

hey friends and neighbors --

Look who's in the Estacada News: <http://www.pamplinmedia.com/%E2%80%A6/264691-137829-gloria-polzin-t%E2%80%A6>

Two VOLUNTEER OPPORTUNITIES for the UPCOMING 4<sup>th</sup> of JULY TIMBER FESTIVAL....

- First - are you going to be in the Estacada area on the 4<sup>th</sup>?
- Would you be willing to volunteer a few hours to help out your community - and FUN to boot?
- WHICH would you rather do?
  - Be a parking lot attendant? You will be collecting money for parking and entrance fees. There are two hour shifts or more if you want. If this sounds like FUN, phone Steve Stone at 503-710-0247, Ben Wheeler at [benwheeler28@gmail.com](mailto:benwheeler28@gmail.com), or Kim Ward at 503-630-5301.
  - Sell strawberry shortcake? You will be doing one of the following: taking money; putting shortcake in a bowl; ladling strawberries; OR squirting whipped cream. We have 5, 3-hour shifts, so there's A LOT of spots to fill. If this one sounds like FUN, phone the Estacada Community Center, between 8:30 and 4:30 weekdays at 503.630.7454, and say, "What shift is still available to sell shortcake on the 4<sup>th</sup>?"

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

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

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

There will be a Grand Opening and Ribbon Cutting event at the new headquarters of In This Together, one of the Chamber's newest members, on the lower level of the Estacada Community Center on Wednesday, July 1st, at 1 pm. Below is a description of what In This Together's business is all about, written by Kristin Lewton, owner.

"In This Together exists to provide comprehensive and inclusive support and vocational training for individuals with developmental/intellectual disabilities. The goal is to have our service result in identifying a clear career pathway and successful employment placement with businesses within the local community. We help individuals with disabilities advance along the path to competitive based employment in their communities; promoting independence and positive self worth."

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

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

WELCOME to all the new LUCKY DAWG eNEWS readers.

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

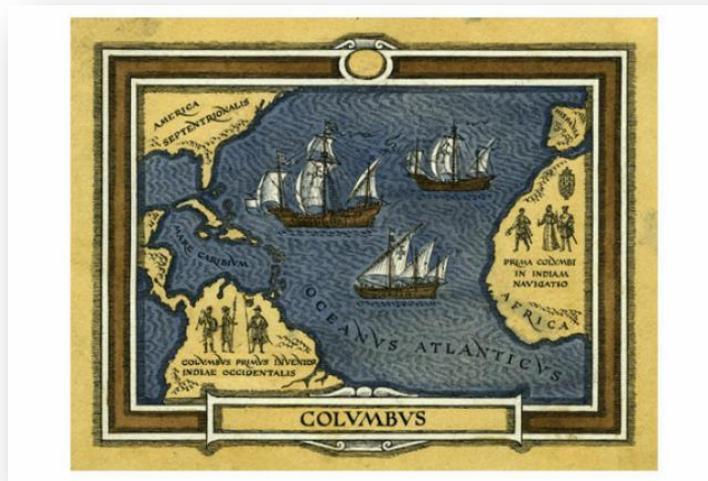
See you around town.....Be good to yourself.....

gloria ☺.

start a conversation and impress your friends with these tidbits:

*did you know?* –

## 10 Mnemonic Tricks for Never Forgetting Anything Again



By Bruce Price

### 1. THE RHYME.

For hundreds of years, schoolchildren started the study of American history with: "In 1492 Columbus sailed the ocean blue."

### 2. THE VERBAL GIMMICK.

Clearly, modern civilization would be impossible without these four words: "Spring forward. Fall back."

### 3. THE POEM.

Probably a million people every day resort to this famous six-liner:

*Thirty days hath September,  
April, June, and November;*

*All the rest have thirty-one  
Excepting February alone:  
Which hath but twenty-eight, we find,  
Till leap year gives it twenty-nine.*

#### **4. THE EASY ASSOCIATION.**

Many people have trouble with these similar words —*desert, dessert* — until they remember that when it comes to tasty treats like cake and ice cream, you always want an extra helping — just as the word itself has an extra s.

#### **5. THE CONTRIVED ASSOCIATION.**

The essential trick is to focus on something odd or funny, and use that to jog your memory. All the memory experts are doing this when they rattle off the names of many people: Bob is big and bald; Charlie has a chin as big as China. And so on.

These two words are killers: *stalactite, stalagmite*. But *stalag* means prison; and *mite* suggests mighty. Clearly, a fortress solidly on the ground. So the other thing has to be hanging from the ceiling.

#### **6. THE ACRONYM.**

Suppose you have to buy three things: nails, plywood, and antifreeze. Use the initial letter of each item to create a word: PAN. Remember that. In the store, work in reverse, P-A-N, the letters reminding you what you have to buy.

HOMES is a famous example. It tells us our Great Lakes: Huron, Ontario, Michigan, Erie, and Superior.

Almost as famous is Roy G. Biv, a phony name which tells the colors of the rainbow or spectrum (Red, Orange, Yellow, Green, Blue, Indigo, Violet).

#### **7. CROSS WORDS.**

Acrostics are another thing entirely. You don't create a new word, you create a memorable phrase or sentence. The first letter of each word stands for the things you're trying to remember. In smart schools, middle-schoolers are given the task of inventing mnemonics for the 8 planets: My Very Excellent Mother Just Served Us Nachos (Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune).

The eight little bones in the wrist are a big task for anyone: Scaphoid, Lunate, Triquetral, Pisiform, Trapezium, Trapezoid, Capitate, Hamate. The job is easier, or at least funnier, with this: Some Lovers Try Positions That They Can't Handle.

Med school is next to impossible without mnemonics. One of the most famous reveals the names of the nerves that come directly through the skull (not the spinal column): On Old Olympus' Towering Top, A Finn And German Vaulted And Hopped. (Olfactory, Optic, Oculomotor, Trochlear, Trigeminal, Abducens, Facial, Auditory, Glossopharyngeal, Vagus, Accessory/Spinal, Hypoglossal.)

When the auditory nerve was renamed the vestibulocochlear, Duke University Medical School held a contest for a new mnemonic. Here's the brilliant brainiac winner, circa 1980: Odor Of Orangutan Terrified Tarzan After Forty Voracious Gorillas Viciously Attacked Him.

#### **8. NUMBERS GAME.**

If you want to know a long number, create a clever line in which the number of letters in each word tells the digit. For example, here's pi to 15 ingenious places: "How I like a drink, alcoholic of course, after the heavy lectures involving quantum mechanics." (3.14159265358979)

#### **9. MAKING A SPEECH THE GREEK WAY.**

The Greeks were memory mavens, and actually had a Goddess of Memory (and mother of the Muses), Mnemosyne (ne-mos-se-nee).

And their biggest brain, Aristotle, wrote *De Memoria et Recollectione*. In Aristotle's psychology, the image is the basis of memory. For example, if you have to make a long speech, imagine that you're walking slowly through your house, and each piece of furniture, art, etc. prompts a paragraph.

**10. DIGITAL FRONTIER.**

25 centuries after Aristotle we have Spacefem's surreal [Mnemonic Generator](#). Feed it something, and you instantly get a mnemonic. How to spell mnemonic? Easy: Marks Navigate Empyrean Materials Once Numbers Inhabit Colors. Surreal? Still Ubiquitous Rolls Record Eccentric Amusing Lozenges.

Finis? Furious Iguanas Number Itchy Spaces.

Wow!! (Witches Order Waves.)  
April 18, 2013 - 5:00pm



***Volunteers needed for the Summer Celebration...***

The Estacada Summer Celebration is just around the corner. May I first start by saying, "THANK YOU!" for your past involvement. As you know, the Estacada Summer Celebration is powered 100% by volunteers and this exciting event **would not be possible without you.**

This year the celebration will start with the fabulous music crawl Friday, July 24th followed by a full day of music, art, children's activities and many other spectacular happenings on Saturday, July 25th. There are several opportunities to get involved with this unique celebration.

**We need help in these areas:**

- Friday- Set-Up Decor: 9am-1p
- Saturday- Street prep: 7am-9am
- Saturday- Set-Up Children's art booths: 8am-10am
- Saturday- Silent Art Auction: Contact me for times
- Children's art activities: 2 shifts available: Saturday 10:45-1:00 and 1:00=3:15
- Grounds Crew: 11-1:30, 1:30-3:30, 3:30-5:30, 5:30-6:30, 6:30-8:30, 8:30 to close

**WE ARE ALSO LOOKING FOR PEOPLE TO HEAD UP COMMITTEES AND BRING YOUR TALENTS TO THIS REMARKABLE CELEBRATION!**

**I hope you will join us once again this year in making this celebration another outstanding community event!**

Sincerely,  
  
Debbie Turner  
503-709-2580



**Hi SEED Estacada School Garden Volunteers,...**

We're going to host another work party this Friday, June 26, from 7AM-10AM at the Estacada Junior High vegetable gardens. We'd love to have your wonderful volunteer help to harvest veggies for delivery to the Estacada Area Food Bank and to finish weeding the veggie beds and spreading the pile of bark dust on the corner shrub beds.

Please bring a water bottle. We have gloves and tools.

See you soon in the garden!

--  
Mary Ann Bugni  
SEED Stewarding an Edible Estacada School District  
503-724-7740



**A Benefit for the Estacada Community Center...**



**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**

**1st PRIZE VALUED AT: \$300.00**

**1 CORD OF FIR WOOD**

*Donated by O'Malley Brothers, Corp  
30855 SE Ely Rd, Estacada  
Will Deliver within Estacada Area Only*

**2nd PRIZE VALUED AT \$220.00**

**1 LOAD OF GRAVEL**

*Donated by Estacada Rock Products  
29400 SE Rivermill Road, Estacada  
Will Deliver within Estacada Area Only*

**3rd PRIZE VALUED AT \$110.00**

**4 CUBIC YARDS OF DOUGLAS FIR OR HEMLOCK**

*Donated by Estacada Bark and Nursery, Inc  
30735 SE Rivermill Road, Estacada  
medium to fine*

**\$1.00 / 1 TICKET**

**\$5.00 / 6 TICKETS**

**4th PRIZE VALUED AT: \$100.00**

**PARK N FLOAT RIVER SHUTTLE FLOAT FROM BARTON TO CARVER**

*Donated by Steve's Garage  
30810 SE Heiple Rd, Estacada*

**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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*Estacada Public Library Presents...*

# **Family Movie Afternoon**

Wednesday July 1st, 2015

1:30 p.m.

Join us in the air conditioned Flora Room for a family movie.

We will be screening the movie

Big Hero 6

We will also have popcorn and lemonade!

Annie Sprague, Librarian  
Estacada Public Library

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*Invite a Pollinator Home!...*



As you pop that juicy blueberry into your mouth and enjoy the sweet berry goodness, say a silent “thank you” to your local pollinator! We owe a debt of gratitude to these hard workers, busily carrying pollen from one flower to the next. Therefore, in recognition of National Pollinator Awareness week (June 14 thru 21), let us all do just one thing to help the struggling pollinators.

Here are a few ideas that may get you started:

**Plant an unusable area.** Consider planting native (non-invasive) plants in an unusable area of your property. You will not miss the space and the pollinators will be thrilled with the new source of food! Plants that flower at varying times throughout the summer will extend the availability of nectar.

**Invite a pollinator for a drink.** Provide a clean, reliable source of drinking water for pollinators. Water features such as pools, ponds, running water, small containers, and birdbaths will all do the trick. Do not forget to make sure there is a shallow or sloping side for the pollinator to safely access without drowning.

**Offer shelter to a little friend.** Sites for nesting are crucial in the survival of pollinators. The following are a few ways you can provide shelter. First, try to layer your landscape. Plant trees, shrubs and perennials with varying heights to provide protected areas for the pollinators to eat and nest. Second, leave dead snags for nesting sites or install pollinator-nesting boxes. These are available at many retailers or you may make your own boxes. Third, leave some areas of soil uncovered to provide ground-nesting insects easy access to make underground tunnels.

**Hold off on pesticides.** Pollinators are susceptible to pesticides. However, there are ways you can reduce, eliminate, or limit pesticide use. Try choosing native plants for your garden. Native plants are tolerant of local conditions and tend to have fewer problems requiring chemicals. Another strategy is to maintain healthy growing conditions on your property. Remove diseased plants and infected leaves from the previous year. Why not enjoy the outdoors and spend some time using hand tools to remove weeds rather than herbicides? If you must use pesticides, please READ THE LABEL, and spray when the plant is not in bloom. Avoid spraying adjacent to bee habitat, such as nesting areas or on caterpillar host plants.

These may seem like small things, but we can all make a difference in the life of a pollinator!

Note: link to native bee nesting box instructions ([http://www.xerces.org/wp-content/uploads/2008/11/nests\\_for\\_native\\_bees\\_fact\\_sheet\\_xerces\\_society.pdf](http://www.xerces.org/wp-content/uploads/2008/11/nests_for_native_bees_fact_sheet_xerces_society.pdf))



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

*For inclusion in the June 25, 2015, issue of the Estacada News*

## **ESTACADA COMMUNITY CENTER**

200 SW Clubhouse Drive, 503-630-7454

### **Wednesday breakfasts**

The Estacada Community Center offers breakfast for \$3 at 9 a.m. Wednesdays with a door prize drawing. Breakfast is followed at about 9:30 am by pinochle and cribbage. 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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*Open Mic at the MASON JAR...*

# OPEN-MIC

EVERY FRIDAY

HOSTED BY THE MASON JAR



## LIVE PERFORMERS

Sign up at the door!

Music

Local **ACOUSTIC!**  
Artists

4:00 PM

Kids & Adults

5:00 to Closing

Teens & Adults

\$3 cover



PosterMyWall.com

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360 S Broadway, phone # 503.630.2233.

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



## WADE CREEK HOUSE ANTIQUES

664 NW Wade Street . Estacada . Oregon

503.630.7556

Facebook & Blog

### **TIME TO PLAN AHEAD AND SIGN UP...**

We have some very popular classes coming up and wanted to let you know so you can plan ahead.

On July 11th we have our

**Lavender Wand Workshop** - Meridith will be there between 10a and 2p and will show you how to use fresh lavender to make lavender wands. These are beautiful and will bring wonderful herbal aromas into your home. All materials included and cost is \$15.



**Also on July 11th – Concrete Leaf Casting** – 10:30 – 12:30 Nikki is once again showing you how to create a work of concrete art. Whether you are a beginner or expert, you'll have a great time creating decorative and colorful yard art with leaves from your own yard or leaves that Nikki provides. You may bring your own leaves but please be sure they are no larger than 16" x 16". All materials provided but please bring a large sturdy piece of plywood (18" x 18" minimum) for your leaf base and transport home. You can make several small castings or one large casting. If you make a large casting, Nikki recommends that castings cure 72 hours before transport. Cost is \$35 and with limited class size, a reservation is required.



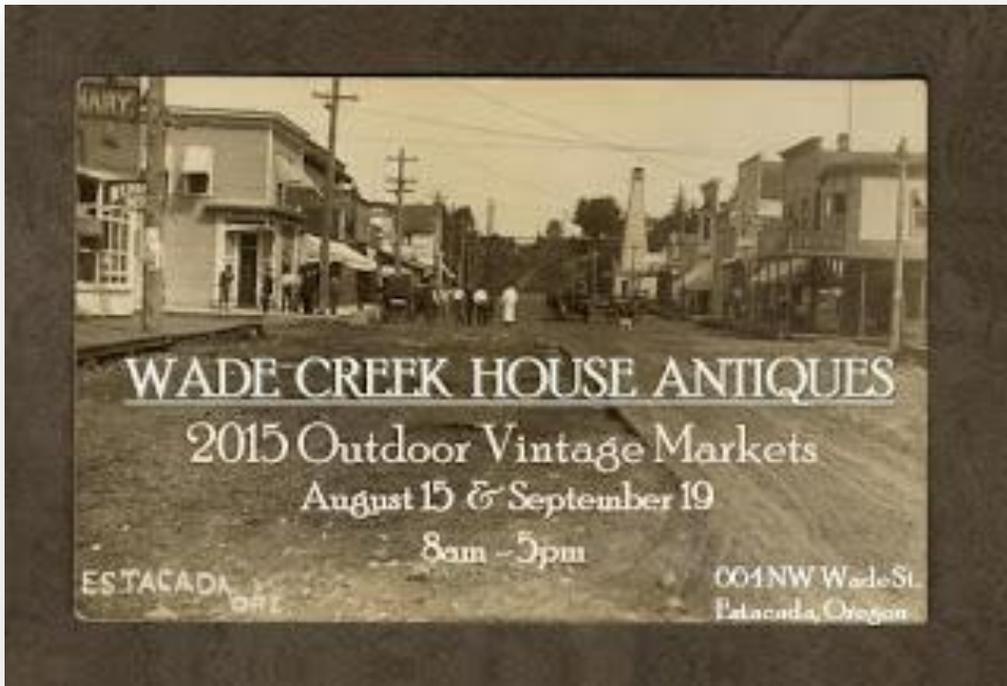
**More on JULY 11 – ESTACADA GARDEN TOUR** – 10a – 4p tour of amazing rural gardens that will inspire, delight, and motivate you. This year, The Garden Girls of Estacada have been working hard and have added a raffle where you could win a cord of wood, 4 yards of bark, a load of gravel or a float trip on the Clackamas. Raffle tickets available at The Wade Creek House every day. **PLUS** on the garden tour, for every garden you visit, you will be eligible for more great prizes. Philip Foster Farm will also be free to those wearing a garden tour bracelet and Estacada Bark will also give a 20% discount on your purchase that day with a garden tour bracelet. **SUCH A GREAT DAY AND ALL MONEY will be donated to our Estacada Senior Community Center.** Cost for the garden tour is \$15 per person OR \$25 per couple.



**JULY 12 & 19th and another class offered AUGUST 2nd & 9th – NATIVE AMERICAN BASKET WEAVING**  
Annette, our friend from the Farmer's Market, will be teaching us how to create these wonderful baskets. She was taught 40 years ago by a Cherokee Indian and told us that these baskets were originally made by the male Indians using this technique with vines and raffia. They would coat the basket with sap and use for cooking every day. Supply list at the shop. Cost is \$35 and each class takes two sessions..



**AUGUST 15 & SEPTEMBER 19 - are the dates of our OUTDOOR VINTAGE MARKET at WADE CREEK HOUSE ANTIQUES.** Put this on your calendar... it is a great time with the Farmer's Market spending the day with us as well. Vintage vendors are signing up so join us as a vendor and have yourself a great day selling.



Great times ahead....Hope this helps you plan!



*You're invited to apply!...*

**Looking for a way to get involved in your community?  
Want to build your leadership skills?  
Interested in joining a network of local leaders?**

*Join us for the*  
**Ford Institute Leadership Program,  
Estacada Cohort 3!**

**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 course 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 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)**

**For questions**  
Please contact  
**Stacey Stonesifer**  
Senior Program Manager  
541-419-7070  
[ssstonesifer@rdiinc.org](mailto:ssstonesifer@rdiinc.org)



**~ Application Due Date: June 30, 2015 ~**

*OSU Extension Community Health Leader...*

**OSU Oregon State University Extension Service**

Congratulations!  
You've been nominated to be an OSU Extension Community Health Leader!

You will participate in 3 photo-mapping workshops with a professional photographer to help support community health initiatives.  
\*Dinner for all and kids' activities in childcare provided.\*

**CLACKAMAS RIVER ELEMENTARY**

July 9	Thurs - 5:30-8:30pm	Kids in childcare will cook and do garden crafts!
Sept 10	Thurs - 5:30-8:30pm	Kids in childcare will play games for prizes!
Oct 4	Sun - 4:00-7:00pm	The Reptile Man will perform for kids in childcare!

**grow** healthy kids & communities  
Turn over for more details...



*EHS Boosters Club Golf Tourney...*

**TOURNAMENT FACTS**

**When:** Saturday, August 15, 2015

**Where:** Eagle Creek Golf Course

**Time:** Shotgun at 10:00 am / Check-in Begins At 8:00 AM

**Format:** Four-Person Scramble

**Cost:** \$50.00 per person / \$180.00 per team  
Rain or Shine No Refunds

## ENTRY INCLUDES

- Round of Golf/Cart
- Buffet Lunch
- Tee Gift
- Long Drive/Closest to the Pin Men & Women

## FUNDRAISING

- Mulligans 2/\$5.00 limit 4
- Putting Contest
- Chipping Contest
- 50/50
- Silent Auction

## SPONSORSHIP LEVELS

-  \$500.00 for Hole
-  \$300.00 for Green or Tee Box

## CONTACT INFORMATION

To sign up to play, please contact  
Tanya Brady 541-295-9770  
or Kris Sittner 503-544-5274 or email us at  
EHSboostersclub@gmail.com

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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!



*Kruise In For Kids...*



# 3rd Annual Kruise In for Kids

Sat. - June 27, 2015 9am - 3pm

**Clackamas Valley Baptist Church**  
**29275 SE Eagle Creek Rd**  
**Estacada**



**\$15 Registration—Call 503-348-7276 for registration information**

**Trophies**  
**Raffles**  
**Goody Bags**

*Fundraiser to purchase backpacks and school supplies for local children in need.*

**Food**  
**Music**  
**Fun for the whole family**

**Granny's To-Go**  
[www.GrannysToGo.com](http://www.GrannysToGo.com)



Call Ahead For Orders To Go 503-630-2922  
156 NW 6th Ave Estacada, Oregon



**Estacada**  
**Community**  
**Outreach**  
Matthew 25:40

***Golf Tourney...***



# EHS Boosters Club Golf Tournament



## TOURNAMENT FACTS

**When:** Saturday, August 15, 2015

**Where:** Eagle Creek Golf Course

**Time:** Shotgun at 10:00 am / Check-in Begins At 8:00 AM

**Format:** Four-Person Scramble

**Cost:** \$50.00 per person / \$180.00 per team

Rain or Shine No Refunds

FUNDRAISING	ENTRY INCLUDES
<ul style="list-style-type: none"><li>• Mulligans 2/\$5.00 limit 4</li><li>• Putting Contest</li><li>• Chipping Contest</li><li>• 50/50</li><li>• Silent Auction</li></ul>	<ul style="list-style-type: none"><li>• Round of Golf/Cart</li><li>• Buffet Lunch</li><li>• Tee Gift</li><li>• Long Drive/Closest to the Pin Men &amp; Women</li></ul>

## SPONSORSHIP LEVELS

- \$500.00 for Hole
- \$300.00 for Green or Tee Box

## CONTACT INFORMATION

To sign up to play, please contact Tanya Brady 541-295-9770  
or Kris Sittner 503-544-5274 or email us at  
[EHSboostersclub@gmail.com](mailto:EHSboostersclub@gmail.com)

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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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***Summer Concerts in the Courtyard Series***

***at Grace Place...***

PLEASE JOIN US AT GRACE PLACE FOR

# CONCERT *in the* COURTYARD

THIS SUMMER, COME OUT TO HEAR A VARIETY OF MUSICIANS THAT WILL GET YOUR TOES TAPPING AND FINGERS SNAPPING!

## 2015 Summer Concert in the Courtyard Series:

### JULY

SATURDAY, JULY 18 | 1:30 PM

Vocal performance by SONNY DAY PRESENTS, "Sounds of Sinatra."

Enjoy the musical trip down memory lane with all your favorites from the blue-eyed crooner.

### AUGUST

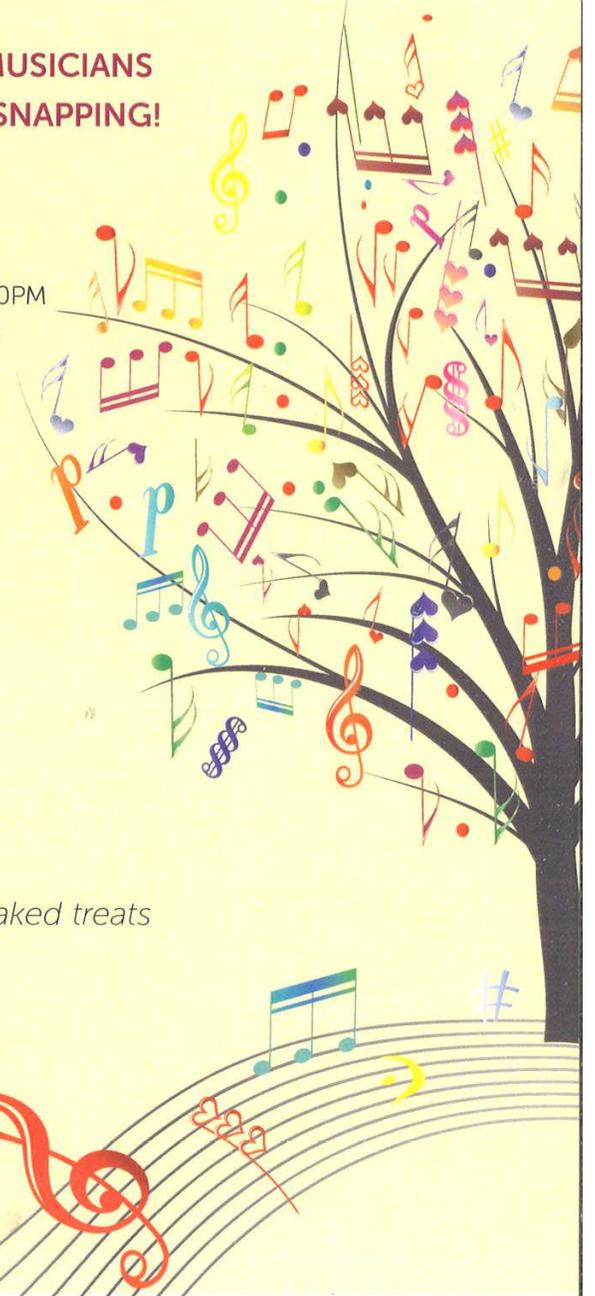
SATURDAY AUGUST 8 | 1:30PM

Back by popular demand, ORCHESTRACADA, Estacada's very own multilevel, international orchestra. Classical music that will delight music enthusiasts of all ages.

### SEPTEMBER

SATURDAY, SEPTEMBER 12 | 1:30PM

Featuring, UPRIVER DULCIMER GROUP. Get familiar with the porch picking music of the Appalachian mountains. All your old time favorites with a new twist.



*All concerts will be followed with ice cream & home baked treats*

### Put these uplifting events on your calendar!

While here take a tour of our vibrant community where senior living thrives.

**380 North West 6<sup>th</sup> Avenue  
Estacada, OR 97023**

**RSVP to Kate at 503-630-2986**



## Grace Place

Senior Living

380 North West 6<sup>th</sup> Avenue [enlivant.com](http://enlivant.com)

Estacada, OR 97023

503-630-5341



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# ***Garden Soil and Potting Soil FUNDRAISER...***



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The EYSA is doing a fund raiser . I attached a photo and below is the information to put in with it.

Estacada Youth Soccer Association is having a new fundraiser this year!

Spread the word!!

We will be selling **Garden Soil and Potting Soil** on

**July 4th from 8am-2pm**

by the Shell Gas Station near the skatepark

Prices range from \$3.00 for a 8qt bag to \$12.00 for a 32qt bag Limited supply

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# ***Sandy Players Theatre Happenings...***

**Suite Surrender Special Matinee**  
Saturday, June 29th 3:00pm

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**Summer Youth Drama Program**

**Happily Ever After**

July 6-10 & 13-17

ages 10-18

Classes include guest speakers covering all areas of acting, stage movement, easy choreography, a history of musical theater, simple scenes from popular musicals, theater games, and tryout techniques. Our goal is for students to not just learn and grow in the theater experience, but to connect in fellowship with other thespians and enjoy the art of musical theater.

Registration fee \$125 (which includes a t-shirt which will be worn as a costume)  
There are some \$50 scholarships

For more information contact Cheryl Rudarmel-Beam at [sandyactors@gmail.com](mailto:sandyactors@gmail.com)

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**Auditions for Hay Fever**

correction

July 18th at 1:00 pm

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***Be a Leader for Oregon...***

Just wanted to send along a poster and image that describe a current opportunity for local residents to create their own volunteer project with our Beach & Riverside Cleanup this fall. The poster attached has details on what's provided and what's required and applications are due by July 15th. The image is also a nice option for social media or newsletters if available before the 15th.

We offer similar opportunities year round with Project Oregon, but this event is unique in that there is a huge potential for SOLVE to help funnel some of the +5,000 volunteers that come out for this event to local project leaders in your area. If you think there might be a way to help get the word out to potential leaders we would be very appreciative of the support!

We do also have two other important dates coming up for anyone that might want to travel west to Portland -

[Summerfest](#) on Friday July 10th, honoring our [Citizenship Award winners](#) and a [Volunteer Action Training](#) at the SOLVE office on July 18th.

Thanks for all your support and partnership, hope to hear from you soon!

All the Best,  
Kaleen

# BE A LEADER FOR OREGON

IMPROVE YOUR FAVORITE NATURAL AREA ON SEPTEMBER 19, 2015

SOLVE BEACH & RIVERSIDE CLEANUP, PRESENTED BY THE OREGON LOTTERY

LEARN MORE AT [WWW.SOLVEOREGON.ORG](http://WWW.SOLVEOREGON.ORG)

PROJECT APPLICATIONS DUE JULY 15, 2015



## HERE'S WHAT SOLVE PROVIDES

SOLVE's Beach & Riverside Cleanup, presented by the Oregon Lottery, typically brings over 5,000 volunteers out across Oregon to help with litter cleanup, invasive plant removal and planting of native trees and shrubs. We want to get those volunteers out to your favorite natural areas to improve them this fall!

## HERE'S WHAT SOLVE NEEDS

We need volunteer leaders to apply to lead a hands on project at an outdoor area they love on September 19. Once you're registered we'll help with supplies, project planning, training and more! Everything we provide is free of charge but time is of the essence - project applications are due Friday July 15th!

**GET INVOLVED TODAY AND MAKE A DIFFERENCE FOR TOMORROW.**

[WWW.SOLVEOREGON.ORG](http://WWW.SOLVEOREGON.ORG)



# *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 dang 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

<http://www.clackamas.edu/Music/SummerCamp/> or email Hollingsworth at

[Kathleen.hollingsworth@clackamas.edu](mailto:Kathleen.hollingsworth@clackamas.edu).

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# *Water Lean and Go Green...*

# WATER, LEAN AND GROW GREEN WITH THESE SIMPLE TIPS



## CHOOSE THE RIGHT PLANT FOR THE RIGHT PLACE

Every plant has specific soil, water and light needs. Matching plant needs to different areas in your yard will foster better growth.

- Choose plants adapted to your yard conditions.
- Learn your yard's light exposure, soil types and naturally available water.
- Group plants with similar needs together.
- Explore drought-resistant plants; many look beautiful and need little supplemental water once established.
- Choose native plants; they provide habitat for local wildlife and enhance our region's native character.

## USE WATER WISELY

The greatest waste of water is watering too much, too often. Proper watering habits keep fertilizers and pesticides from running off into our streams and rivers.

- Prevent run-off by splitting your watering times into two applications with a break in between.
- Check your irrigation systems frequently for broken sprinkler heads, leaks and other problems.
- Water early in the morning or late at night to avoid excessive evaporation.
- Adjust your irrigation timer based on the weather. When automatic timers are set properly they can save water, money and time.
- Replace your lawn with low-water-use plants and/or hardscaped areas.
- The less water we use the more water we can leave in the rivers for fish.

## TAKE CARE OF YOUR LAWN

A healthy lawn needs less water, pesticides, and fertilizers. Typical Willamette Valley lawns need only 1 inch of water a week, unless it is extremely hot.

- Aerate lawns in the early summer to allow water and air to reach the roots.
- Water lawns 1 inch of water a week – add a bit more when the weather is unusually hot.
- Mow high to shade roots from the sun and help retain moisture.
- Mulch grass clippings to green up your lawn naturally.
- Fertilizer organically to protect kids, pets, and the environment.
- Skip the weed and feed products. Many of these can damage soil as well as pollute our waterways.

## BUILD HEALTHY SOIL WITH COMPOST/SOIL AMENDMENTS

Healthy plants and lawns use less water and are more resistant to disease, pests, and the effects of drought. Healthy soil holds water like a sponge, slowly releasing moisture when plants need it most.

- Adding amendments to improve soil encourages deeper root systems and will reduce water and fertilizer needs.
- Avoid using pesticides and weed killer. They can harm worms and other soil organisms.
- Spot-treat weeds or dig them by hand.
- Take a soil sample to your local lab or county extension for a health analysis.
- Healthy soil reduces runoff – and less runoff means less pollution and waste in streams and rivers.



The snowpack for our region this past winter was below average. But our rain fall in the spring was just about average. Water conservation is always important and becomes even more so as we move into warmer, drier months. The Clackamas River Water Providers will continue to provide tips on water conservation throughout the season. For more indoor/outdoor conservation tips visit our website at [www.clackamasproviders.org](http://www.clackamasproviders.org)

**A HEALTHY GARDEN DOESN'T NECESSARILY NEED A LOT OF WATER.**

By amending your soil, choosing the right plants for the right place, and watering properly, you could save hundreds or even thousands of gallons of water a year. Efficient outdoor watering saves you money and reduces your environmental impact.

**ANYONE CAN WATER, LEAN AND GROW GREEN.**

As your water provider we value the wise and efficient use of water, one of our most precious natural resources.

Members of the Clackamas River Water Providers:  
Clackamas River Water, City of Estacada, City of Gladstone, City of Lake Oswego, Oak Lodge Water District, South Fork Water Board (Oregon City & West Linn), Sunrise Water Authority (Happy Valley & Damascus), and City of Tigard.



*Working together to protect and conserve our drinking water.*

Clackamas River Water Providers  
14275 S. Clackamas River Dr.  
Oregon City, OR 97045  
(503) 7233511  
[christine@clackamsproviders.org](mailto:christine@clackamsproviders.org)



## 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)

### July 2015 CCC Calendar of Events

#### June 24 - Aug. 26

##### *Farmer's Market Wednesdays*

Summer term on Wednesdays, from noon to 1:30 p.m., the Urban Agriculture Farm Experience class at CCC will have vegetables for sale, grown on campus using organic methods. The produce cart will be outside the Community Center at CCC's Oregon City campus. Proceeds benefit student scholarships. For more information, email Loretta Mills at [lorettam@clackamas.edu](mailto:lorettam@clackamas.edu) or call 503-594-3292.

#### June 25 – July 19

##### *Clackamas Repertory Theatre: 'Cat on a Hot Tin Roof'*

The Clackamas Repertory Theatre presents the American classic "Cat on a Hot Tin Roof," written by Tennessee Williams and directed by David Smith-English. Evening performances are scheduled for 7:30 p.m. Thursday through Saturday; Sunday matinees begin at 2:30 p.m. in the Osterman Theatre. There is no show on July 4. For ticket information visit [www.clackamasrep.org](http://www.clackamasrep.org) or call the box office at 503-594-6047.

#### July 1, 8, 15, 22, 29

##### *Chrysalis: Women Writers*

Local author Pat Lichen guides women writers of all levels through discussions of their work. Chrysalis meets from noon to 2 p.m. in the Literary Arts Center, Room 220 in Rook Hall. For information, call 503-594-3254.

#### July 2

##### *Independence Day Holiday*

The college will close Thursday, July 2, in observance of the Independence Day holiday.

#### July 16

##### *Horticulture Workshop: Terrariums*

Learn how to design and build a terrarium. All materials are provided. Class runs from 9 to 11 a.m. in Clairmont Hall, room 117. Fee is \$25. Register for course #261694. For more information, email Loretta Mills at [lorettam@clackamas.edu](mailto:lorettam@clackamas.edu) or call 503-594-3292.

#### July 30 – Aug. 23

##### *Clackamas Repertory Theatre: 'How to Succeed in Business Without Really Trying'*

The Clackamas Repertory Theatre presents the award-winning musical "How to Succeed in Business Without Really Trying," written by Frank Loesser and directed by Doren Elias. Evening performances are scheduled for 7:30 p.m. Thursday through Saturday; Sunday matinees begin at 2:30 p.m. in the Osterman Theatre. The July 31 show is sold out. For ticket information visit [www.clackamasrep.org](http://www.clackamasrep.org) or call the box office at 503-594-6047.



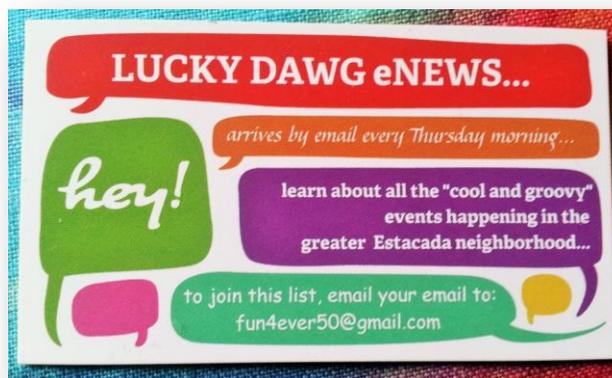
*mark your calendars.....*

## **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~~~

