



Summerfield Summary

SCA BOARD NOMINATIONS

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Summerfield Civic Association

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Monday through Friday,
8 AM—12 noon

Golf Pro Shop:
503-620-1200
www.golfsummerfield.com

This year we have two vacancies to fill at our July Annual Meeting for our 2023-2024 Board of Directors. To fill these positions, we ask that members of the Summerfield Community nominate people that they would like to see representing Summerfield on the Board. Members of the Board serve a three-year term, and must attend at minimum two monthly meetings, each Board member is assigned a couple of Committees to act as a liaison between that Committee and the Board and can weigh in on the Budget.

What qualities contribute to a great Board member? Board members should act with professionalism, be reasonable and fair, commit to teamwork, and be able to see the big picture regarding what is best for the association.

To nominate a resident, you may submit your form online (www.summerfield55.org, Residents, Forms, Nominating Form) or pick up a paper copy at the SCA Office. Fill it out and turn it in either in person or through the gold mail slot under the office window. Pertinent information includes the Summerfield owner's name, work experience, civic/volunteer experience, Summerfield Committee/Club/Activity experience, and any other relevant information. Or send an email to admin@summerfield55.org. You may also self-nominate!

The process of our Nomination Procedure is outlined in our By-Laws. Here's the excerpt:

"3.2 Nomination for Position as Director. The president, with the approval of the Board, shall appoint, not later than April 15 of each year, a nominating committee of not less than fifteen (15) persons. This committee is to consist of no less than three people from each of the five areas of Summerfield designated as Community Watch Areas, or from other such areas as the Board shall designate to provide wide geographic distribution. Among these fifteen committee members is to be a member of the present Board as chairman, two past Board members, and the presidents of the Men's Golf Club, the Women's Golf Club, the Travel Club, and the Singles Club, or their designates. No person shall serve as a member of the nominating committee for two consecutive years. This committee shall nominate, from among Proprietary members living in Summerfield, one candidate for each of the positions to be filled. Names of nominees shall be given to the Board not later than the first of June. The list of candidates will be posted on the Clubhouse bulletin board and notice published in the next issue of the local newspaper. The president shall call a special meeting of Summerfield residents, approximately two weeks before the regular annual meeting, for the purpose of introducing the candidates.

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PRESIDENT'S MESSAGE

I attended a "Chat with the Chief" event that we hosted at the Clubhouse this week. It was well attended with close to 100 people from Summerfield and our neighbors. Chief McAlpine did a wonderful job addressing Police activities and Safety Issues in Tigard and Summerfield. She spent the majority of the time taking questions from the audience and there were many. I won't go into any details as Barbara Sherman, our Tigard Liaison and intrepid reporter, was in attendance and is a skilled reporter for local media and is reporting on this event. (See age 9.)

I will mention one response from the Chief regarding safety in Summerfield. Chief McAlpine responded that we are very fortunate to live in a relatively safe Community. She said that people in Summerfield know their neighbors and watch out for them. Townhomes and Condos tend to have regular activities for residents to get to know each other and socialize. Activities include Tuesday Trivia, Wine Wednesday and holiday gatherings.

I think that many of our Committees, Clubs and Activities also provide opportunities for people to be involved and get to know people. Our Men's and Women's Golf Clubs are a wonderful way to socialize and meet people. Rob, our Golf Pro, is a master at promoting golf tournaments that bring people together and mix up teams to compete for prizes. From the Chapman Event to kick things off to the Santa Claus Open to close the season, there are fun events to sign up for. If you love music and singing we have Summerfield Singers, Encore Singing Group and a piano group. There is something for everyone if you are interested.

Summerfield runs on Volunteers, another great way to meet people and share your talents for the good of others. Volunteers make a difference every day and it can be fun and fulfilling.

It has been my privilege to volunteer at Summerfield and to meet so many wonderful people from all over the country who moved here, and with many and unique backgrounds and interests. I have met a former FBI agent, a Veteran who served in WWII, Korea and Vietnam. I have met Firemen, Doctors, Police, a Hollywood Director and even a former Rockette, all with fascinating stories. I am in awe of their many accomplishments.

We are a Welcoming and Inclusive Community and we are all the better for it. I remember a song from the 60's by The Youngbloods who are probably now in their 70's! Still pretty good advice in the lyrics and just as applicable today!

"Love is but a song we sing, fear's the way we die.
You can make the mountains ring, or make the angels cry.
Though the bird is on the wing, and you may not know why."

"Come on people now, smile on your brother.
Everybody get together, try to love one another, right now."

Sláinte

Tom Clancy

Upcoming SCA Board Meetings



Agenda Meeting March 6, 2023, in the Conference Room at 9 AM.

Board Meeting March 13, 2023, in the Conference Room at 9 AM.

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Any member who wishes to submit an additional candidate may do so by written petition, with signatures of at least twenty-five (25) residents, prior to the special meeting at which candidates are to be introduced. Any such additional candidates will be identified as such on notices of candidates and on the ballots."

Then it elaborates on the "Election of Directors" and in 3.4 Ballots it states: "NOTE: In the case that no additional nominations have been made by petition and the only nominees are those presented by the nominating committee, the provisions of Section 3.3 and 3.4 shall be suspended and the election shall be by hand vote at the beginning of the annual meeting."

Submitted by the SCA Office

MONTHLY CLUBHOUSE TOUR

WEDNESDAY, March 8, 1-2 PM

To welcome our new residents there are monthly tours of our stunning Summerfield Clubhouse each month on the First Wednesday of the month. March 8th is the next scheduled date. Tours will start promptly at 1 PM in the Clubhouse fireplace lounge area. There will be a Q & A session at the end of the tour. In addition to newcomers, **any resident** is welcome to join a tour.

For questions, please call Barbara Lance at 503-639-8134

Submitted by Barbara Lance

Oops! The 2023 Annual Assessments are now past due and per our CC&Rs, the late fees and interest have been added. Please pay very soon—we hate to turn over the past due accounts to our collection attorney (and the fees added to the account).

CLUBHOUSE COMMITTEE

The Clubhouse Committee is off to a running start in completing the renovations on the first floor of the Clubhouse.

You may have noticed the baby grand piano in the living room... look for information on 'Piano Nights'. Maybe you've enjoyed the new blinds on the windows in the living room shading the glare from the winter sun! And, watch for the next installment in our new display case in the hallway! Soon we will have new lighter, more efficient rolling chair carts and a concealed storage area in the Lakeview Room for folding chair storage and more.

AND, we have interviewed residents, caterers, designers and contractors to get ready for the kitchen renovation. Soon we will have bids from three contractors and will be ready to submit our recommendation to the Board for approval to move forward. Watch the Summary and the website for updates!

We ask for your patience and consideration as work continues on these projects. An effort will be made to not disrupt life in the clubhouse too much!

We would still like new members for the Clubhouse Committee. Contact Deb Simpson for more information.

Submitted by Clubhouse Committee

MONDAY MORNING COFFEE

Enjoy coffee, tea, and a treat every

Monday at 9 AM

It's a great way to make new friends and catch up with old(er) ones!!

Submitted by Connie Jones



TUESDAY EVENING HAPPY HOUR

Join us in the Clubhouse "Living Room" every Tuesday evening from 4-6 PM. It is come as you are and BYOB. Bring a friend or make some new friends.

Submitted by Carene Svoboda



ART GUILD

The Creative Art Guild hopes you are enjoying the new works displayed on the Clubhouse Gallery Walls. Giving artists the broad theme of "Personal Expression/ Interpretation" guarantees you'll see works that give some insight into what inspires each artist.

Whether you enjoy watercolors, oils, pastels, colored pencils, mixed media or photography, you're sure to enjoy this display!

Our next Art Guild meeting is Monday, March 20, at 3 PM in the Arts and Crafts Room. Please plan to bring a piece that you are currently working on to share with the group and/or another piece you would like feedback on. We look forward to seeing you there.

Submitted by Lori Owen



YOGA, TAI CHI, AND QI GONG



Put more SPRING into your steps with regular Tai Chi, Qi Gong, and Yoga every MWF at 8 AM (Yoga at 8:30). We exercise in Clubhouse Ballroom.

Submitted by Connie Jones

GARDEN CLUB

At the Summerfield Garden Club's February meeting, we had a short program on the Rose Garden (at the end of Highland Dr). The history of the Rose Garden, how it was started, and who has maintained it over the years. It is now maintained by some members of the Garden Club and other Summerfield residents. The Rose Garden is on the City of Tigard property and they allow us to have and maintain the Rose Garden. We fall under the City of Tigard Parks and Recreation, and they are very helpful for any supplies we may need. If you are interested in helping with the Rose Garden and are willing to be responsible for a few rose bushes, please let me know. If you like to weed, we could really use your help, several of our workers are unable to get down to pull weeds.

March 13, we will be meeting in the west end of the Clubhouse parking (by the pool) at 10:30 AM to carpool to Bauman Farms for lunch (\$10) and tour their gift shop, bakery, market, and fresh spring plants and flowers. You must make your reservation with Carole Krueger by March 1.

Submitted by Karen Walker



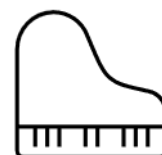
PIANO BAR THURSDAYS

Come and join us for piano music and (BYOB) beverages on the 2nd and 4th Thursday of each month from 6:30 to 8 PM in the Clubhouse Living Room by OUR NEW BABY GRAND PIANO.

Maybe you haven't retired yet and aren't able to attend some of the daytime activities offered at Summerfield, or you would just like an after-dinner evening event to relax and listen to piano music — then join us on March 9th for our first "piano bar" gathering.

The music will include a variety of styles including show tunes, jazz, light classical, and some sing-alongs.

Submitted by Lydia Cooper



NEWCOMERS EVENT

If you moved into Summerfield in September 2022 through March 2023, you are invited to a **Newcomers Meet and Mingle Wine Tasting.**

April 1, 2023, 3-5 PM

There will be Door Prizes

Clubhouse Lakeview Room

RSVP to Carene Svoboda 503-726-8180

ARCHITECTURE/LANDSCAPE COMMITTEE

With longer days and warmer temperatures, you might be thinking about spring and summer home and outdoor projects. Here are some 'best practices' as you talk with contractors about your project:

- ◆ Determine your priorities and budget, including a \$ amount for contingencies
- ◆ Define the specific scope of work – what is the desired end result
- ◆ Get several bids, and be sure all bids are for the same scope of work
- ◆ Keep records and notes
- ◆ Ensure the contractors have the appropriate licensing and insurance
- ◆ Read reviews on social media; check with the Better Business Bureau; check references; ask neighbors for referrals
- ◆ Carefully read the final contract/agreement – who is responsible for what (materials, permits, city codes, locating services, etc.), does the bid match the exact scope of work, what is the payment plan, how are changes handled, what is the timing, is the work guaranteed



When you're meeting with a contractor about a project or signing an agreement for work, consider having a friend or neighbor sit in to be another set of eyes and ears. You can also contact our A&L Committee and see if one of our Area Representatives is available to sit in. And don't forget the Summerfield Change Request!

Submitted by Scott Owen

VOLUNTEER APPRECIATION

The Volunteer Appreciation Committee will host a Happy Hour for those currently serving on a Board Appointed Committee. It may seem like we just had an event, which we did, but we got off track during Covid. We wanted to celebrate the event during the actual National Volunteer Week. The theme of this year's Volunteers' is **To Say Thanks!**

Save the Date!

Wednesday, April 19, from 4-6 PM

in the Ballroom.

Join your fellow volunteers (spouses included) and share in the recognition you deserve.

The Chairperson of each Committee will be sent an invitation with all the specifics.

Submitted by the Volunteer Appreciation Committee

THANK YOU
volunteers



SUMMERFIELD SINGERS

Like to sing? Want to be part of a group that sings just for fun? Then you will like Summerfield Singers! Summerfield Singers meets on the first and third Fridays from 2 – 3 PM in the Ballroom of the Clubhouse. We welcome anyone who likes to sing; you don't have to have a great voice or be able to read music. We sing a variety of songs, from musicals to old favorites and more, so there are sure to be ones you will like.

Interested? Come and sit in a time or two, and if you would like to sing with us, you can join us! We have songbooks available for a nominal cost. We would love to have you!

If you have any questions, Please call Julie at 712-830-7477.

Submitted by Julie Helle, Director and Nancy Vink, Accompanist

BINGO



Bingo goes green for the month of March. On the 10th wear green and join us for an early St. Patrick's Day Celebration. On the 24th join us as we welcome the arrival of Spring. We'll be in the Game Room at 7 PM.

Submitted by Marlene Christensen

MAHJONGG

Come play American MahJongg weekly on Tuesdays between 12 and 3:30 PM in the Game Room.

American Mah-Jongg is a game of skill, luck, and strategy! Whether we win or lose, we come back for more!

FYI: Our current group is small, but our goal is to build it. When recently canvassed, several residents expressed interest in learning how to play American Mah-Jongg. That said, a (Private) AMJ slot is on the 2023 calendar and will provide American MahJongg training for residents who have pre-registered.

Questions, or for more information, call, or text Tish @ 503.314.1575

Submitted by Tish Kremidas



BRIDGE SCORES

Monday 1/16 Cook 3360. 1/23 Finch 4570. 1/30 Bailey 4710. 2/6 Bailey 3640.

Wednesday 1/18 McKim 3750. 1/25 Finch 3770. 2/1 Finch 4760.

Thursday Night 1/19 Jordan 3690. 1/26 McKim 3540. 2/2 Schuller 2390.

Thursday Duplicate 1/19 N/S 1st Grubestic/Windsor. E/W 1st Meier/Nangle. 1/26 1st Bailey/Itel. 2nd Lansburg/Meier. 2/2 N/S 1st Henry/Bennett. E/W Bailey/Itel. 2/9 1st Nelson/Fuson. 2nd Sahler/Nangle.

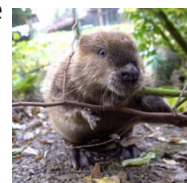
Submitted by Maggie Scarborough

FUN WITH HAND & FOOT

Tuesdays @ 1:30 PM in the Game Room

Casual Drop In Lessons Offered

Stumptown Fil has spoken! Six more weeks of winter, so let's get outta the house to socialize and play Hand & Foot! We have a very fun, casual group that plays every **Tuesday at 1:30 PM in the Game Room. Please plan on being there 15 minutes early for table assignment.**



We start play promptly at 1:30 PM. **Late arrivals may not be seated if play has already begun.**

If you have never played or feel rusty, Susan is offering tutorials at 12:00 PM on Tuesdays, just prior to the regular games, **to those who RSVP at least a day ahead.** Learn the basics without the pressure of a game. You may direct questions or RSVP to Susan by phone (818-648-5356) or by email at scallihan7308@gmail.com.

*The Hand & Foot group does not require masking unless OHA returns to mandate. Some of our players may choose to continue masking, and that is their prerogative. However, by consensus of our regular players, we will continue to require that players be vaccinated due to the number of immunocompromised or at-risk members of the group and the periodic resurgences of this virus and variants around the country.

We ask that if you travel, or are in close contact with someone who has recently traveled, to not attend for 5 days after your return or after that contact. If you feel ill, please do not attend.

Paula Henry and Susan Callihan – Co-chairs

BUNCO

Let's Roll the Dice...

Come play Bunco on March 13, in the Game Room from 7—9 PM.



Submitted by Esther Vickstrom

NEWS FROM FITNESS CLUB

Ladies of Summerfield: Come join us ... We have a weight class every **Thursday at 4 PM in the Ping Pong Room**. Learn how to exercise with free weights. You can even learn how the exercise machines work and start a routine for the spring that helps build bone as well as cardiovascular health.

Bone Health

Our bones are a vital component of our health. Bone is a living tissue that responds to exercise by growing stronger. Most of us begin to lose bone density after our third decade.

Bone loss is a silent condition. It has no symptoms and occurs slowly over the years. Many people have no idea that they have suffered bone loss until they get a bone density test or even worse, they trip, fall, and fracture a bone. We can prevent bone loss by continuing to build bone density throughout our lives.

Exercise is fundamental to health. It can reduce stress and promote cardiovascular health, but it has another important function—building strong bones. If you want to prevent fractures, it's important to build strong, healthy bones. The best defense is a good offense. To do this, it may be time to overhaul your exercise program. Weight-bearing exercise has long been known to build bone density.

Weight-bearing exercise can be done by utilizing your own body weight or using equipment such as weights or machines. Any exercise that places force on a bone will strengthen the bone. Some examples of weight-bearing exercises include:

- Running
- Walking
- Weightlifting
- Hiking
- Strength training (such as push-ups, lunges, and squats)
- Pickleball
- Climbing Stairs



It's never too late to build bone health. Weight-bearing exercise is beneficial at every stage of life. Researchers found that as little as 15-20 minutes of weight-bearing exercise, three days a week was sufficient for building bone density.

Submitted by Linda Mulligan

A NEW TAI CHI CLASS

Do you want to improve your balance, strength, posture, attitude, and confidence with other like-minded people in an environment that is supportive, calm, and positive?

If so, please join us for a new Tai Chi class, led by a Summerfield resident, on **Wednesday mornings at 11:30 AM in the Ping Pong Room**.

Submitted by Jane Miller

QIGONG YOGA

Spring is around the corner!

Do you want to improve your balance?

Perhaps increase your range of motion?

Do you want a sense of more openness in your body?

These are some of the many benefits you may experience from regular participation in **Qigong Yoga** (pronounced Chee Gong).



Join us as we use chairs and other yoga props to help improve our posture, balance, strength, and ability to move with more ease.

We move thoughtfully into poses and exercises that encourage more energy, flexibility, and stability. Variations are offered based on each student's needs.

If you have a yoga mat, feel free to bring it, although it is not necessary to enjoy the practice. Looking forward to seeing you in class!

Tuesdays – 10:30 AM - In the Lakeview Room

Questions? Call or text Pamela – at 503-320-5150

Submitted by Pamela Olzman



CHAT WITH THE CHIEF



Tigard Police Chief Kathy McAlpine's "Chat With the Chief" event on Feb. 13 filled the Clubhouse Ballroom with Summerfield residents and a few of our neighbors since the event was open to the public. Most of the hour-long event was devoted to her answering questions from the audience, which covered a wide range of topics.

Asked if crime from Portland is spilling over into Tigard, the answer was yes because "Portland (police) is so understaffed, and the crooks don't know jurisdictional boundaries," said McAlpine, who has been Tigard's chief for five years.

Most concerning is the increase in homicides, with seven occurring between 2020 and 2022. "There were not that many in the previous five or six years," she said.

Robberies are up from 40 in 2017 to 68 in 2022; assaults rose from 318 in 2017 to 475 in 2022; car thefts have skyrocketed from 96 in 2017 to 273 in 2022; and thefts in general are up 30 percent.

Tigard Police have four vacancies now with two more coming due to retirements, and all cities are trying to recruit and hire officers, according to McAlpine. And once they are hired, it takes 18 months before they are out on their own.

One woman said that drag-racing occurs on Durham Road late at night, and drivers also do donuts in the church parking lot at 98th Avenue, and McAlpine said to report the incidents by calling 911 or the police non-emergency number (503-629-0111).

A woman asked for tips for ladies to stay safe, and McAlpine's answer was to go out in pairs, and be aware of your surroundings and don't talk on your cell phone. "And ring cameras are golden," she added.

McAlpine also touched on scams that affect seniors, reminding the audience that government agencies and utilities, for example, never call and ask for money. She added that Summerfield could have a detective come and talk about scams and safety.

McAlpine said that Summerfield is a safe community, in part because its residents watch out for each other. "We're all better together when we all pay attention with our eyes and ears," she said.

When asked if Tigard police wear body cameras, McAlpine's answer was a definitive yes, and she added that the department has had dash cams in their vehicles for 15 years. Also, if an officer forgets to turn on his or her body cam and pulls out their taser or gun, the camera is automatically activated. "It's a great tool and a wonderful addition to the department," McAlpine said.

When asked about homeless people living in Tigard, McAlpine said that due to a Supreme Court decision, they cannot be removed from public places unless, for example, they are blocking a sidewalk that prevents it from being ADA-accessible. And the city doesn't have the infrastructure to open a shelter.

During the Covid pandemic, a homeless camp grew behind the library, and the city spent \$45,000 to clean it up, according to McAlpine.



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McAlpine is very appreciative of the five-year public safety levy that Tigard voters passed in 2020 that is funding eight additional officers. "I cannot tell you how important it is, but we're behind the 8 ball," she said. "Our facility is very inadequate, and we are busting at the seams. It's critical to get into a new facility."

McAlpine explained that the department divides the city into five zones, and there are two officers on duty citywide for the day shift, and three on swing and graveyard; on the weekends, four are working graveyard. When asked what her ideal staffing level would be, she said her goal is to have an officer in every district.

McAlpine said her whole career, which includes 30 ½ years with the Tacoma Police Department before coming to Tigard, has been about community policing.

When asked if she would leave Tigard for another city, McAlpine said, "I have been courted and asked, but I am happy here. I am not looking to go anywhere else. You support your officers, and we appreciate it. We use it as a recruiting tool. Police officers have a very tough job."

For more information on the Police Department, visit www.tigard-or.gov/your-government/departments/police.

Submitted by Barbara Sherman

MOBILITY HELP RESOURCES NEAR THE COMMUNITY

There have been requests from time to time at the SCA Office about help with resources such as how to get to appointments and run the daily errands when your ability to drive has been halted. A resident shared this information and I am happy to share it in hopes that it can help someone else out that might not know who or where to call.

Jennifer Stiffler, Administrator



Ride Connection gives door-to-door rides Monday through Friday, 8 AM to 4:30 PM. All you need to do is call 503-226-0700 and make an appointment with 4 or more days advance notice. They will take you anywhere you would like to go and can even make multiple stops (for example, you can go to the bank, then out for lunch, then to the grocery store). Also, if you have recurring appointments (for example, you would like to go to the grocery store every Wednesday), they can set it up for you and you will not need to call for an appointment every time.

There is an enrollment process for older adults and those with disabilities. The website is <https://rideconnection.org/services/door-to-door-rides>.

Testimonial: My husband and I have used the service and are pleased with it. There is no charge for this service. I am sure there are needs in our community for this.

Submitted by anonymous Resident

WHAT IS A KEY FOB ANYWAY?

"**Key fob** is also a word used to describe a key chain and several other similar items and devices. The word fob is believed to have originated from watch fobs, which existed as early as 1888. The fob refers to an ornament attached to a pocket watch chain. Key chains, remote car starters, garage door openers, and keyless entry devices on hotel room doors are also called fobs, or key fobs."

<https://www.webopedia.com/definitions/key-fob>

At Summerfield, your key fob gets you into the Clubhouse so you can visit the library, attend a club or activity, Use the fitness facilities, and even come in to pay your yearly assessment. Any resident within Summerfield may obtain a key fob including residents from the Apartments or the Estates.



The key fob will cost you \$20 cash or check each but that \$20 is refunded if your fob is returned by you or your family.

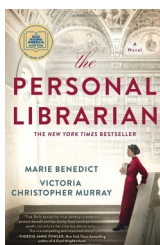
The SCA Clubhouse first installed the security system on the front doors so that during Covid-19 times there was a way to see who was coming and going and let them know of any expected exposure. Now that that part of the pandemic is behind us (fingers crossed) the security system is still in place to keep residents safe from roaming strangers.

Submitted by Jennifer Stiffler, Administrator

BOOK CLUB

We had the tables surrounded completely for the February book club meeting. What a good group that added a lot to the great work that Chuck Coiner had prepared and presented so nicely. We read and talked about *Cannery Row*. We all left with a better respect for Mr. Steinbeck and this great classic book of his. Thanks so much, Chuck and Yvonne. Wonderful job. Several first-time attendees were introduced. Welcome!

March book club will be on March 14, at 2 PM in the Clubhouse Conference Room. Carolyn Ward will lead the discussion of *The Personal Librarian* by Marie Benedict and Victoria Christopher Murray. Belle is in her 20s when she is hired by J.P. Morgan to curate some books and artwork. Belle becomes one of the most powerful people in the art and book world. But Belle has a secret...



April's book is scheduled to be *Absolute Diary of a Part-time Indian*. Our leader Carol Brenneman is scheduled to lead that one. The *Great Alone* is scheduled for May.

Submitted by Neal Sanders

LOW VISION SUPPORT GROUP

The Low Vision Support Group will be redesigning its program and format.

Our older program format will be reviewed to consider new content in the coming months.

In addition, it will also seek transportation to and from the Clubhouse for those SCA Group members who can no longer safely walk to and from the Clubhouse for our meetings.

Since this Group does not require membership, it is always open to anyone interested in topics on low vision and its effects on a persons daily living.

Submitted by Ruthanne Lidman

SUMMERFIELD BIBLE STUDY

Lead by Craig Benjamin, the Summerfield Bible Study meets every Wednesday, at Southwest Church of Christ on Durham and 98th. You are welcome to join us at 9:30 AM for Coffee and fellowship and 10 AM as we continue a study in Ephesians.

Submitted by Mary Kay Stroum

LINE DANCING

The Ultra Beginner "teaching" class has been completed. Therefore, beginning with March, the Monday morning 10:30 AM class will be led by Debbie Simpson. This time will be for beginners to continue dancing, at the beginner level, to become more comfortable with the steps. Beginners, you've learned all the basic steps so now all you need is to continue dancing and gain confidence.

Remember ... you are now welcome and ready to participate in the following classes. This is a great group of "seasoned" dancers who are ready to help you improve in advancing your skills.

Monday evening classes, for all levels of dance, are from 6 – 7:30 PM.

Wednesday afternoon classes, for all levels of dance, are held from 1:30 – 3 PM.

Submitted by Diane Christensen



SENIOR LIFELONG LEARNING

Our current DVD series is about daily life in ancient Pompeii. We start a new series late in March. If you want the latest information about our programs, please contact me and you will be added to our email list.

Submitted by Gerry Craig

DEMENTIA CAREGIVERS SUPPORT GROUP

It's a genuine challenge being a caregiver for your loved one. Please know you are not alone. Our support group can help you cope with any type or stage of dementia. Come share your concerns with us. Our next meeting is in the Conference Room at 1 PM on Monday, March 20.

Submitted by Gerry Craig

Just Friends- Singles

- ⇒ Saturday, March 4, at 11 AM, join us for a planning meeting for future activities. We will meet in the Conference Room. Come plan with us even if you are new. All suggestions are welcome. After the meeting, a group of us go out to lunch. (Whoever is available). This is another way of getting to know each other.
- ⇒ Friday, March 10, at 4 PM, Happy Hour to greet our fellow members, meet our new members, and socialize in our cozy Clubhouse Living Room. BYOB and favorite hor d'oeuvres or just bring yourself.
- ⇒ Sunday, March 12, at 3 PM, The Beaverton Symphony will be playing at the Village Church 330 SW Murray Blvd in Beaverton. Meet at the Clubhouse at 2 PM to carpool.
- ⇒ Wednesday, March 15, at 3:30 PM, Happy Hour at McCormick and Schmidt in Bridgeport Village. The exact address is 17015 SW 72nd St. Tigard. Meet in Clubhouse at 3 PM to carpool.
- ⇒ Wednesday, March 22, 9:30 AM. Breakfast at Elmer's. 14055 SW Pacific Highway Tigard
- ⇒ Thursday, March 30, at 6:30 PM, in the Lakeview Room. Come watch a movie which will be determined soon. BYOB, popcorn will be provided, just sit back, and enjoy the movie!! Please remember to sign up on the Clubhouse bulletin board if you are attending so we know how much popcorn we need to provide.

Note: For those new to our group, the sign-up sheets are on the bulletin board. One sheet is often on top of another, so please check. Come at least 10 minutes early for carpooling and indicate on the sign-up sheets if you prefer to meet at the designated location. Questions about these activities? Call Linda Henning at 858 481-6868.

Submitted by Michele Seligman

SUMMERFIELD DISASTER PREPAREDNESS: Is Your Car Ready?

During a disaster, the odds of you just driving along someplace are fairly low but still possible; however, your car may turn out to be a part of your survival if you plan ahead. If it is parked at home and the home is severely damaged, it may be a haven if it is undamaged and runnable.

It should be provided with a "Go Bag" kit that includes First Aid supplies, some water with bleach treatment, snacks or more substantial food supplies, blankets or a sleeping bag, spare clothes and shoes or boots, flashlights or lanterns, toilet tissue - and at least a half tank of gas. If you have pets, their needs should also be added to the list.

Emergency sleeping bags are available thru Amazon for low cost, as are most of the other recommended items. Advisable added equipment might be a 100-watt Inverter and a small immersion heater to heat water plus a few essential cooking utensils and dishes.

Sanitation supplies of two 5-gallon buckets; a camping toilet seat and disposal waste bags should also be considered, and the buckets make good storage containers for all the above items.

The above suggestions can provide one with a good survival basis and possible aid for others if necessary. If you would like to learn more about Disaster Preparedness, come to our meetings on the third Monday of each month at 7 PM in the Clubhouse Conference Room. "Be Prepared!!"

Submitted by Roy Metcalf



TURF TALES

I am writing this fresh from my return from the National GCSAA Conference and Trade Show. The experience was really amazing and I learned a lot, both in classes that I attended and through talking with distributors and manufacturers of products on display at the trade show. I came away with some ideas that I want to research more as well as small tweaks I want to implement to our maintenance program, however, I have one relatively major change that I am going to enact immediately and going forward.

This change has to do with how we aerify. Our traditional form of aerifying the greens consists of using hollow tines to pull cores of biomass and soil, picking up the cores, and filling the holes left behind with sand. The idea behind this is that greens become compacted over time and “seal up” not allowing water and air into the root zone of the grass. The problem with this logic, is that greens like ours are sand-based, and sand does not compact, it only settles. So, what was causing greens that were not aerified annually to underperform over time if it wasn’t compaction?

Over the last 15 years, there has been a growing number of superintendents who simply stopped pulling cores. They started sanding first then used solid tines on the aerator to punch holes while the vibration of the aerator helped to incorporate the sand into the holes and the canopy of the green. The question was always if the early adopters of this process would see consequences over time. While each year with courses using this method, the evidence mounted that it was a viable alternative, I was still concerned that there may be consequences in the long run. I have always felt that when you have found something that works and works well over time, you should be very careful about changing it until there is substantial evidence that an alternative is better. At this conference, I got the evidence I needed.

New studies at Michigan State and Rutgers have shown two important pieces of information. First, they determined that the reason greens “Sealed up” was not compaction but a layering in the top 3 inches of the green (the biomass). When layers form they tend to have different saturation rates. When a layer at say 2 inches below the surface has a higher saturation point it does not drain until a higher water density is reached. This means that the entire 2 inches above it must reach that saturation point before water will push down through that layer. This leads to constant soaking and drying of the very top 2-inch layer and roots shortening up to that point and pushing no further. The best way to combat this is to consistently introduce sand into this biomass layer with frequent light topdressing and reestablishing penetration channels for water and air through annual aerification. The second key finding in these studies was that when you sand first and solid tine after, it incorporates significantly more sand into the profile of the biomass.

The idea before was that solid tinning was much easier and faster and the benefits of hollow tine aerification were not great enough to justify the extra effort. The results from this study, however, have now for the first time stated clearly that not only is solid tine aerification easier and fast, but it’s also more effective. So we will move to solid tine aerification going forward and I am confident that it will lead to firmer smoother putting surfaces over time. The only question now is just finding the most beneficial ways to use the extra time we will save to further improve the playing conditions.

Submitted by Zach Palmer



SUMMERFIELD MEN'S GOLF CLUB



MARK YOUR CALENDAR: Season Opener Memorial: Signup 3/2 to 3/18. Play 3/29. **SMGC Board Mtg:** 3/7 @ 9 AM in Conference Room. **St. Patrick's Tournament:** Play 3/14. **Men's Club 1st Team Sign Up:** March 29. **Men's Club Play Starts:** April 5.

MEN'S CLUB WEDNESDAY-FRIDAY PLAY 1ST SIGN UP: The first sign up for Spring-Summer-Fall play will be on **March 29**. Sign-up forms will be on a table outside the Pro Shop. Have your teams ready, and if you aren't on a team, sign up as a single and you will be placed with a team that has an opening. **Cost to play, \$3, plus an optional \$1 for KP.**

MEMBERSHIP UPDATE: Just a short note on SMGC 2023 members. So far this year we have 108 paid members, as compared to last year's 130. Also a reminder you must have paid your \$45 before you can participate in Men's Club events.

MEN'S CLUB SCORING SYSTEM UPDATE: Scoring team is working on integrating Scorekeeper into OGA system. The goal is to have integration complete by start of Men's Club play on March 1. Also, a big thank you to John Brewer, Buzz Smith and the scoring team for all their hard work in making the change over possible.

SUMMER RULES: The change from pick and clean, to play the ball as it lies will begin when course conditions permit. Hopefully, the start will be the beginning of April, however, old man weather might have something to say about it. So, stay tuned, and keep an eye out for a sign on the front counter in the Golf Shop.

VALENTINES DAY OPEN RESULTS: Cupid did his best but couldn't keep the rain and cold away; however, 81 did brave the weather. **1st:** Robin Nash & Mel Scott/Lynn & Dan O'Brien. **2nd:** Marilyn & Larry Launder/Wendy Pfeifer & Bob Smith. **3rd:** Irma Trommlitz & David Gaines/Tori Gallagher & Buzz Smith. **4th:** Pam Vedder, Wally Hadden & Herb Peterson. **Tie 5th:** Barbara Kelly & Ed Stern/Barbara & Bill Miller – Linda Gray & Dennis Stuck/Irene Jordan & Frank Anderson. **Tie 7th:** Pam Michael & Ken Miller/Mary Mansfield & Kent Nelson. **9th:** Jacki Mitchell & Stan Nelson/Marja & John Gillan. **10th:** Sandy & Gary Nelson/Jan & Jerry Vanderpool.

HAVE YOU EVER HEARD OF A GILLIGAN?: Everyone knows about a Mulligan, a redo of a bad shot. Two are given each couple during a Chapman. But, how about a Gilligan. No, not Bob Denver, or a trip to a deserted island. A Gilligan is a re-do of a different sort. A Mulligan is a re-do of a bad shot, a Gilligan is a re-do of a good shot. What? No way! Way. Say your opponent team hits one 2' from the pin. With a Gilligan, you can have them re-do the shot. What do you think, maybe a good new Chapman rule? Think back. When was the last time you think you would have used a Gilligan?

Submitted By Ken Rose

From the Golf Shop

Well, as I write this letter we have just come off one of the coldest weeks we've seen in recent years.

The month of March brings an end to our winter golf series with the St. Patrick's Day Scramble on March 14' and the start of our Men's Club with their opener scheduled for March 29. It's time to dust off those clubs and get ready for the season. Both Men's and Women's Club Boards have been working hard planning a great season ahead.

Upcoming Events

St. Patrick's Scramble – Wednesday, March 14th (10 AM shotgun)

Men's Club Season Opener – Wednesday, March 29th (9:30 AM shotgun)

Spring Aerification – Monday and Tuesday, April 10th & 11th (Course Closed)



Submitted by Rob Lindsey

SAFETY AROUND SUMMERFIELD

An article shared from the Tigard Police Department

Safety Tips: Living Alone

There are plenty of ways to help keep yourself safe while home alone. For some, these tips may be common practice, but for others like college students or those living on their own, this may be the first time they're thinking about home safety tips. If you know someone who's out on their own for the first time, make sure to share these valuable tips and your own advice to help keep them safe.

- ⇒ **Lock the door once you're inside.** This is one of the most important habits you can form to help keep you safe. If you're not going in and out or expecting someone very soon, keep your door locked to keep unwanted visitors from walking in.
- ⇒ **Double check your garage door closes behind you.** We've all done this by accident – you come home and walk in through the garage and think you hit the button to close the door. Maybe you do hit the button, but if anything blocks the garage door sensor, many garages will re-open. Before you head in the house, take a pause, and verify the door finishes closing.
- ⇒ **Close and latch windows when you're leaving the house or going to bed.** Just like the locking the front door, by locking your windows you're preventing another potential point of entry to someone looking to get into your home.
- ⇒ **Consider a doorbell or surveillance camera.** These camera systems are become much less expensive and easier to use than past systems. Now, many systems feed directly to your smartphone where you can be alerted if the camera picks up someone walking on your property or on your porch. You can use this whether you're at home or somewhere else and can go back in time to see video of what happened while you weren't around.
- ⇒ **You don't have to open your door for anyone.** Take a look out of your peephole, side window or doorbell camera before opening the door. If you don't recognize the person, ask who they are loudly without opening the door. If you're not comfortable opening the door, you don't have to. It's not rude when you're keeping yourself and your home safe.
- ⇒ **If you live alone, consider keeping an extra pair of shoes by the door.** If someone hoping to commit a crime were to look through your side window or peek in when your door is open, they may be deterred from coming back later if they see a second pair of shoes suggesting someone else lives in the home. Often, someone looking to commit a crime will move on to easier targets.
- ⇒ **Leave your porch light on (even when you're gone).** Well lit areas are more difficult to hide in, and your neighbors would be more likely to notice someone sneaking up on your porch if the light is on. Remember – don't make it easy for someone to commit a crime!
- ⇒ **Did you buy something expensive? Hide the box.** If you recently purchased a TV, computer, or something else expensive, either keep the box hidden until trash day or break it down to fit in your bin. An expensive TV box can act as a calling signal to a thief letting them know you have something valuable inside your home.

Written by Maddie Bauer

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Community Engagement Coordinator, Tigard Police Department

Summerfield Civic Association Volunteers, Chair people, and Leaders

BOARD OF DIRECTORS

Tom Clancy, President
 Sharon Hughes, V. President
 Carol Knutson, Treasurer
 Penny Kellogg, Director
 JJ Gattuccio, Director
 Steve Blake, Director
 Dianne Phelps, Director
 Jennifer Stiffler, Secretary/non voting

BOARD APPOINTED COMMITTEES

Arch/Landscape Scott Owen
Clubhouse Deb Simpson
Common Area Landscape Lona Olson
Disaster Preparedness Jan Vanderpool
Greens Jerry Baldwin
Library Barbara Haun & Sandy Popkes
Marketing TBD
Neighborhood Watch TBD
Newcomers Welcome Carene Svoboda
City of Tigard Liaison Barbara Sherman
Swimming Pool Marshall Henry
Volunteer Appreciation Cheryl Baldwin

CLUBS AND ACTIVITIES

Art Open Studio—Donna Kellogg
 Bible Study—Mary Kay Stroum
 Bingo—Marlene Christensen
 Book Club—Carol Brennaman
 Bridge Monday—Karen Mullen
 Bridge Wednesday—Sue Looney
 Bridge Thursday—Jane Brown
 Dup. Bridge Thursday—Maggie Scarborough
 Bridge Friday—Catharina Williams & Evelyn Landburg

Bunco—Esther Vickstrom
 Coffee in the Clubhouse—Connie Jones
 Craft Club—Sharon Hughes
 Creative Art Guild—Terry Schmidt
 Cribbage—Steve Moore
 Dance Club—Penny Kellogg
 Dementia Caregivers Support Group—Gerry Craig
 Garden Club—Karen Walker
 Golf Club Men's—Bob Smith
 Golf Club Women's—Carol Hargis
 Hand & Foot—Susan Callihan & Paula Henry
 Knitters Plus—Susan Bursen
 Line Dance—Diane Christensen
 Low Vision Support Group—Ruthanne Lidman
 Mahjongg—Tish Kremidas
 Piano Players—Lydia Cooper
 Pickleball—Barbara Siminski
 Ping Pong—Dottie Francis
 Poker—Keith Masterson
 Qi Gong/Yoga—Pamela Olzman
 Quilters—Bonnie Schweizer
 Senior Lifelong Learning—Gerry Craig
 Singles Just Friends—Linda Henning
 Summerfield Encore! - Mel Simrell
 Summerfield Singers—Julie Helle
 Tai Chi—Jane Miller
 Tai Chi/Gi Gong—Connie Jones
 Tennis—Dennis Brosowske & Carol McKee
 Travel Club—Marshall Henry & Paula Henry
 Tuesday Happy Hour—Carene Svoboda
 Water Aerobics—Sandy Serpas
 Yoga—Connie Jones

*This list is to the best of the knowledge of the SCA Office as of February 15, 2023.

SUMMERFIELD WOMEN'S GOLF CLUB

The Winter Golf season is coming to an end with the final play day on Thursday, March 17. The **Winter Golf Luncheon** will be held on Thursday, March 23, at 12 PM. All ladies who signed up and paid the fee for winter golf are invited to attend the luncheon. Those who played 10 rounds of golf from November 1, 2022 through March 17, 2023 will be eligible for prizes. Winners will be announced next month.

Spring is just around the corner and the 2023 golf season kicks off with our **Opening Luncheon** on Thursday, April 6, at 11:30 AM. For more information about the luncheon, look for the poster in the golf lounge. **Opening Day** of play will be on Thursday, April 13, – may the day bring lots of fun, camaraderie and nice weather!

Last year we were blessed to resume our annual events after the pandemic pause and this year we can look forward to being in full swing again. Stay tuned for more information about our schedule of events for 2023.

The grass is always greener in Summerfield!

Submitted by Cheryl Riggs



Daylight Savings is
Sunday, March 12th
Set your clocks
FORWARD one hour
before you go to bed on
Saturday night.

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