</sup> and 14<sup>th</sup> at 12:30PM**

Food|Waves, a non-profit focusing on food access in Clackamas County, was awarded a 2015 HEAL Grant from the Clackamas County Health Department and built a demonstration garden at the church. Our goal is to teach you and many others over the coming years how to grow, harvest, and eat as much garden-fresh, nutritious food as possible! Learn how to make your gardening experience more successful and rewarding.

**Eight homes will receive a 6' X 4' X 12" raised garden bed**

(must attend all 5 trainings)

*Questions?* Contact Matt at 503.891.4112



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## *Farm Volunteer Day and Garden Demonstration...*



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**Food|Waves is looking for some awesome volunteers this Sunday to spend a few hours working at Convirging Creeks Farm in Colton, OR. Please come and join us for as we start working on our Spring projects and gearing up for growing and harvest season!**

**Contact Nathan McFall at [nathan@foodwaves.org](mailto:nathan@foodwaves.org) with any questions. Be sure to bring a snack/sack lunch, hat and gloves if you have them and don't forget the sunscreen, it's supposed to be a beautiful sunny day!**

**Matt Brown, Co-Founder and Executive Director of Food|Waves, will also be hosting a garden demonstration at the Estacada Assembly of God Church, from 12:30- 1:30. If you're interested in seeing what Food|Waves is doing in your community or learning a bit about gardening feel free to go by and check it out!**

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***Ford Family invites you...***

**You're invited to apply!**



**Rural Development Initiatives and The Ford Family Foundation are excited to bring the Ford Institute Leadership Program (FILP) to Estacada.**

FILP is a series of leadership development classes where a group of community members work together to build skills and engage in a community project over the course of a year. From this class you will gain skills you can use both in professional and personal settings. **All course and material expenses are covered by The Ford Family Foundation** - in exchange, we ask that you commit your time to the class and your community. You will build a network with a diverse group of people from your own community, all while developing the following skills:

*Project Management  
Group Decision Making Methods  
Conflict Resolution  
Fundraising  
Personality Styles  
Effective Meetings*

**To view the training dates  
and apply online visit:  
[www.tfff.org/FILP](http://www.tfff.org/FILP)**



**~ Application Due Date: June 15, 2015 ~**

***'Hello Wonderful SEED and School Garden Supporters!...***



This Sunday, June 14, between 8AM and 12 noon, please join us for a garden work party at Estacada Junior High. We'll be weeding around the veggie starts, as well as weeding around a few corner shrubbery beds and spreading bark dust. Please bring garden gloves and a water bottle.


Bring a friend!

Thanks,

Mary Ann Bugni  
SEED"



*Garden Raffle BENEFITS the Estacada Community Center,  
thanks to The Wade Creek House...*



**BENEFIT FOR  
THE ESTACADA COMMUNITY CENTER**

*Presented by:*  
**The Wade Creek House Antiques  
& the Garden Girls of Estacada**

**ESTACADA GARDEN TOUR DRAWING**

To be held on July 11th after the Garden Tour @5:00  
All winners will be notified by phone

<b>1st PRIZE VALUED AT: \$300.00</b> <b>1 CORD OF FIR WOOD</b> <i>Donated by O'Malley Brothers, Corp 30855 SE Ely Rd, Estacada Will Deliver within Estacada Area Only</i>	<b>2nd PRIZE VALUED AT \$220.00</b> <b>1 LOAD OF GRAVEL</b> <i>Donated by Estacada Rock Products 29400 SE Rivermill Road, Estacada Will Deliver within Estacada Area Only</i>
<b>3rd PRIZE VALUED AT \$110.00</b> <b>4 CUBIC YARDS OF DOUGLAS FIR OR HEMLOCK</b> <i>Donated by Estacada Bark and Nursery, Inc 30735 SE Rivermill Road, Estacada medium to fine</i>	
<b>4th PRIZE VALUED AT: \$100.00</b> <b>PARK N FLOAT RIVER SHUTTLE FLOAT FROM BARTON TO CARVER</b> <i>Donated by Steve's Garage 30810 SE Helple Rd, Estacada</i> Includes: Two River Rat Tubes and 2 Trimet Bus Fare Passes back to your car	

**Call 503 915-1471 for ticket information**

*An additional drawing will be held for the Garden Tour attendees on the day of the Garden Tour, July 11th. Each Garden Tour attendee will have one chance per garden attended to win. Each garden will have a drop box for Garden Tour attendees. Prizes for this Garden Tour drawing will be on display at Wade Creek House Antiques. Only Garden Tour attendees will be eligible to win. All winners will be notified by phone.*

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# *Have you HEARD about the COOL events at the Estacada Community Center...*

*For inclusion in the June 4, 2015, issue of the Estacada News*

<b>ESTACADA COMMUNITY CENTER</b> 200 SW Clubhouse Drive, 503-630-7454
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## **Free vision screening**

On Saturday, June 6 the OHSU Casey Eye Institute vision screening van will be at the Center from 9:00 am till 2:30 pm. Pre-register for a free eye exam at 503-722-4400.

## **Dinner, live music and dancing**

An all-ages evening of dinner, dancing, and a singalong will be held on Saturday, June 6 at the Center. Country, gospel and bluegrass music will be performed by the Van Winkle Family Band with area-wide musicians and vocalists. Dinner at 5:00 pm costs \$6, or \$3 for music and dancing only from 6:00 pm till 8:00 pm. 50/50 raffle to benefit Meals on Wheels.

## **Old Time Fiddlers**

Old Time Fiddlers fiddle and dance music will be performed at the Center on Sunday, June 7 from 1:00 pm till 3:00 pm. Soup, sandwiches and cookies. \$6.

## **Spirit Mountain Casino trip**

There will be a bus trip to Spirit Mountain Casino (age 21 or older) on Tuesday, June 9. \$20 transportation. Bus leaves Center at 7:30 am, returns approx. 4:00 pm. Call 503-630-7454 to reserve a seat on the bus.

## **American Legion meeting**

The Estacada chapter of the American Legion will meet at the Center on Friday, June 12 at 10:30 am. New members welcome.

## **Wednesday breakfasts**

The Estacada Community Center offers breakfast at 9 a.m. Wednesdays with a door prize drawing. Donations are suggested. The Center is at 200 S.W. 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 S.W. Clubhouse Drive.

## **Seniors exercise class**

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

#### **Tae Kwon Do classes**

Tae Kwon Do classes for all ages are held at 5:30 pm on Tuesdays and Thursdays at the Community Center, 200 S.W. 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 S.W. Clubhouse Drive.

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***Our OWN MJ Cody will be reading from her work...***

## **M. J. Cody**

## **Author Event**

Estacada Public Library  
Friday, June 12 at 7 p.m.

Estacada native and author M.J. Cody will read from her most recent novel *Standing on the Beach*, a psychological suspense novel set in the Pacific Northwest. She is also the author of *Sleeping Around the Northwest*, a collection of travel tales based on the author's adventures.

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***Wade Creek House -- What's Happening?...***



## **WADE CREEK HOUSE ANTIQUES**

664 NW Wade St . Estacada . 503-630-7556

### **SO MUCH HAPPENING...**

**JUNE 20:** Estacada Farmer's Market Kids Activities: Marigolds & Sunflowers



### **Twisted Twig 5 Foot Trellis**

JUNE 20 11a - 1p





Work with Linda and use branches and twigs to create a large or small rustic trellis from branch material decorated with hearts, X's diagonals, or your own custom design. Bring pruners, gloves, hammer, pliers, wire cutters and a cordless drill with 1/8" bit if you have one. Cost is \$30. Reservations required.

**THEN OUR FUN, FABULOUS, FANTASTIC FUNDRAISER!  
SAVE THIS DATE!**



We have added more fun to this wonderful fundraiser...

Besides touring the countryside being inspired by magnificent rural gardens, **a raffle with some great prizes donated by our great community has been added.** Prizes include a cord of fir firewood donated by O'Malley Brothers, a load of gravel donated by Estacada Rock Products, 4 yards of douglas fir or hemlock bark donated by Estacada Bark, and Steve's Garage donated a Park and Float River Shuttle Float. On top of that, going to each garden will have you entered into another drawing for great prizes.

IN ADDITION TO THE GARDEN TOUR, Philip Foster Farm has offered anyone wearing the garden tour bracelet will receive free admission on the day of the Tour. Estacada Bark has also offered 20% off a total sale for a garden tour bracelet attendee on July 11th. What a great community we have. Thank you for your generosity!

**TICKETS ON SALE NOW at WADE CREEK HOUSE ANTIQUES!**



**BENEFIT FOR  
THE ESTACADA COMMUNITY CENTER**

*Presented by:*  
**The Wade Creek House Antiques  
& the Garden Girls of Estacada**

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**ALSO ON THAT DAY**

# CONCRETE LEAF CASTINGS WORKSHOP

JULY 11TH - 10:30 - 12:30



Build a work of concrete art. Whether you are a beginner or expert, you'll have a great time creating decorative and colorful garden art with leaves from your own yard. Leaves and casting material provided. . Please bring a large sturdy piece of plywood (18" x 18" minimum) for your leaf base and transport home and gloves. We recommend that LARGE castings cure 72 hours before transport. Cost is \$35. LIMITED CLASS SIZE.. Reservations required.

AND.....



## LAVENDER WAND WORKSHOP

Saturday, July 11 1p - 3p



Meridith will teach you a fun and easy way to use fresh lavender to make lavender wands designed to bring herbal aromas into the house. All materials included. \$15

AND..



EVERY SATURDAY at WADE CREEK HOUSE ANTIQUES  
from 10a - 2p

So spend some time with us....We look forward to seeing you!

Never underestimate the importance of having fun....

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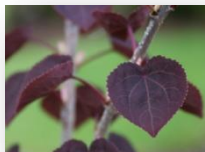
***Garden and Shop Open This Weekend!...***

LAUREL HEDGE



Laurel Hedge Garden will be open this Saturday and Sunday June 13 and 14. 10 to 4!

Tired of watering! All plants 20% off this weekend!



Gardens have grown a ton from all this warm weather!

[For a complete list of our open days and Events Click here!](#)

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## ***Estacada Youth Soccer...***

Registration now open!

Deadline is June 15 to avoid late fees.

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## ***VIEWPOINT ON SPRINGWATER...***

**“The Garden” is now open....**

**Special “Garden” menu available**

**Friday 4pm-10pm**

**Saturday 11am-10pm**

**Sunday 11am-8pm    BBQ 2pm-8pm    Kim’s Famous Ribs and BBQ  
Chicken**

**Live music on Sunday 4pm-7pm**

**Minors WELCOME until 8pm**

**Dog Friendly..... leashed and controlled**

**2 Horseshoe Pits**

### ***UPCOMING EVENTS***

**JUNE 13<sup>TH</sup> 4PM-1AM 1<sup>ST</sup> ANNUAL ROCK’N BLUES FEST**

**LIVE MUSIC IN “THE GARDEN” AND INSIDE THE VIEWPOINT LOUNGE**

**JOHNNY WHEELS / SHAKEY JAKE / JR SIMS**

**JUNE 20TH**    **ESTACADA AMERICAN LEGION ANNUAL CAR SHOW    10AM-5PM**  
**LIVE MUSIC    9PM-1AM    HIATUS**

**JUNE 27TH**    **BACONFEST    BENEFIT FOR MELANOMA RESEARCH**  
**LIVE MUSIC    9PM-1AM**

**DAILY SPECIALS IN OUR RESTAURANT:**

<b>PRIME RIB</b>	<b>FRI &amp; SAT</b>
<b>CHIX &amp; DUMPLINGS</b>	<b>SUNDAY</b>
<b>SPAGHETTI &amp; MEATBALLS</b>	<b>MONDAY</b>
<b>BRISKET</b>	<b>TUESDAY</b>
<b>TACO NIGHT</b>	<b>WEDNESDAY</b>
<b>FRIED CHICKEN DINNER</b>	<b>THURSDAY</b>

**102" LARGE SCREEN TV    COME IN AND WATCH THE NBA CHAMPIONSHIP**

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***The Estacada Fire Department Schedules***

## ***CERT Training for Community...***

**Dates:** Thursdays, June 11, 18, 25, July 2, 9, 16

**Time:** 6:30 - 9:30 pm

**Location:** 30498 SE Eagle Creek Road, Estacada (The Church of Jesus Christ of Latter-Day Saints)

**Registration:** contact Alan Hull - [ahull@estacadafire.org](mailto:ahull@estacadafire.org)

Are you interested in learning more about emergency preparedness, how to take care of yourself and your family after an emergency, or volunteering as a Community Emergency Response Team member to assist your neighbors after an emergency? If so, you are invited to attend the upcoming CERT training presented by the Estacada Fire Department. You do not need to commit to joining a CERT team in order to attend.

This training will take place over six consecutive Thursday evenings beginning June 11. Classes are being held at the LDS church on Eagle Creek Road just north of town. For those attendees interested in becoming nationally certified as CERT trained, a six-hour hands-on event will be scheduled after the classroom hours are finished. The date and location for this hands-on event have not yet been finalized.

For more information and to register, please contact Alan Hull at [ahull@estacadafire.org](mailto:ahull@estacadafire.org)

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## **Join us in Honoring Earline Masse...**



# Thanks to You Happy Hour

**YOU ARE INVITED TO OUR HAPPY HOUR EVENT**

**HONORING EARLINE MASSE FOR ALL SHE DOES FOR SENIORS IN  
ESTACADA. WINE TASTING BY BUDDHA KAT WINERY.**

*Our community would like to thank our professional friends for their support and collaboration in making our residence a great place to live and thrive. Bring along a colleague to relax after work and enjoy conversation with others who share the commitment to improving the lives of seniors.*

RSVP to Kate by June 10 at 503-630-5341.

**FRIDAY, JUNE 12 | 4:30 PM - 6:00 PM | 380 NW 6TH AVENUE**

  
**Grace Place**

Senior Living

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

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



## ***FlexPass on sale June 5th...***

What is a FlexPass? This is Sandy Actors Theatre's new way to buy SAT tickets at a discount. The FlexPass will allow you to pick which five shows during the 2015-2016 Season you wish to see. You can see all five shows or one show five times. Out of town for one of our shows? Use the FlexPass to see a favorite show twice. How you use your FlexPass is up to you! Other advantages:

- Greatly discounted ticket price.
- Reserve your seat before the tickets are released to the general public
- **Select your tickets for the whole season**
- **Change seat 24 hours in advance at no charge (seating limited to those**

available)

**Purchase during the run of *Suite Surrender* either at the theater or on line for an additional discount.**

**Prices during Suite Surrender:**

General Admission .....\$60 (after June 28th \$65)

Senior/Student.....\$50 (after June 28th \$55)

Suite Surrender  
June 5-June 28th

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**SUMMER FUN events in Sandy...**

**SANDY SUMMER SOUNDS & STARLIGHT CINEMA 20TH ANNIVERSARY  
SCHEDULE OF EVENTS**

You will be able to pick up a schedule in a couple of weeks at the library, city hall, and other locations, but I just wanted to give you all a heads up so you can get your favorites on the calendar. The printed schedule will also include a chronological listing of events.

**Shakespeare in the Park**

July 5, 6:00 - **Macbeth** (Performed by Portland Actors Ensemble)

**Concerts**

*All concerts run from 6:30-8:00pm unless otherwise noted*

**SUNDAY SOUNDS - Theater in the Woods Series**

July 19 - *WINE IN THE WOODS FESTIVAL*, 4:30-8:30 pm

5:00-6:30 - Padam Padam - French cabaret, klezmer, tango and Tin Pan Alley

6:45-8:30 - French Twist X3- retro French pop & swinging jazz

July 26 - Pretty Gritty - soulful Americana

Aug. 2 - The Student Loan String Band - progressive-acoustic bluegrass

Aug. 9 - Brady Goss - extraordinary honky-tonk piano & vocals

**WEDNESDAY SOUNDS - Main Stage Series**

July 29 - *SANDY HOPS & BLUES FESTIVAL*, 5:30-9:30 pm

6:00-7:30 - Hillstomp - High energy hillbilly stomp blues

7:45-9:30 - Karen Lovely Band - powerful blues vocalist & her talented band



Aug. 5 - The Ballroom Thieves - alternative rock folk from New England  
Aug. 12 - Pepe & the Bottle Blondes - lively Latin orchestra & smooth 3-part harmonies  
Aug. 19 - The Strange Tones - American roots blend of blues, rock, surf, and R&B  
Aug. 26 - The Stolen Sweets - 1920's Vintage Swing

## Starlight Cinema

*Saturdays in August, starting at dusk*

Aug. 1 - Big Hero 6 (93min; PG)  
Aug. 8 - Maleficent (97min; PG)  
Aug. 15 - Ratatouille (111min; G)  
Aug. 22 - Cinderella (2015 release) (105min; PG)  
Aug. 29 - Guardians of the Galaxy (121min; PG-13)

This year marks the 20th anniversary of SANDY SUMMER SOUNDS & STARLIGHT CINEMA. What started as a humble offering of a few concerts per year has turned into a great line-up of music and movies, and even one Shakespeare in the Park performance. All events, which are sponsored by the city of Sandy and local businesses, are free and family friendly.

The theme for the 20th anniversary celebration is "Something old, something new, something blue". We are bringing back some favorite bands from past years (something old). We are introducing some exciting new bands (something new). And we are changing the *Brewgrass Festival* to the *Sandy Hops and Blues Festival*, which will offer Blues instead of Bluegrass music (something blue).

The series kicks off on July 5th with the Portland Actor's Ensemble performing Shakespeare's Macbeth at the Theater in the Woods stage. Our Shakespeare-in-the-park show always draws a big crowd, so arrive early to be sure to get a seat.

There are two music series, each of which begins with a small festival. The THEATER IN THE WOODS SERIES on Sundays, at our small amphitheater stage, will start with the **Wine in the Woods Festival**, on July 19th. This year the music will have a European theme, and a nice selection of local wines and food will be available for purchase.

The MAIN STAGE SERIES, on Wednesdays, will begin with the **Sandy Hops and Blues Festival** on July 29th. Great blues, brews and food in a gorgeous park setting - what could be better? Busy Bee will offer food (except for last week), and Bunsen Brewer will be selling beverages at all the Main Stage shows this year.

A great selection of family friendly movies will be shown on our big screen at the Main Stage on all Saturdays in August.

All shows are held in beautiful Meinig Park, located just behind City Hall at 39250 Pioneer Blvd. and are FREE to the public. Everyone is invited to come out and enjoy a wonderful Sandy tradition.

See you at the park!

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***Brewfest -- Molalla...***



## *‘Wing It’ Season Finale is June 13...*



*Jayne Stevens and Dennis Kelly as Spit and Spat*

OREGON CITY - Clackamas Repertory Theatre concludes its first year of interactive shows for children with “Wing It: Be Part of Our World” on Saturday, June 13, at 10:30 a.m. in the Osterman Theatre.

It’s the season finale, and all of the forest friends want to finish with a bang! Rita the fruit fly will finally get her turn in the spotlight to perform her favorite story “The Little Mermaid.” And Spit and Spat, the two mischievous stray cats, will return to try their hands — or paws — at acting.

“Wing It,” created for children from 2 to 8 years old, is fun for the entire family. The program includes a 50-minute performance, and children take part in the singing and dancing. Every show concludes with a talent show, and participants may recite a poem, sing a song or share a joke onstage.

“Wing It” shows are developed by Travis Nodurft, Clackamas Rep company member and Oregon City sixth-grade teacher. “Wing It” features company members James Sharinghousen and Heather Ovalle. Special guests for June 13 include Jayson Shanafelt and Jayne Stevens.

“Wing It” will return for another season on October 3. Admission is a suggested \$5 donation at the door. For more information visit [clackamasrep.org](http://clackamasrep.org) or call 503-594-6047.



*Did You Know?...*





## Did You Know....

**...that you have an expansive, all-knowing source of power and wisdom at your beck and call?**

**It's called your Chakrasphere.** It has all of the energy imprints, knowledge, and healing capacity of all of your lifetimes, and access to all of your chakral energies! It is your 8th chakra, personal, eternal, that holds a vast landscape from which to heal all other chakras.

Experience and work with your chakrasphere by joining in the celebration during the release party of Lauri's CD, ***Journey through The Chakrasphere*** (see below).

Or if you can't make that, come in for a Shamanic Sound-Reiki Session, in which I utilize the Journey through The Chakrasphere as a driver for your healing experience.

[Lauri@shamanicsoundhealing.com](mailto:Lauri@shamanicsoundhealing.com)

**Distance Mini-session Offer:** Send me an email with an issue you would like assistance with, and I will commune with the spirits on your behalf and email you back their messages.

By donation.

### ***You are Invited!***



**Community Sound Healing**  
**June 15th**  
**6:30-9:30**  
**2025 NE 23rd St**  
**Gresham OR**

Join LightSong's Sound Healing Practitioners for an evening of Soul-nourishing sound.

Experience community and sound in a way you will never forget. Sound, nature and soul constellations, a gathering of like-hearted one. Spirit.

Please bring a chair, and healing intentions written on a piece of paper.



**Sound Release Celebration**  
**June 19th**  
**7-9:30 pm**  
**Hidden Lake Retreat**

Experience the all-knowing nature of your Chakrasphere and use sound to create shifts in your well being.

Sound Seva, an emerging sound healers cooperative, will harmonize with Lauri's new CD in this celebration and healing evening.



**Soul Constellation and Sound Circle**  
**June 20th**  
**1-4 pm Hidden Lake Retreat**

Make unconscious patterns conscious, shift relationships, receive nourishment and support from your ancestors in the embodied Healing Modality of Constellations.

We use our bodies as the sensory, knowing instruments that they are to discover truths about love, prosperity, well being.



Optionally: offerings to the spirits,  
practitioners or both.

[Click here RSVP.](#)

For more about Lightsong go to  
[www.lightsong.net](http://www.lightsong.net)

Prayer, laughter, vibrational  
therapy, it's all included!

[RSVP by clicking here.](#)

Pre-registering is preferred.

[Click here for details.](#)

Receive a CD with art work by  
Raina Imig (shown above)

Other Summer Dates :

Aug. 22--Sound Healing for Everyday Ritualistic Living\*

Aug. 23--Constellation and Sound

Sept. 12--Sound and the Ascended State\*

Sept. 13: Constellations and Sound Healing

\*New offerings--join in the exploration of new material!!!

More information at  
[www.shamanicsoundhealing.com](http://www.shamanicsoundhealing.com)

Calendar page:  
[www.shamanicsoundhealing.com/calendar](http://www.shamanicsoundhealing.com/calendar)

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## **10th ANNUAL** **"OLD TIME CRUISE TO ESTACADA"...**

SUPPORTING THE ESTACADA AREA FOOD BANK  
SATURDAY AUGUST 8, 2015 **11AM-3PM**

**4TH AND MAIN-ESTACADA, OREGON**

HOSTED BY: THE ROUTE 26 CRUISERS

REGISTRATION ONLY \$15.00, GOODY BAGS & DASH PLAQUES TO THE FIRST  
125 VEHICLES REGISTERED. DRAWINGS AND SILENT AUCTION ENGINE  
BLOW MUSIC PROVIDED BY: THE COVERKINGS

# **\$100 CASH FOR CLUB PARTICIPATION**

**BRING A CAN OF FOOD AND RECEIVE A FREE TICKET FOR THE DRAWINGS**

## **1ST AND 2ND PLACE IN EACH JUDGED CATEGORY:**

'29 AND OLDER, 30'S, 40'S, 50-54, 55-59, 60-64, 65-69, 70'S, 80'S, 90'S, 2000 & NEWER BEST FORD, GM, MOPAR, CUSTOM, UNDER CONSTRUCTION, 4X4, SPORTS CAR, GROCERY GETTER, CONVERTIBLE, 1960 & OLDER TRUCK, 1961 & NEWER TRUCK, MUSCLE CAR, STOCK MOTORCYCLE, CUSTOM MOTORCYCLE, AND RAT ROD, HOST CLUB CAR (PARTICIPANTS CHOICE)

**FOR MORE INFORMATION CONTACT NANCY 503-803-8187 OR  
ESTACADACRUISE@AOL.COM PLEASE LIKE US ON FACEBOOK**

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## **EAST COUNTY COMMUNITY ORCHESTRA** **SPRING CONCERT...**

Under the Direction of  
Dr. Roger G. Nickerson

**Friday, June 12, 2015**  
**Downbeat 7:30 p.m.**

At David Douglas High School  
Horner Performing Arts Center  
**1500 SE 130th Avenue**  
**(between Stark and Division Streets)**  
(Venue is Wheelchair Accessible)

Refreshments at Intermission

Dr. Nickerson and orchestra members will be available for  
meet-and-greet over coffee and cookies.

**FREE ADMISSION**  
(Donations Welcome)

## ***Will You Help a Neighbor So No One Dies Alone?...***

*In rural Clackamas County, our strength has always been in how we pull together in times of need to take care of our own. Right now, some of our own need us.*

Dear Neighbors,

I'm going to own up to something right now. Several years ago, when I moved to "our neck of the woods," I doubted I'd ever really become part of this community. I didn't have kids in school, I didn't have time for many activities, and I didn't know anyone well enough to wrangle an invite to a party. For a while it looked like I would always be sort of a weird stranger who sometimes came to town on an errand.

As life will do, it has proven me wrong. I started volunteering for No One Dies Alone (NODA) and met a few folks: other volunteers, families of the people we serve, care home staff, and local merchants when I stopped for a Diet Coke on my way to and from NODA vigils. Everybody was neighborly and assured me, "This is a great place because the people here are great." I took folks at their word, but as of a year ago, I still felt like the awkward new kid on the edge of the playground.

Then the 36 Pit Fire started. Like everybody, I was following the updates spark-by-spark and joined all the social media groups. Heck, I even tweeted—and neighbors from clear across the forest tweeted back, asking if I was ok. And there it was: all the stuff I had been told about how we take care of each other around here. And there I was: *in it*, and welcomed too, and pretty danged impressed with us as a whole.

That's why I'm writing this letter to you, my neighbors, in all the little towns and country byways in our neck of the woods.

Remember when I said I volunteer for No One Dies Alone? We have some neighbors who need help. Have you heard of NODA? We are a team of volunteers who sit with folks during the last 24 or 36 hours of life. Our goal is exactly what our name describes—that in the last moments of life, a caring person will be there. It's not hard. NODA volunteers simply sit at the bedside; sometimes we read to our companion or play a soothing CD. We often hold his or her hand. We don't do any nursing care.

**No One Dies Alone (NODA) currently needs Compassionate Companion volunteers in Clackamas County to sit with people who are dying when friends and family cannot.**

We used to have a team of local volunteers, but life circumstances—new babies, retirements, moves—have reduced our numbers.

Not long ago, I sat a vigil at one of the care homes in Sandy with a woman who used to live across the road from my house. Her daughter still lives across the road from my house and both of us spent some time bedside each day, but neither could be there 24/7. NODA Volunteer Coordinator, Jim Pfiefer, did his best to find coverage for the remaining hours, but there simply weren't any other volunteers available.

I felt sure that wouldn't be the case if more of my neighbors knew about this pressing need to take care of our own.

**Can you give 2 – 3 hours occasionally to sit with a neighbor and be a comforting presence as they pass from this life?**

If so, please contact our NODA Volunteer Coordinator, Jim Pfeifer at 1-800-936-4756 or [jpfeifer@4signatureservice.com](mailto:jpfeifer@4signatureservice.com).

Thank you.

Your neighbor,  
Lura Frazey

## ***NODA Information Sessions in Barton and Estacada June 17, 2015***

Learn more and get all your questions answered about volunteering for NODA at one of these short informational sessions:

5:30 p.m., June 17, 2015 - Cornerstone Funeral Services, 18625 SE Bakers Ferry Rd, Boring, OR 97009

7:00 p.m., June 17, 2015 - Grace Place, 380 NW 6<sup>th</sup> Ave, Estacada, OR 97023

## ***Read More Online About No One Dies Alone***

“Giving Comfort in Life’s Final Moments” in *NW Boomer & Senior News*:

[http://issuu.com/nwboomerandseniornews/docs/metro\\_web\\_2015-5/1](http://issuu.com/nwboomerandseniornews/docs/metro_web_2015-5/1)

“No One Dies Alone Matches Volunteers with Patients” in *Portland Tribune*:

<http://www.pamplinmedia.com/pt/9-news/232403-94144-no-one-dies-alone-matches-volunteers-with-patients>

“The Kindness of Strangers” in *O Magazine*: <http://www.oprah.com/omagazine/Kindness-of-Strangers-How-One-Nurse-Made-Sure-No-One-Dies-Alone>

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## ***CCC Offers Summer Music Camp...***

OREGON CITY – For the second year, Clackamas Community College will offer a summer music camp.

The Contemporary Voices Summer Music Camp runs daily from Monday, July 27, through Friday, July 31.

Contemporary Voices will offer daily classes in singing, songwriting, recording, choir, circle singing and more. CCC vocal music instructor Dr. Kathleen Hollingsworth will direct the program. It is appropriate for people 15 years of age and older of all musical abilities.

Classes will be taught by CCC faculty, Portland musicians and the vocal ensemble, Innercurrent. Classes begin at 9 a.m. and run until early evening with daily concerts concluding the day.

Cost of the camp is \$150. To learn more or register, visit



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# CLACKAMAS\*COMMUNITY\*COLLEGE

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## CALENDAR OF EVENTS

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

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

### *June 2015 Calendar of Events*

#### **June 11**

##### *GED and Adult High School Diploma Graduation*

The graduation ceremonies for GED and adult high school diploma recipients will take place at 7 p.m. in the Randall Gymnasium. For more information visit the CCC website at <http://www.clackamas.edu/graduation/>

#### **June 12**

##### *CCC 2014 Degree and Certificate Graduation Ceremonies*

Graduation ceremonies for degree and certificate recipients will take place at 7 p.m. in the Randall Gymnasium. For more information visit the CCC website at <http://www.clackamas.edu/graduation/>

#### **June 22-25**

##### *Summer wrestling camp*

A four-day wrestling camp is offered this summer led by camp director and CCC wrestling coach Josh Rhoden and former Cougar wrestlers. The camp runs June 22 – June 25 in the Randall Hall Gym. Cost is \$150. For more information and the application form, please go to <http://depts.clackamas.edu/athletics/camps.asp>.

#### **June 25 – July 29**

##### *CRT Production: 'Cat on a Hot Tin Roof'*

Clackamas Repertory Theatre presents “Cat on a Hot Tin Roof” written by Tennessee Williams and directed by David Smith-English. Clackamas Rep performances take place Thursdays through Saturdays at 7:30 p.m. with Sunday matinees at 2:30 p.m. There is no show on July 4. All performances are in the Osterman Theatre at CCC. Tickets may be purchased at [www.clackamasrep.org](http://www.clackamasrep.org) or by calling 503-594-6047.



*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?*

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~~~

