hey friends and neighbors --

Enjoy this coolest day of the week -- it's going to warm up from here this weekend. It's been a FUN summer so far -- LOTS of watering to keep the flowers pretty and to keep the blueberries from shriveling on the bush. The <u>did you know?</u> below has some FUN summertime ideas from the past...

The Estacada Summer Celebration is coming a week from tomorrow -- YIPPEE..... details below.....What a line-up of FUN....

.

The Community Center is throwing a WEED PULLIN' PARTY -- THIS Saturday, July 18 -- please join us for breakfast at 8 p.m. -- eggs, pancakes, sausage and coffee prepared by the Clackamas Valley Baptist Church and Friends -- donation WELCOME -- then with your garden tools in hand, come outside until about noon to remove all the weeds............Whaddya think??? Please mark your calendars and bring your gardening tools -- breakfast first and then a weed pullin' PARTY....tell your friends.......

Is there anyone out there who has EXTRA perennials and bushes they would like to get a tax break for donating? The Estacada Community Center would be GRATEFUL for the donation. If you have, or know of someone with extra plants, please phone gloria at 503.630.7454 weekdays. Or email me at gloria.communitycenter@gmail.com. We THANK YOU for your consideration...

.

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....

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: fred meyer.com/communityrewards or 1 866 518 2686.

.....

Need a strong crew of well-supervised kids for your event or project? We have students eager to earn money, and trained to work hard for it. Why are they so willing to work? Watch the video at: https://youtu.be/u-tw28FZ-A4. Also, watch for Summit Fun-Raisers around town, and please support their effort to become better local historians by learning more about our nation's history and the sites that share it. Contact ebutler@summitlc.org to hire or donate for the cause.

.

Estacada Food Bank will gladly accept pet food donations on Tuesday and Friday from 10:00am-3:45pm. during July and August. Thanks for helping feed the local four-legged community!

.

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....

.....

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.......

gloria ©.				
•••••	•••••	• • • • • • • • • • • • • • • • • • • •	•••••	<u>.</u>
				•

start a conversation and impress your friends with these tidbits:

did you know? -

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

15 Forgotten Summertime Activities We Need To Bring Back

Summer is here and it's time to enjoy the sunshine. It's also the perfect time to take a break from technology. Ditch your TV, shut down social media, and go outside. To do what, you might ask? Here are 15 summer activities from yesteryear that we should totally revive in popular culture.

1. SKIPPING ROCKS.

Here's a recipe for a classic summer: Put down the video game, go outside, and throw rocks at water. Once you've mastered the flick of the wrist required to get the right amount of spin on your stone, it's hard to stop counting how many skips you get on each throw.

2. PLAYING LOGGITS.

This game played in Tudor England was sort of like a cheap version of horseshoes. Players stuck a stick in the ground, and took turns throwing other sticks at it. Whoever got their stick closest to the target won the game. Consider this activity more proof that all you need to have fun is some debris and a sunny day.

3. ROLLING A HOOP.



You've probably seen this one in old-timey paintings, but chances are you've never rolled a hoop. The activity, also known as trundling a hoop, requires nothing more than a wooden hoop and a small wooden rod like a dowel. For centuries, kids amused themselves by running along and tapping the hoop with the rod to keep it rolling on a straight course. Easy to learn but tough to master, this one kept generations of kids out of mischief.

4. HAVING AN OUTDOOR DANCE.

"Schottische" is a traditional folk dance, much like a slower polka. It has long been a popular dance at Swedish midsummer festivals, which celebrate the season's warmth and long daylight hours.

5. GROWING GIANT VEGETABLES.



Giant crop competitions appear in several state fairs. The tradition is particularly notable in Alaska, where longer sunlight hours during the summer make growing enormous produce easier. One Alaskan has grown seven world-record-sized vegetables, including a 76-pound cabbage! Most people no longer grow their own food, but taking pride in creating something uniquely huge is a vital American tradition.

6. USING BATHING MACHINES.

Before string bikinis were considered appropriate beach attire, Victorian ladies frolicked in the surf within the confines of a bathing machine. These private carts gave women a sheltered space to change their clothes right on the water. Sure, most women are no longer afraid of being seen in a bathing suit, but wouldn't it be nice to have your own private hut in the surf?

7. HEADING TO THE SUMMER FARM.

In agrarian Scandinavia, farmers traditionally lived on one farm during the winter and on another in the summer. When the weather warmed, farmers would take their livestock up into the mountains to feed in the meadows while they made repairs and grew hay on their home farm. Milkmaids would stay in the mountains for the summer months with the goats, sheep, and cows, milking them to make butter and cheese. A scenic rural getaway surrounded by dairy products? Yes, please.

8. SCULPTING OUT OF BUTTER.

Carving sculptures out of chilled butter is an American art that dates back to the 1870s, when a woman from Arkansas sculpted the main character of a 19th century Danish play in bas relief using brooms and sticks for Philadelphia's 1876 Centennial Exhibition. The activity later became a staple of state fairs, and while it still goes on today, the practice could really use a revival in general culture. The best art is edible.

9. PLAYING A SIDEWALK GAME.



In early 20th century New York City, kids played a popular street game called Skully. They would draw a large square on the asphalt or cement with several numbered boxes drawn inside the board, then flick bottle caps onto those targets in numerical order.

10. HAVING A GARDEN PARTY.

Victorian England was known for its garden parties, when fancy socialites would gather on carefully manicured lawns to enjoy the nice weather. Guests enjoyed lawn tennis, live music, dancing, and races. While country estates are harder to come by these days, a little backyard lawn tennis followed by tea sandwiches is the perfect way to spend a summer's day.

11. TAKING A ROAD TRIP.

As America's interstate highway system connected more places and more people bought cars, road trips became a popular vacation after World War II. However, higher gas prices and fewer vacation days eventually made the quintessential family getaway a little less popular. But as gas prices fall this year, the freedom of the open road may be back within reach—at least for this summer.

12. LEGALLY OPENING UP A FIRE HYDRANT.

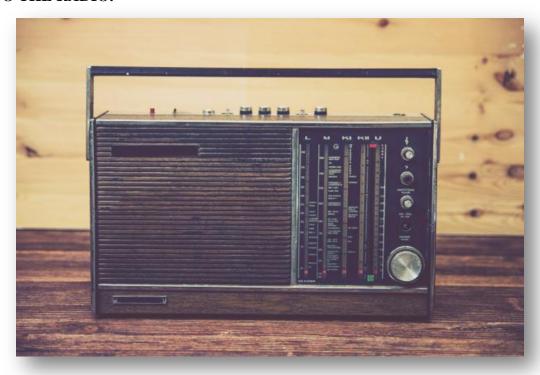


Flooding the street completely on a hot summer day is a no-no, but city slickers trapped in the heat can still create an urban oasis on a hot day. New York City, for one, offers fitted caps that funnel a gentle spray of water out of an opened hydrant—legally. Your block could be home to the tiniest of water parks.

13. CELEBRATING THE SUMMER SOLSTICE.

Since ancient times, people have celebrated the longest day of the year with dancing, food, bonfires, and more. Try celebrating it the way they do in Sweden: Traditionally, Scandinavians clean out their houses and decorate them with flowers before the holiday.

14. TUNING INTO THE RADIO.



An integral part of the warm weather season is the so-called "song of summer," that one tune that seemingly plays in the background wherever you go. Online radio isn't the only way to find your summer jam. Listening to a favorite rock DJ is no longer how most people get their music, but there's a bonus that comes with hauling out your old portable radio: You can take it to the beach.

15. SPREADING A HOAX ABOUT A SEA MONSTER.

During the summer of 1937, newspapers in Nantucket began publishing accounts of a mysterious sea serpent that had come ashore, based on
photographs of giant footprints on the beach. As it turned out, the New England seaside's huge monster was an inflatable balloon, staged by a
local puppeteer to draw attention to his shop.

Mary Charlotte's Garden Party...

IP FOSTER FARM PRESENTS





MARY CHARLOTTE'S GARDEN PARTY & FASHION SHOW

July 18, 2015, 1:00 - 4:00

Philip Foster Farm 29912 SE HWY 211

For additional details:

Come celebrate the early women of Oregon at Philip Foster Farm's annual Garden Party. Watch a historic fashion show and learn about Eagle Creek, OR 97022 styles of the 19th century. Blooms, textiles, music, and treats!

philipfosterfarm.com jzhhistsoc@rconnects.com (503) 637-6324

Summer Celebration is BACK.....YIPPEE!!!...



Weight Watchers OPEN HOUSE...

WEIGHT WATCHERS OPEN HOUSE

July 21, 2015 @ 4:00 p.m.

River Mill Elementary School Library

Raffles for Fun Prizes

No Obligation - Info Only

See a Meeting and How it Works

Ask Peers Questions

- ❖ 13 Week Series Starts July 28th
- Meets Every Tuesday at 4:00 pm
- Find Support and Accountability
- ❖ Meetings are Fun & Informative
- ❖ Eat Real Food with Your Family
 - It really works

Questions? Kathy Hoselton, Leader

kathy.hoselton@gmail.com

503.789.5057

Hi SEED Estacada School Garden Volunteers...

SEED will harvest the Estacada Junior High gardens for the Estacada Area Food Bank this Tuesday, July 14, and Friday, July 17, from 7:30AM-9:30AM. Join us while the gardens are cool and enjoyable in the morning shade! We'd love to have your wonderful volunteer help to harvest veggies, as well as to finish a bit of light weeding of the veggie beds and spread what remains of the pile of bark dust on the corner shrub beds.

Please bring a water bottle. Hope to see you soon in the school gardens! -- Mary Ann Bugni

SEED Stewarding an Edible Estacada School District 503-724-7740

BBQ, Raffle, Beer Garden...



Voices on the River...

Paradise House Concerts

presents (our 4th annual!)

Voices on the River

with Carl Solomon



and Kelly Bosworth



Saturday afternoon, August 1, 2015

seating 3:30 pm Music 4:00 - 7:00 pm

Along the Clackamas River in Eagle Creek, Oregon

28683 SE Paradise Rd, Eagle Creek

Tickets \$15 donation per adult. Children FREE

Seating is limited. Reservations required. Email or call Judy Beaudoin kimandjudy@hotmail.com 503 630 5686

BYOB (glasses and light snacks provided)

Thank you for supporting live music. All money collected goes to the musicians.

carlsolomonmusic.com

kellybosworth.com

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

For inclusion in the July 16, 2015, issue of the Estacada News

ESTACADA COMMUNITY CENTER

200 SW Clubhouse Drive, 503-630-7454

Community Center Board meeting

The next Community Center Board meeting will be at 5:00 pm on Thursday, July 16 at the Center, 200 SW Clubhouse Drive. The meeting is open to the public.

Free Saturday breakfast

Estacada Community Outreach will host a free breakfast from 8-11 a.m. Saturday, July 18 at the Estacada Community Center, 200 SW Clubhouse Drive.

Bus trip to Estacada Saturday Market followed by free concert

There will be a bus trip to the Estacada Saturday Market followed by a free concert at Grace Place on Saturday, July 18. \$2 transportation. Bus leaves Center at noon and at 1:30 pm continues to Grace Place. (Transportation back to the Center will be provided for those not attending the concert.) Call 503-630-7454 to reserve a seat on the bus.

Dinner, live music and dancing

An all-ages evening of dinner, live music performed by the Heartland Classic Country Band and dancing will be held starting at 5 p.m. Saturday, July 18 at the Estacada Community Center, 200 SW Clubhouse Drive. Dinner costs \$6; \$3 for music and dancing only. Raffle to benefit Meals on Wheels.

Wednesday breakfasts

The Estacada Community Center offers breakfast for \$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. PLEASE NOTE: There will be no tai chi class on Friday, July 17.

Seniors exercise class

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

Tae Kwon Do classes

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

Weight-loss group

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

<u> AA Meeting -- NEW...</u>

Hi Gloria,

• • • • • •

Here's a	wee]	bit	of	news:	There	is	а	new	AA	meet	ing	in	town.	Ιt	is	on
Thursday	even	ings	at	the	Assemb	ly	of	God	Chi	ırch;	478	NW	Wade	Str	reet	;
Estacada,	, from	m 6:	00	pm to	7:00	рm										

Grier	•				
	• • • • • • •	•••••	• • • • • • •	 	<u></u>

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

WADE CREEK HOUSE ANTIQUES

664 NW Wade Street . Estacada . Oregon

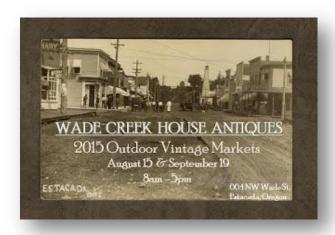
Facebook & Blog

ESTACADA FARMER'S MARKET will be at Wade Creek House Antiques this Saturday back to their regular time..... 10a - 2p. They will have bottled water and freeze pops available for free instead of their usual coffee and cocoa to help keep their vendors and customers cool.

For your calendars....

<u>AUGUST 15& SEPTEMBER 19- are the dates of our</u>

<u>OUTDOOR VINTAGE MARKET at WADE CREEK HOUSE ANTIQUES.</u> 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.



Looking forward to spending some time with you...

East Coast Here We Come...please help...

Students of Summit Learning Charter (formerly Estacada Web Academy) are hosting community events to raise money for educational travel to Philadelphia, New York, Boston, Jamestown, Colonial Williamsburg, and Washington, DC.

The events:

August 7th - Spaghetti Dinner 5-9:00 p.m. at the Odd Fellows Hall in Estacada (next to the Post Office). All you can eat spaghetti, bread, and salad, with soda or water, only \$7.00 at the door. Advance tickets \$6.00 (call 909-747-5873). Gluten-free available for \$2.00 more. First Friday in Estacada is a great time to come out and enjoy live music and art on the town!

August 8th and 9th - Rummage Sale at the Odd Fellows' Hall in Estacada, 11-4:00. Whether you want to donate sale items or come shop, this is an easy way to support

student travel.

August 21 - Spaghetti Dinner at the Sandy Community Action Center 38982 Pioneer Blvd, in Sandy, 6-10 p.m., followed by Bingo.

The students:

Most of these students are volunteers at the Philip Foster Farm on the Oregon Trail, where they help younger students learn about the pioneers who traveled the Barlow Road and settled Oregon. Some have never traveled outside of Oregon. They want to understand US History better, and interact with docents and historic interpreters at some of the great museums and living history sites on the East Coast.

You can help:

Besides these and other community events, students are collecting scrap metal, and soliciting donations from individuals and corporate sponsors. For more information, please contact Elaine Butler at ebutler@SummitLC.org.

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

Rai	Jnd	$\cap f$	G_{Ω}	If/C	ີ (ລາ	rt
1 7 1 71	11111	1 11	\ 	11/	,0	

□ 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

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

WINE IN THE WOODS FESTIVAL SUNDAY JULY 19 IN MEINIG PARK



Come help kick off the Sandy Summer Sounds concerts at the Wine in the Woods Festival in Meinig Park on Sunday, July 19th from 4:30-8:30pm. Enjoy sampling a variety of wines and plan on purchasing a delicious dinner or dessert while listening to some great music and visiting with

neighbors. Wine will be available by the sample, glass or bottle. For the beer drinkers among us, the Beer Den will also be on site.

Food will be provided by Busy Bee Catering offering several choices of entrees (including a vegetarian option), appetizers & desserts.

Be sure to come early to catch Portland based band Padam Padam starting at 5pm. They will be playing music inflected with styles from around the world, led by singer Lisa Berkson Platt. Band members play a lively and unusual assortment of instruments including viola, Venezuelan cuatro, accordion, melodica, oud (Arabic lute) and saz (Turkish stringed instrument), to name a few! Padam Padam transports you to cabarets and streets, to the far corners of the world as they play music from Latin America, the European cabaret scene and contemporary North America. Their repertoire includes tunes by Kurt Weill and Bertolt Brecht, Eddie Cantor, Xavier Cugart, Tom Waits, Jacques Brel and Ms. Piaf. They also play some outstanding originals.

Around 6:45pm Meinig Park transforms into a French vineyard when French Twist X3 takes the stage. French Twist X3 is a new band composed of three seasoned jazz vocalists from the Portland area, Mitzi Zilka, Nancy Curtin and Jason Woodrow.

The trio has designed a show just for Sandy Summer Sounds calling it, "From Paris to Rio." They will be singing a variety of retro French Pop (Serge Gainsbourg and Paris Combo), Brazilian bossa nova (Antonio Carlos Jobim) swinging jazz tunes in French (Django Reinhardt, Edith Piaf) as well as a selection of French Canadian folk songs written by the McGarrigle Sisters.

To spice things up, the group will be re-enacting iconic songs like the Beatles Michelle, Quand on s'aime (Michel Le Grand and Nana Mouskouri) and La vie en rose (Edith Piaf). This is a show you don't want to miss!

The Wine in the Woods Festival is held in the SE corner of Meinig Park. Music will be at the Theater in the Woods stage, and food & wine will be at the beautiful log gazebo. The event is free and family friendly. For more information, call the Community Center at 503-668-5569.

####

Katie Murphy Library Assistant, Sandy Public Library Coordinator, Sandy Summer Sounds www.sandysummersounds.com 503-784-2044

•••••

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

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

ENTRY INCLUDES

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

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

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 CONT	ACT NANCY 503-803-8187 OR
ESTACADACRUISE@AOL.COM I	PLEASE LIKE US ON FACEBOOK
	••••••

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 6th Avenue Estacada, OR 97023 RSVP to Kate at 503-630-2986



Senior Living

380 North West 6th Avenue enlivant.com Estacada, OR 97023 503-630-5341



Sandy Players Theatre Happenings...

Auditions

Hay Fever by Noel Coward

Saturday, July 18th 1:00 pm Sandy Actors Theatre

Stage star Judith Bliss, her novelist husband, and their two grown children have each invited houseguests for the weekend. But as the Blisses indulge their artistic eccentricities in a hilarious whirlwind of flirtation and histrionics, the guests begin to wonder if they've landed in a madhouse – and if they can survive the weekend with their own wits intact.

The auditions are from cold readings and open to all.

Sorel Bliss an attractive young women (17 to 21)

Richard Bliss (Sorel's brother) an attractive young man (17-21)

Judith Bliss (mother) a famous actress (45-65)

David Bliss (father) a famous novelist (45-65)

Myra Arundel (a guest) foxy woman (25-40)

Richard Gretham (a guest) somewhat sophisticated man (25-40)

Sandy Tyrell (a guest) athletic type man (19-35)

Jackie Coryton (a guest) shy women (19-35)

Clara (the housekeeper) bubbly woman (20-70)

For more information send an e-mail to manager@sandyactorstheatre.org

LOOKING FOR A VOLUNTEER

A Recording Secretary

The Sandy Actors Theatre's Board is looking for a volunteer to assume the role of recording secretary for our monthly board meetings. The Board currently meets on the third Thursday of the month at 6:30 pm at the theater. We are looking for someone who can take the mintues of the meeting and then distribute them to the board by e-mail before the next meeting. There is no pay, only the appreciation of the board for taking on this job. If you are interested, please reply to this e-mail.

Mt. Hood Adventure Retreat (Paddle Boarding/Yoga)...



Come Play with us...

Do you enjoy Yoga? or been wanting to try?

Do you like to Paddle Board or been wanting to try?

Do you enjoy Connecting with open minded Adventurist types?

If you answered yes to at least one of the above then we have put togehter the perfect Adventure Retreat for you!

3 days of Deepining your Conciousness with Yoga, Organic Meals, and 2 days of Paddle boarding Adventures

Come and enjoy 2 nights and 3 days of breath taking nature, self care, and an abundance of fun!

Friday, July 24th-Sunday, July 26th

Arrival begins Friday at 2:30 p.m. and Departure is Sunday at 3:30 p.m.

Cost:

\$395 which includes Yoga, Organic Meals and Paddle Boarding! \$90 Discount for brining your own Paddle Board!!

Anyone that's really wants and needs to do this Retreat and needs more flexibility with your finacial budget please contact Paleena to see what kind of Payment/Trade arrangement she can work out.

Early Bird Price before July 1st is \$345

- See more at: http://www.myuniqueperfections.com/events/2015/07/mt-hood-adventure-retreat#sthash.YKIhQNFB.dpuf

http://www.myuniqueperfections.com/events/2015/07/mt-hood-adventure-retreat

<u>.....</u>

Animal Sanctuary OPEN HOUSE...

Come join the FUN at the Out to Pasture Animal Sanctuary OPEN HOUSE!



Saturday, July 25, 2015, 5 to 8 p.m.

ALL AGES ARE WELCOME AT THIS FAMILY-FRIENDLY, FREE EVENT!

Vegan BBQ, Vegan Cupcake Walk, Sack Races,

Watermelon Eating Contest, Raffle Prizes, And a Chance to MEET the ANIMALS!

Thank You to Our Wonderful Sponsors

















Design & photos by Beth Lily Redwood



Follow us on Facebook. www.outtopasturesanctuary.org
Call (503) 756-8652 for more information.
Address: 33190 SE Regan Hill Rd., Estacada, OR 97023

Making the Most of Your

Lawn Irrigation System this Summer...

Think Water Wise

Watering For Efficiency

Once you turn on your lawn sprinkler it is easy to forget how much water you use in a short period of time. Running a single sprinkler for an hour at five gallons per minute will use more water than ten toilets flushes, two 5 minutes showers, two dishwasher loads, and a full load of clothes combined!

Taking time to check, repair, adjust the system, and provide periodic checks throughout the summer season can insure your lawn and plants are being watered properly *without* wasting water.

How to Check Your Automated Irrigation System

Run the entire sprinkler system, one zone at a time. As you do this, check for the following:

- Signs of Leakage- Look for damage to the spray heads or piping. Repair as needed.
- Inefficient Spray Pattern- Nozzles get clogged and need to be cleaned. Also, nozzles and spray heads may need adjustments to reduce overspray onto walks, driveways, etc.
- Interference of the Spray Pattern- Adjusting spray heads to accommodate the changing landscape will eliminate dry spots and puddling caused by blocked spray.
- Over Grown Grass Grass can impede on spray heads, make sure it's kept trimmed. Also, check for leaning spray heads and adjust accordingly.

Additional Water Saving Tips

- Watering to the Weather Adjust controllers throughout the summer so you aren't depriving or watering unnecessarily. Visit the Regional Water Providers Consortium website at www.conserveh2o.org for the current weekly watering number.
- Rain Sensor Switch -Install a sensor that will automatically shut off your irrigation system when it rains.
- *Cycle and Soak* –Split watering times into two applications with a break in between to promote deeper root growth while fostering a landscape that is more resistant to dry weather.
- Consider Drip Irrigation—This reduces evaporation and puts water directly at the roots.
- Watering at the Best Time Water early in the morning when the air is cool and calm and evaporation is at a minimum. Watering in the evening is the next best.
- At the end of the summer season and before winter, be sure to thoroughly drain your irrigation system to prevent freezing. Contact a Landscape professional for assistance.

Landscape Rebates

To help you water more efficiently this summer the Clackamas River Water Providers are offering three landscape water use rebates. Choose the item/s that will work best for you (1) a rain sensor, (2) a manual hose bib timer, (3) high efficiency spray nozzles. Apply for up

to a maximum combination landscape rebate of \$110. These rebates are available on a first-come, first-serve basis until the program funds are depleted. Limit: Customers can take advantage of each rebate one time, per account, per year.

The Clackamas River Water Providers (CRWP) is a coalition of municipal water providers on the Clackamas River which serve drinking water to almost 300,000 people in Clackamas County. We are committed to helping our customers do whatever they can to use their water more efficiently.

Water Lean and Go Green...

Water, Lean and Grow Green With these simple tips



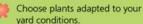
Choose the Right Plant FOR the Right Place

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

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 intotwo 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
- Replace your lawn with low-wateruse plants and/or hardscaped areas.
- The less water we use the more water we can leave in the rivers for fish.



- 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.

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.

Ruild 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.



he 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

. IT 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.

JANYONE 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

'Sundays at Seven' Concert Series Kicks Off with Rebecca Kilgore...



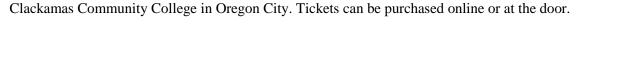
OREGON CITY - Clackamas Repertory Theatre begins the second season of its cabaret concert series on Sunday, July 19, with Rebecca Kilgore. "Sundays at Seven" offers a unique selection of jazz standards, classic and contemporary musical theater and, unique this year, an entire album of songs by Joni Mitchell.

One talented performer headlines each of the three shows. Kilgore, a nationally known pop/jazz artist opens the series. Merideth Kaye Clark, star of Clackamas Rep's "Kiss Me Kate;" returns on Aug. 16, and musical theater/classical music singer Douglas Webster is featured Sept. 27.

Kilgore is one of America's leading song stylists who finds particular delight in preserving and interpreting the music of the Great American Songbook. She regularly performs at jazz festivals, is a frequent guest on NPR's "Fresh Air," has appeared at Carnegie Hall with Michael Feinstein and on "A Prairie Home Companion." She will appear with Tom Wakeling on bass and Randy Porter on piano.

Following three sold-out performances at Portland Center Stage, Clark will perform one of the most iconic albums of the 20th century in its entirety, Joni Mitchell's "Blue." Clark will play guitar and Mont Chris Hubbard will accompany on piano.

Webster was a huge hit at Clackamas Rep last summer, and he will be back for another stirring concert full of show tunes and arias.



CLACKAMAS*COMMUNITY*COLLEGE

Tickets are \$15 a show or all three performances for \$40. All shows begin at 7 p.m. in the Osterman Theatre at

CALENDAR OF EVENTS

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

CONTACT: JANET PAULSON • 503.594.3162 • jpaulson@clackamas.edu

July and August 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 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 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 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 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 or call the box office at 503-594-6047.

August 1 - 23

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

Clackamas Rep 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. For ticket information visit www.clackamasrep.org or call the box office at 503-594-6047.

August 5, 12, 19, 26

Farmer's Market Wednesdays

Summer term on Wednesdays, from 11:30 to 1 p.m., the Urban Agriculture Farm Experience class at CCC will sell vegetables, 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 or call 503-594-3292.

August 5, 12, 19, 26

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.

August 7-8

Horticulture Workshop: Build a Cob Oven/

Learn how to build a small cob oven for your backyard. Class is from 9 a.m. to 5 p.m. both days in Clairmont, room 117. Fee is \$65. Course registration number: 261695. For more information, email Loretta Mills at lorettam@clackamas.edu or call 503-594-3292.

August 16

'Sundays at Seven' featuring Merideth Kaye Clark

Clackamas Repertory Theatre continues its "Sundays at Seven" cabaret concert series on Sunday, Aug. 26, with a show featuring Merideth Kaye Clark performing Joni Mitchell's "Blue" album. Tickets are \$15 a show or all three performances for \$40. All shows begin at 7 p.m. in the Osterman Theatre. Tickets can be purchased online at www.clackamasrep.org or at the door.

•••••	• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •	•••••
• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •

A Family Constellation Workshop...



Discovering the Gift of Freedom: A Family Constellation Workshop with Suzi Tucker

October 16–18, 2015 Hidden Lake Retreat

Dear Friends and Colleagues --



Suzi Tucker, master Constellator, is returning to Hidden Lake for another wonderful three-day Family Constellation Workshop.

If you are seeking greater ease and freedom, this special workshop promises to be extraordinarily powerful in opening bright and beautiful possibilities for our lives.

Through Family Constellations we can begin to uncover sources of information that run beneath the surface of our knowing – intergenerational forces often lost to our awareness but powerfully influencing our feelings, our sense of possibility, our sense of self.

In a Family Constellation, participants bring an issue to the group—a recurrent frustration, a desire, an obstacle, a feeling of deficit. Once the issue is clarified and some minimal, factual information is established, we set up an image of the situation,

inviting other workshop participants to represent relevant people or elements. Freed from interpretation and judgment, the ecology that surrounds the problem begins to take shape, witnessed and felt by everyone present...

Tuition: \$400
Commute or stay at Hidden Lake or in proximity. Costs for accommodations are separate; contact <u>Judith</u> to inquire.

To read more about this workshop or to register, click here.

We anticipate that this workshop will fill quickly. We sincerely hope you can join us.

Sending Joy From the Lake,

Lauri and Judith

Judith Crop
Hidden Lake Retreat, Inc
judith@hiddenlakeretreat.org
503-637-3407

mark your calendars......

Additional sources of information......

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

On FACEBOOK please LIKE the following local arts group pages:

estacada arts

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





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

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

.

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

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

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

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

aren't we LUCKY DAWGS to be living in estacada, the BEST place of	on earth?!!!
enjoy one another we're all in this together :)	
gloria :).	
~~~ shopping locally is a GOOD thing	<b>) ~~~</b>
~~when we support the local events and businesses,	, they support us~~~
************	
***************************************	