



# Summerfield Summary

## ANNUAL MEETING RECAP

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### Summerfield Civic Association

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Tigard, OR 97224

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office@summerfield55.org  
www.summerfield55.org

Office open  
Monday through Friday,  
8 AM—12 noon

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



**Last chance for  
Summerfield Directories.**

**They are available in the  
office for pick up.**

Summerfield held its 2023 Annual Meeting on Monday, July 10<sup>th</sup>. Opening remarks were made by President Tom Clancy, and the process of the Nominating Committee to fill Board vacancies was made by Vice President Sharon Hughes. The chosen nominees this year for the two open vacancies were Pat VanOsdel and Valerie Wicklund who were then successfully voted in by a show of hands from the audience.

SCA Board of Directors serve a three-year term before leaving the Board. The two retiring directors were Penny Kellogg and Sharon Hughes. Treasurer, Carol Knutson gave a recap of Summerfield's finances for 2022 including SCA Reserves. Each Board member stood at the podium and gave a recap of the work their assigned liaison committees have done in 2022 for Summerfield. The hundred-plus committee members, who are all volunteers, who help make Summerfield the beautiful community it is, were enthusiastically thanked by their liaisons and applauded by the audience.

New executive positions were determined and announced as President Steve Blake, Vice President Tom Clancy, and Treasurer Carol Knutson. Administrator Jennifer Stiffler spoke to the essence of community that is so warm and welcoming and respectful within Summerfield and mentioned the fact that Summerfield is celebrating its 50<sup>th</sup> anniversary this year. We look forward to celebrating with many events to be hosted in 2024 which is the anniversary of the Clubhouse.

A huge Thank You to Chris Allen, our Clubhouse Maintenance extraordinaire, who has been with SCA for 21 years; Zach Palmer and his fabulous Golf Course Crew who maintain the greens beautifully; and Cherie Nef who is coming up on her 1-year anniversary of taking over such a complicated office position, being that she is a bookkeeper, calendar keeper, resource finder, and the friendly face everyone gets to see when they enter the Clubhouse during office hours.

After Tom gave his final thoughts, he passed the gavel to new president Steve for his remarks and wishes for the coming year with Summerfield and thanked all those SCA Board of Directors from the past who helped SCA to be what it is – a well-rounded, financially sound and maintained community.

If you were unable to attend the Annual Meeting – the slides are available on our website ([www.summerfield55.org](http://www.summerfield55.org)) under Residents > Board Meeting Minutes > Annual Meeting.

*Submitted by Jennifer Stiffler, Administrator*

## PRESIDENT'S MESSAGE

As Summerfield begins its 50<sup>th</sup> year, I am honored to be selected by your Board of Directors to be President of the Summerfield Civic Association. I would like to acknowledge the leadership of our past Board members whose foresight and diligence are responsible for the vibrant, beautiful, and fiscally sound community we are today. It is noteworthy that we have never had to borrow money or have a special assessment for any improvements.

I hope to build upon the great work of these predecessors, especially Tom Clancy, who will remain on the Board of Directors as Vice President. In addition, I want to express my thanks to Penny Kellogg and Sharon Hughes for their guidance and hard work. They helped to set a very high standard to live up to. I also want to welcome Pat VanOsdel and Valerie Wicklund to the Board.

For the past 50 years, Summerfield has depended on volunteers. In addition to our Board of Directors, all our committees and clubs are successful due to volunteers. Volunteers are the backbone of our community.

Volunteering is a selfless act that brings about numerous benefits, not only to the individuals who receive support, but also to the volunteers themselves and society as a whole. By dedicating their time and skills to various causes, volunteers make a positive impact that extends far beyond the immediate recipients of their assistance. First and foremost, volunteering allows individuals to contribute to their communities and make a difference in the lives of others. Communities with active volunteers are more likely to thrive, as they have access to a wide range of resources and services that enhance the quality of life for everyone.

If you have a background in marketing or social media, the Marketing Committee needs you!

If you are a golfer, join the Greens Committee!

If you love gardening, consider joining tWhatever your interests are, there is a place for you to help our community to continue to flourish.

The benefit of volunteering makes a positive impact on our community as well as promoting personal growth and building stronger personal connections. Summerfield Needs You! Find your place to keep our community vibrant.

*Steve Blake, SCA President*

### Upcoming SCA Board Meetings

**Agenda Meeting** August 7, in the Conference Room at 9 AM.

**Board Meeting** August 14, in the Conference Room at 9 AM.

## MARKETING COMMITTEE

The Summerfield Marketing Committee is looking for up to two new members. We're looking to fill the position of secretary and have one additional opening.

If you're enthusiastic about living in Summerfield, are looking to get involved, and would like to help develop our marketing strategy, we could use your support in promoting this outstanding community. Social media and/or marketing experience would be helpful, but not a requirement.

If you are interested, please call Leigh Wilcox at 503.329.5856.

*Submitted by Marketing Committee*

## Celebrate 50 Years of Summerfield!!

Summerfield turns 50 this year! According to the Oregon Secretary of State, Summerfield was organized as a non-profit business on June 13, 1973. The wonderful Clubhouse was completed and ready for all its meetings, activities, and parties in 1974. The SCA Board is looking forward to a celebration year in 2024 with a series of events to celebrate the Summerfield Community and Clubhouse. The Board is also looking for people interested in forming an ad hoc committee to come up with events, timelines and oversee the celebrations. If YOU are interested in being a member of this one-year committee, please email Jennifer at [admin@summerfield55.org](mailto:admin@summerfield55.org), and let's plan some fun!!

*Submitted by Jennifer Stiffler, Administrator*

## ARCHITECTURAL/LANDSCAPE

### COMMITTEE

This past fiscal year was a busy time for home and outdoor projects in Summerfield, keeping homeowners and the 8-member Architectural & Landscape Committee very busy! Some highlights:

- 216 Change Requests
- 28 Landscape projects
- 21 homes painted
- 20 new roofs
- 10 solar panel installations
- 9 new decks
- 8 new fences, and
- 1 backyard putting green!



These projects reflect our residents' desire to continually improve their homes and keep our neighborhoods and our entire Summerfield community looking beautiful.

Thank you!

*Submitted by Scott Owen Chairperson, A&L Committee*

### VETERAN'S DAY EVENT

**Save the Date: Saturday, November 11<sup>th</sup>, 2023!**

This year we are focusing on our Vietnam War Veterans. If you are or know someone who is a Vietnam War Veteran and would like to share your story with all of us, please contact Cheryl Baldwin or Joyce Knutson.

National Vietnam War Veterans Day is observed annually on March 29<sup>th</sup> in the United States. In 2023 the nation recognized the 50<sup>th</sup> anniversary of the date the last combat troops left South Vietnam.



We are reaching out to All Veterans and their families to attend this year's event. Thank you to all our veterans for your courage, strength, and dedication to keeping us safe.

*Submitted by Volunteer Appreciation Committee*

## FINAL THOUGHTS

The Annual Meeting requires a great deal of preparation by many. There is a lot of information to prepare to share with our residents and not a lot of time to do it. The primary purpose of the meeting is the following: To present the annual budget, elect directors, and deliver our liaison committee reports to our residents. Everyone has a role in preparing and presenting.

It is a time for us to thank our committee volunteers for all the work they do for Summerfield, with the amazing amount of time they spend on planning, preparing, facilitating, and overseeing the many exciting things we have going on in Summerfield. As I have said many times, nothing of importance happens in Summerfield without our volunteers.

I am always concerned during the program that I will forget to thank someone and this time I missed a few and I want to take this opportunity to albeit belatedly thank them.

Thank you, Jennifer, for all your efforts to put the whole program together with Power Point slides, pictures, and your update, and for selecting and purchasing all the snacks and sparkling wine. This was perfect for our celebration.

Thank you, Lydia Cooper, for your great pictures of our wonderful committees. Your time and effort in gathering everyone together for those pictures on short notice is much appreciated.

Thank you, Lee Wilcox, Jan Merrick, and all who worked on the Website for making an exciting new website to inform and promote Summerfield. It looks great and is a great tool for keeping our residents up to date on current information and marketing Summerfield to prospective buyers.

If I forgot anyone, I apologize and want you to know how important your contributions are.

As I think back on Summerfield's 50 years, I want to extend a special thanks to the thousands of volunteers who are responsible for our success today!

*Tom Clancy*

## MONTHLY CLUBHOUSE TOUR

**WEDNESDAY, August 9, 1-2PM**

To welcome our new residents, there are monthly tours of our stunning Summerfield Clubhouse each month on the second Wednesday of the month from 1-2 PM. AUGUST 9<sup>th</sup> 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*



## 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.

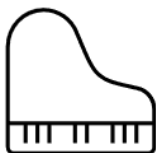
*Submitted by Carene Svoboda*



## PIANO BAR THURSDAYS

**We're back.** August is here and we're back in action. Our next get-together will be Thursday, August 10<sup>th</sup>. So we'll see you on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays in August from 6:30 PM to 8:00 PM in the Clubhouse lobby by our baby grand piano. See you then.

*Submitted by Lydia Cooper*



## CLUBHOUSE COMMITTEE

**The kitchen** is progressing – but slowly. A contract has been signed and appliances have been ordered. Final design materials and layout choices have been made and we are now on hold due to a backlog at the cabinet makers. It looks now like the best-case scenario would be a start date in early **October**. When we know what that is we will begin clearing out cupboards, etc. and will be asking Clubs and Activities to remove anything they are storing in the kitchen as well. This is a good time to do a purge of things no longer needed! The Clubhouse Committee has been working on this project for over a year, and no one is more anxious for it to be completed than we are! Watch the website for updates.

**Furniture** selection is moving ahead. We decided against using one designer we considered and are now moving ahead with another. When we have a plan and material suggestions from them, a meeting with the subcommittee will be called to review proposed options and narrow down selection of materials. These will then go to the Clubhouse Committee to decide what to present to the Board. Stay tuned!!

**Silent Auction!** With the remodel of the kitchen and living room, there will be items offered to residents for purchase. To that end we will hold a **Silent Auction** as things become available. A poster in the Clubhouse and an announcement on the website will indicate what things are available and when bidding will begin. There will be a notebook in the Clubhouse to be used to record bids. The first items up for bid will be the painting from over the fireplace and then appliances from the kitchen (ovens, dishwasher, sanitizer, microwaves). The bidding window for these items will be the first two weeks of August. All items will be sold "as is" with proceeds going to the SCA reserve fund. The winning purchaser is responsible for removal of the item(s) from the Clubhouse on a timely basis. If you have questions please contact a representative from the committee.

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

If you would like to join the Clubhouse Committee please contact Deb Simpson.

*Submitted by Deb Simpson*

## NEWCOMERS FAIR

As of July 1, we have had 33 households, or 49 residents move into Summerfield. With three additional months (July, August, September) before our Newcomers Fair, we are expecting an additional 20 residents, or to invite a total of 75 new residents to our Fair. If you moved to Summerfield in the last year and would like to explore the various activities offered, join us at the Clubhouse on **Saturday, September 30, from 2 - 4 PM**. All Summerfield Clubs and activities will be represented in the Clubhouse Ballroom and Lakeview rooms. Mingle and meet new residents, the SCA Board members, and representatives of clubs and activities. There will be door prizes and refreshments! We look forward to meeting you...

*Submitted by Newcomers Welcome Committee*

## SCA DANCE CLUB

CELEBRATES LABOR DAY WITH A



Summer Dance!

**Saturday, August 26**

**7-10 PM**

**In the Clubhouse Ballroom**

10650 SW Summerfield Drive

Live Music! Featuring

**JEFFERSON PARKS BAND**

**Delicious Snacks & Mixers Provided - BYOB**

**Raffle Tickets** will be sold at the Dance

Win \$\$\$ Prizes!

**TICKET SALES in the Clubhouse Lobby on Mondays**

**July 31 and August 7, 14, 21**

**9-11 AM**

**\$12 Resident**

**\$15 Non-Residents**

Updates on the SCA Website [summerfield55.org](http://summerfield55.org)

*\$100% refundable tickets if the dance is postponed  
(this dance only)*

**Questions or Tickets?** Call Penny (775) 232-9420  
Bring a light sweater – the Ballroom can get cool!

## DISASTER PREPAREDNESS:

### Everbridge - are you signed up?

To be prepared for an Emergency, Washington County will alert you if an emergency is pending or exists.

It has a new emergency alert system called "Everbridge" that interfaces with the State of Oregon system. In the past, there was "Code Red," for Washington County Emergency Alerts but it did not connect to the statewide system. If an emergency occurs, you can receive a warning by text, phone message, or email, depending on how you have registered. To register, go to [www.publicalerts.org/signup](http://www.publicalerts.org/signup). It takes about 5 min. to sign up. Your old "Code Red" information is no longer in effect.

The Everbridge Washington County's public alert system has been assigned a 503-phone number which shows up as the Grand Ronde area. If you receive a phone call/voicemail from 503-461-8279, it is an alert from Washington County. If you opt-in to text messages, the number will come from 88911. And if you decide to receive emails, the alerts will come from Washington County Alerts

at [do\\_not\\_reply\\_evb\\_alert@washingtoncountyor.gov](mailto:do_not_reply_evb_alert@washingtoncountyor.gov). Each household has been encouraged to register and you may set up separate accounts if needed. The Everbridge system may be the only timely warning you might receive, depending on the nature of the disaster/emergency and the survivability of normal communication systems. Sign up and be prepared!

If interested in more preparedness information, please come to our committee meetings at 7 PM in the Clubhouse Conference Room every third Monday of the Month. Come and learn how to be prepared for disasters and aid your neighbors and the community.

*Submitted by Roy Metcalf*

## LINE DANCE

Summerfield Line Dancing – Come to one or all of the following classes. If you do not dance but would like just to listen and watch, you are welcome to. Mondays 10:30 AM, beginner-level dances designed to help improve in advancing dance skills, led by Debbie Simpson. Mondays 6 –7:30 PM, all levels of dance, led by Diane Christensen. Wednesdays 1:30–3 PM, all levels of dance, led by Diane Christensen.



*Submitted by Diane Christensen*



## CREATIVE ART GUILD

Summerfield's artists are busily creating works for the Summerfield Clubhouse Gallery Walls and the upcoming Annual Art Show in September. Some of the artists are also members of arts organizations in the community where they exhibit works, participate in competitions, and receive recognition.

If you enjoy detailed artwork featuring colored pencils, please check out the Colored Pencil Society of America [www.cpsa201.org](http://www.cpsa201.org) website. Art Guild member Cathy Gran was recently selected as their Oregon Chapter Artist of the Month. The site contains a marvelous feature of her work and her artistic journey.



The Art Guild meets monthly in the Arts and Crafts Room in the Clubhouse to share works currently in progress, get feedback from fellow artists, and keep up to date on the latest local art news.

Our next meeting is Monday, August 21<sup>st</sup> at 3 PM. Be sure and bring your art for the Gallery Walls as we'll be mounting a new display. We look forward to seeing you there!

*Submitted by Lori Owen*

## 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 Clubhouse Ballroom. 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*

## ENCORE!

**Encore!** Is having our Season Kickoff on August 15<sup>th</sup> at 2:30 PM in the Clubhouse Ballroom. Come join us! After a month-long break in July, Encore! will be back together again and ready to rehearse for our Holiday concert in December.

Thinking about joining Encore!? Have a "rusty" voice? No problem! Don't read music? No problem! Come and share some pizza after rehearsal while getting to know us, check us out...

We're a fun group that shares our love of music with Summerfield.

Any questions you may have, just give me a call at 971-202-3040 Mel Simrell



Encore! performing at a ceremony at the Tigard American Legion. Photo by Barbara Sherman

## ATTENTION CREATIVE PEOPLE!

Do you think of yourself as a crafty person?

Do you enjoy making things and giving them away to family and friends?

Have your family and friends said *(or maybe they are thinking)*, "Gee, these things you make are wonderful *(but you really have given me enough!)*"

Here is the perfect solution for you – Join the Craft Club and then you can participate in our Annual Holiday Bazaar in November and sell your crafty creations. We meet on **Tuesdays from 1 - 2 PM in the Clubhouse Arts and Crafts Room**. If you enjoy crafting and being with other creative people, come join us, have some fun, and make new friends.

*Submitted by Sharon Hughes*

## SUMMERFIELD BIBLE STUDY

Throughout August 2023, the Summerfield Bible study will meet at Southwest Church of Christ on Durham and 98<sup>th</sup>. Come and join us for this traditional Bible Study! We meet on Wednesdays at 10 AM for the study. At 9:30 AM, there is a time of Coffee and Fellowship with other Summerfield residents. Any questions? Call Mary Kay Stroum 503-479-5430



*Submitted by Mary Kay Stroum*

## SENIOR LEARNING

We finished our England, Scotland and Wales tour in July. By the time you read this, we will be in the midst of a new topic. Let me know if you want to be added to the email list to learn more about upcoming topics.

Everyone is welcome to attend. We gather on Thursdays at 2 PM in the Lakeview Room.

*Submitted by Gerry Craig*

## DEMENTIA SUPPORT GROUP

Does your loved one have signs of dementia? Not sure? Please come to our monthly meeting and learn about dementia in a relaxed, friendly atmosphere. There's lots to know and share.

In August we are meeting on Monday, the 21<sup>st</sup>, at 1 PM in the Conference Room.

*Submitted by Gerry Craig*

## PARKINSON'S SUPPORT GROUP

The new Parkinson's Disease Support Group is now meeting monthly in the Clubhouse Conference Room. Join us at 10 AM, the second Wednesday of the month. People with Parkinson's disease and the people who love them are welcome. The topics will be varied because we are here to help you get the information and assistance you need. Questions? Please call Jane at 630-564-2624 or Caren at 336-202-6601. We look forward to seeing you!

*Submitted by Jane Miller*

## PROGRESSIVE CHRISTIAN BIBLE STUDY

Are you familiar with the writings of Marcus J. Borg, John Shelby Spong, Karen Armstrong, and John Dominic Crossan? These are just a few of the authors we will read and discuss at the newly organized Progressive Christian Study Group. If you are a seeker of God, aware of your evolving faith, and sense God in the "thin places" of your life, you may be interested in joining us.

What is the Kingdom of God? How was Jesus' human and the embodiment of God? How do you experience God? What was your childhood experience at Church? Has it evolved? These are some of the topics we will consider.

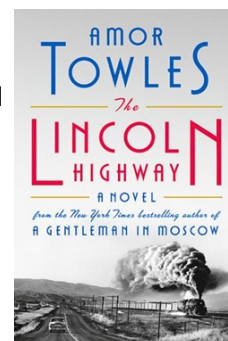
Interested? Call Connie Jones at 503-816-8563.

*Submitted by Connie Jones*

## BOOK CLUB

The Summerfield Book Club met in July to discuss *The Splendid and the Vile* written by Erik Larson. The discussion led by Judy Johnson told the story of Winston Churchill who came into office as Prime Minister of England, the same day Hitler began invasions sparking WWII. The Book Club group agreed that it was quite a read with lots of people, facts, and figures. The book was very well written and researched.

Our August selection is *The Lincoln Highway* by Amor Towles. Ann Phillips will lead the discussion on August 8<sup>th</sup> at 2 PM in the Conference Room. The story takes place in 1954 when 18-year-old Emmett Watson is delivered home to his family farm by a juvie warden only to find his family and the farm long gone. Plans to take his younger brother to California are thwarted when stowed away in the trunk of the warden's car are a couple of Emmett's juvie friends who redirect the travels to New York. The tale is described as a story of misadventure and self-discovery.



Next up in the Book Club lineup are September's selection – *The Hotel New Hampshire*, October's selection – *Book of the Unknown Americans*, and November's selection – *The Long Walk*.

*Submitted by Neal Sanders*

## JUST FRIENDS—SINGLES

**Thursday, August 3 at 1:30 PM:** Movie Matinee for Seniors at the Tigard Library: "A Streetcar Named Desire" (1951) starring Vivien Leigh & Marlon Brando. Winner of four Academy Awards. To carpool, meet at 1:10 PM in the Clubhouse Lobby.

**Saturday, August 5 at 11 AM:** Planning meeting for future activities in the Clubhouse Conference Room. Bring your ideas. After the meeting, a group of us go out for lunch (whoever is available). This is another way of getting to know each other.

**Sunday, August 6 from 6-7:30 PM:** Concert at Millennium Plaza Park (1st & Evergreen, Lake Oswego 97034). Eclectic music concert. Bring your picnic dinner and chair. We will meet at the Clubhouse at 4:30 PM. Don't forget to sign up for carpooling as parking is limited at the park.

**Tuesday, August 8 at 9:30 AM:** Tualatin River Greenway Trail Walk. Meet at the Mammoth Elephant in front of Home Goods in Tualatin (7701 SW Nyberg St, Tualatin 97062). The walk is 1-2 miles depending upon your stamina. Easy concrete path with lots of benches. If you want to carpool, meet in the Clubhouse Lobby at 9 AM.

**Saturday, August 19 from 4 – 6 PM:** Social Hour in the Clubhouse Living Room. Meet and Greet!!

Bring your own beverage and snacks to share.

**Monday, August 21 at 10:30 AM:** Brunch at La Provence - Progress Ridge (15151 SW Barrows Rd. #153, Beaverton 97007). Please sign up early for this event including carpooling because we need to make reservations. We will leave the Clubhouse at 10 AM.

Note: Please sign up for activities on the Clubhouse bulletin board and indicate whether you want to carpool or meet there. Everyone is encouraged to invite a new single person to our group and accompany them to their first activity.

Questions about singles activities? Call Linda Henning at 858-481-6868 or attend the meeting on Saturday, August 5.

*Submitted by Michele Seligman*

## GARDEN CLUB

Summerfield Garden Club had a July outing to Barn Owl Nursery Herb & Lavender Farm in Wilsonville. The owner, Chris, gave us a very interesting and informative talk on lavender - types, uses, how to buy, plant, & prune. Chris gave us a tour of her garden and we had fun shopping. We enjoyed our sack lunches and lavender cookies and tea that Chris provided for us.

Our August 16<sup>th</sup> (please note the date change - they are not open on Mondays) outing will take us to the Tualatin River National Wildlife Refuge Visitor Center, 19255 SW Pacific Hwy, Sherwood. We will have a speaker, see a film, and enjoy the viewing area. We will continue on to the Old Spaghetti Factory, 21192 SW Langer Farms Pkwy, Sherwood. We will meet on **August 16<sup>th</sup> at 10:45** in the west end of the Clubhouse parking lot and carpool. Please RSVP by August 14<sup>th</sup> to Lona Olson - call 503-372-5416 or email [bloson1@gmail.com](mailto:bloson1@gmail.com).

*Submitted by Lona Olson*

## QIGONG ADAPTIVE YOGA

*Are you ready to experience more freedom in your body?*

*Would you like to improve your balance?*

*Do you want to increase your strength and flexibility?*

These are just some of the benefits you may experience from regular practice of **Qigong** (pronounced Chi kung) and **Adaptive Yoga**.

Chairs and other yoga props are used to help improve posture, balance, and the ability to move with greater ease.

We do certain poses and exercises that encourage more energy, flexibility, and stability. Options are offered based on the student's needs.

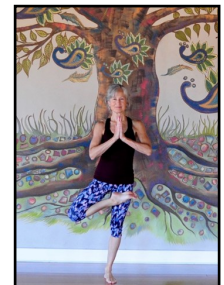
If you have a yoga mat, feel free to bring it, although it is not necessary to enjoy the practice. Looking forward to seeing you in class!

**Tuesdays – 10:30 AM - In the Lakeview Room**

**Fee: \$5 per class**

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

*Submitted by Pamela Olzman*





## FUN WITH HAND & FOOT

**Tuesdays @ 1:30 PM in the Game Room**  
**Casual Drop In Lessons Offered**



Rain or shine, Hand & Foot attracts a fun, casual group that plays every **Tuesday at 1:30 PM in the Game Room. Please plan on being there 15 minutes early for a table assignment.** We start to 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.

**By consensus of our regular players, we do 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.**

*Submitted by Paula Henry and Susan Callihan*

## BINGO



Much awaits all those who venture through the Game Room doors on August 11<sup>th</sup> and 25<sup>th</sup>. Adventure and fortune are in store between the hours of 7 – 9 PM. Join us, please.

*Submitted by Marlene Christensen*

## BUNCO

Let's Roll the Dice... Come play Bunco on August 14, in the Game Room from 7 - 9 PM.



*Submitted by Esther Vickstrom*

## CRIBBAGE

We play cribbage from 9:30 AM until 12 noon on Monday mornings. We have a great group of people who enjoy playing cribbage. We have the materials. Beginners welcome!! Come and join the fun!

*Submitted by Steve Moore*

## BRIDGE SCORES

**Monday** 6/12 K. Mullen 4070. 6/19 S. McGuire 4400. 6/26 J. Roberts 3890. 7/3 D. McKim 3790.

**Wednesday** 6/21 S. McGuire 4230. 6/28 D. Wallach 4900. 7/5 B. Finch 3790.

**Thursday Night** 6/15 B. Eberle 4080. 6/23 S. McGuire 3970. 6/30 D. McKim 4720. 7/6 B. Eberle 3670.

**Thursday Duplicate** 5/18 1<sup>st</sup> J. Nelson/ B. Meier. 2<sup>nd</sup> L. Derington/ A. Bennett. 6/29 1<sup>st</sup> Sahler/ D. Nangle. 2<sup>nd</sup> A. Bennett/ P. Biggs.

*Submitted by Maggie Scarborough*

## TRAVEL CLUB

Summerfield Travel Club will meet Friday, August 18th, at 10 AM in Lakeview Room. We want people to share their best trip and with whom. Then we will present a "Mystery Tour."

We are still looking for a new Chairperson of the Travel Club. If no one comes forward the club will fold after October's meeting.

FYI Vantage World Travel filed bankruptcy! If you pay your trip with a credit card you may be able to receive some money back as opposed to paying with cash for a discount.

*Submitted by Paula Henry*

## FROM THE GOLF SHOP

Well, I can't believe it's August already, where has the summer gone? I hope everyone has had a great summer so far. We still have plenty of golf to be played with the Club Championship for both the Women's and Men's Clubs coming up.

### Upcoming Events

- 8-3 Women's Club Scramble (9 AM Shotgun)
- 8-8 Women's Club Championship (Round #1)
- 8-10 Women's Club Championship (Round #2)
- 8-15 Women's Club Championship (Round #3)
- 8-16 Men's Club Championship (Round #1)
- 8-17 Women's Club Championship (Round #4)
- 8-18 Men's Club Championship (Round #2)
- 8-28 Chapman #5 (10 AM/1:15 PM Shotgun)

*Submitted by Rob Lindsey*

## WELLNESS & FITNESS COMMITTEE

### Psychological Benefits of Exercise:

Have you thought about what happens inside your brain when you exercise?

Well, to begin with, the body releases chemicals called endorphins. These endorphins interact with the receptors in your brain. Regular physical activity gives your self-esteem an extra boost and triggers a positive feeling in the body. It is often described as "euphoric." That feeling can be accompanied by a positive and energizing outlook on life. It can improve your sleep and help ward off depression and feelings of anxiety.



### How does exercise affect your Heart?

The heart is a muscle that becomes more efficient with exercise. When you exercise, your muscles help to circulate blood through the body, taking some of the strain and effort off the heart. Not as much work is needed to pump blood and the heart becomes stronger over a period of time.



As you begin to exercise, your heart will contract faster and circulation will increase, which gets oxygenated blood to your muscles quicker. As the demand for blood increases, the heart is going to try to meet the demand by increasing the heart rate and by increasing the force with which it contracts. The increase in oxygen delivery is twofold: your heart will have more beats per minute, and a more forceful contraction each time it beats so it can pump a greater amount of blood throughout the body.

### Besides the heart and brain exercise also has these added health benefits:

- Helps increase energy levels.
- Can lower blood pressure.
- Improves muscle tone and strength.
- Helps to strengthen and build bones.
- Can reduce body fat.

### How much exercise is needed:

Even if physical activity has not been a part of your routine, it's never too late to start. Speed walking, jogging, and swimming are examples of aerobic exercises that benefit your heart. Perform light exercise such as walking for at least 30 minutes 3-5 days a week. Alternatively, perform moderate exercise such as weightlifting or bicycling for at least 30 minutes 2 days a week.

**Be sure to talk to your doctor before starting any new exercise program to make sure it is safe to do so.**

*Submitted by Linda Mulligan: Wellness and Fitness Committee*

## TAI CHI (The 24 Forms)

The ancient practice of Tai Chi involves slow and gentle movements designed to promote relaxation and increase health and fitness. Following step-by-step video instructions by Dr. Paul Lam, you will learn to master some of the most popular and widely practiced forms of Tai Chi to improve your strength and balance. Please join us on Wednesday mornings at 11:30 AM in the Clubhouse Ballroom and discover the many benefits of practicing Tai Chi.



*Submitted by Joan Mikels*

## TENNIS

Tennis, anyone? Come join us for a relaxed and friendly game of mixed doubles. Please contact Carol McKee (ctmckee@gmail.com or 503-360-2399) for more info, and to be added to our weekly email schedule.



*Submitted by Carol McKee*

## WATER AEROBICS

Here it is August already, and Water Aerobics has been going strong! The water has been such a relief from the hot sun. Cool off by joining us in the pool every weekday morning.

Sessions run Monday - Friday from 10 - 10:45 AM in our heated pool (even in the rain, but we will cancel if there is lightning). We work out with easy exercises played on 45-minute CDs - one program on Monday, Wednesday & Friday, and another program on Tuesday & Thursday. Volunteers set up the daily sessions. Bring a pool noodle or floaties if you wish.

The cost is \$5.00 for the season. Come try us, then pay if you want to continue. Paid members enjoy a fun catered party at season's end.

Bathrooms, showers, and lockers are available in the locker rooms downstairs.

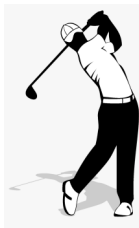
For more information, contact Sandra Serpas @ 541-521-8887.

*Submitted by Susan Callihan*



## MEN'S GOLF CLUB

**MARK YOUR CALENDAR:** SMGC Board Mtg: 8/8 @ 9 AM in Conference Room. **Fall Match Play: Signup:** 8/2 to 8/26. **Play** 9/1 thru 9/30. **Chapman #4: Play** 8/7. **Chapman #5: Signup** 8/7 to 8/22. **Club Championship: Play** 8/16 & 8/18. **Wakefield Scramble: Signup** 8/23 to 9/14. **Play** 9/20 & 9/22. **Chapman #6: Signup** 8/28 to 9/22.



**JUNE 26<sup>th</sup> CHAPMAN RESULTS:** 116 golfers played on a great summer day. **Low Gross Winners: Tie 1<sup>st</sup>** T Gallagher & B Smith. **2<sup>nd</sup>** J Beck & D Jordan. **Tie 3<sup>rd</sup>** J & B Opoka/M & R Ribacchi. **4<sup>th</sup>** M & J Gillan. **Low Net Winners: 1<sup>st</sup>** C Riggs & M Cook. **2<sup>nd</sup>** R & B Whitehead. **Tie 3<sup>rd</sup>** C Petri & H Peterson/J Harrington & D House. **4<sup>th</sup> thru 10<sup>th</sup>** 35 Teams. **CONGRATULATIONS 4<sup>th</sup> through 10<sup>th</sup>:** 44 Teams. **Couples KP #4: 1<sup>st</sup>** J Beck & D Jordan. **2<sup>nd</sup>** T Gallagher & B Smith. **KP #6: 1<sup>st</sup>** J & H Thieman **2<sup>nd</sup>** J & J Endicott. **Long Putt #8: 1<sup>st</sup>** R & B Whitehead. **2<sup>nd</sup>** I Jordan & K Masterson. **Men's KP #7: 1<sup>st</sup>** L Wilcox. **2<sup>nd</sup>** B Smith. **Ladies KP #9: 1<sup>st</sup>** M Ribacchi. **2<sup>nd</sup>** T Gallagher. **KP #2: Women** M Gillan. **Men** R Knutson.

**Between the Lines: 13. On #9 Green: 29. Inside the Circle #5: 14. Raffle Winners: 8.** Thanks to our Sponsors Ken Miller, Sandy Brewer, Rob Lindsey & Mike Cook. Also, a big thanks to Dan O'Brien, Mike Tsujimura, and Buzz Smith for sorting through and deciphering the scorecards and tabulating all the scores to determine the payouts.

**AUGUST 28<sup>TH</sup> CHAPMAN UPDATE:** This month's Chapman will only have a social hour, no dinner. Everyone is asked to bring some snacks and/or appetizers for your table to share.

**WELCOME NEW MEMBERS:** Dick Wald, Kevin Nahn & Larry Hutchinson.

**TWO-MAN PARTNERS:** Great two days for golf as things heated up on Friday. 10 strokes separated 1<sup>st</sup> and 3<sup>rd</sup> places for Low Gross, and 15 strokes separated 1<sup>st</sup> and 6<sup>th</sup> for low net. **WINNERS: 36 HOLE FLIGHT: Low Gross 1<sup>st</sup>** G Heintz & G Lett. **Low Net 1<sup>st</sup>** M Simrell & J Erickson. **2<sup>nd</sup>** D Jordan & B Barnett. **3<sup>rd</sup>** R Smith & B Smith. **18 HOLE FLIGHT: Low Gross 1<sup>st</sup>** J Hootman & J Massaro. **2<sup>nd</sup>** K Nelson & B Whitehead. **3<sup>rd</sup>** G Eggert & J Fitzgerald. **Low Net 1<sup>st</sup>** J Jepson & K Rose. **2<sup>nd</sup>** S Miller & J Baldwin. **3<sup>rd</sup>** G Chandlee & L Comstock. **4<sup>th</sup>** F Bouthillier & D B. **5<sup>th</sup>** B Walker & R Knutson. **Tie 6<sup>th</sup>** B Meek & S Nelsen/K Lance & P Shute.

*Submitted by Ken Rose*

## WOMEN'S GOLF CLUB

Winning teams of the **July 6<sup>th</sup> Scramble** were: **1<sup>st</sup> Low Gross:** K. Connolly, J. Courson, T. Gallagher, and E. Madden. **2<sup>nd</sup> Low Gross:** J. Heintz, M. Gillan, S. Sisk, and M. Sims. **1<sup>st</sup> Low Net:** G. Heimbecker, C. Hargis, D. Durgan, and R. Nash. **2<sup>nd</sup> Low Net:** L. Gray, J. Primrose, S. Stoesser. **3<sup>rd</sup> Low Net:** M. Abbot, K. Maguire, J. Mathews, and J. Sell. **4<sup>th</sup> Low Net:** P. Cherrick, M. Kerns, and J. Tinker. At the general meeting following the scramble, two new members were introduced...please welcome Mary Berule and Loretta Bertrand. Thanks to Rebecca Whitehead for contributing delicious homemade cookies.

**June Birdies** were made by: J. Opoka, M. Ribacchi (2), I. Trommlitz, J. Meek, J. Beck, M. Gillan, W. Pfeifer, and J. Knutson. **June Chip-Ins** were made by J. Beck (2), I. Trommlitz, N. Sahler, D. Brosowske, G. Heimbecker, R. Whitehead, D. Montgomery, B. Phillips, W. Pfeifer, P. Cherrick, J. Astrup, D. Dorsey, L. O'Brien, M. Dunlap, C. Pitre, and B. McPherson.

The **Match Play Tournament** took place in June and there were enough players for 2 flights. **Winner's Bracket Flight A - 1<sup>st</sup>:** Marja Gillan, **2<sup>nd</sup>:** Jan Meek, **3<sup>rd</sup>:** Joyce Knutson, and **4<sup>th</sup>:** June Miller. **Winner's Bracket Flight B - 1<sup>st</sup>:** Jo Heintz, **2<sup>nd</sup>:** Julie Courson, **3<sup>rd</sup>:** Donna Dorsey, and **4<sup>th</sup>:** Margaret Johannes. **Consolation Bracket Flight A - 1<sup>st</sup>:** Lynn O'Brien, **2<sup>nd</sup>:** Janice Beck, **3<sup>rd</sup>:** Irma Trommlitz, and **4<sup>th</sup>:** Pat Dufort. **Consolation Bracket Flight B - 1<sup>st</sup>:** Cheryl Riggs, **2<sup>nd</sup>:** Kim Maguire, **3<sup>rd</sup>:** Sharon Stoesser, and **4<sup>th</sup>:** Jan Harrington. Congratulations to all!

Kudos to the following **Guest Day**

**Tournament winners: 1<sup>st</sup> (2-way tie):** Joyce Knutson, Rossana Holmes, Mary Reeves & Kimberly Thompson, and Marja Gillan, Terry Bailey, Yong Semet & Julue Michels. **3<sup>rd</sup>:** Irma Trommlitz, Deb Byes, Meddie Sims & Cathey Holley. **4<sup>th</sup>:** Wendy Pfeifer, Alice Livermore, Donna Montgomery & Marylou Stoutenburg.

*Continued on page 12*

**THE CASE OF THE WANDERING GOLF BALL:** Rumor has it there was a golf ball who decided to check out someone's living room during the Chapman. Ball is in denial and is refusing to answer any questions. Only it decided to buzz in and out. Hmmm!

*Submitted by Ken Rose*

*Continued from page 11*

Thank you to all who participated in our annual **Charity Golf Tournament**, dinner, raffle, and silent auction held on July 11<sup>th</sup>. What a spectacular day with a very special purpose! Fundraising results are being tallied and the final total will be announced, and a check will be presented to Kim Thoren with the Caring Closet on August 3<sup>rd</sup> at our General Meeting. Chairperson Barbara Kelley and all her committee members did an outstanding job in putting on this wonderful event...THANK YOU SO MUCH for your collaborative energy and efforts!

The **Club Championship Tournament** will be played on August 8<sup>th</sup>, 10<sup>th</sup>, 15<sup>th</sup> and 17<sup>th</sup>. The Championship luncheon will be at 1 PM on August 17<sup>th</sup> after the tournament. If you don't play in the tournament, you may still sign up and pay by August 7<sup>th</sup> to attend the luncheon.

Reminder: **Scramble and General Meeting on August 3<sup>rd</sup>**. Hoping many of you will attend the meeting in support of Barbara Kelley presenting a check to our 2023 Charity recipient.

The grass is always greener in Summerfield!

*Submitted by Cheryl Riggs*

## LOW VISION SUPPORT GROUP

Our August meeting will take place on the 4<sup>th</sup>, beginning at 10:30 AM in the Conference Room.

At our meeting on September 1<sup>st</sup>, we will host a presentation on the latest version of the SCA Website by Leigh Wilcox. We encourage anyone experiencing low vision to attend. Other residents are welcome as space is available.

*Submitted by Ruthanne Lidman*

### Summerfield Summary Staff

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