



Summerfield Summary

CLUBHOUSE COMMITTEE

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Summerfield Civic Association

10650 SW Summerfield Dr.
Tigard, OR 97224

Office: 503-620-0131
office@summerfield55.org
www.summerfield55.org

Office open
Monday through Friday,
8 AM—12 noon

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

**OFFICE CLOSED
MONDAY
SEPTEMBER 4 in
observation of**



Hold onto your hats! The **kitchen remodel** has a schedule! The kitchen will be unavailable from September 21st through October 13th. This window allows for packing up, construction, and setting everything back up. During this period there will be noise and commotion in the area, and one end of the ballroom will be used for storing appliances and kitchen contents. Please plan your use of the Ballroom and Lakeview Room accordingly. If you are a Club or Activity with things stored in the kitchen cabinets, you will be contacted by the Clubhouse Committee to clean them out. This is a good time to purge things no longer needed!

The Clubhouse Committee and the Furniture sub-committee recently had the opportunity to view **furniture** selections from two designers. Next, we will decide which pieces from each will work well for our living room and residents, and then have a designer draw up a floor plan with our selections to make sure they will all work. The Clubhouse Committee will make the final decision on items and fabric and prepare a presentation, likely for the October Board meeting.

The Clubhouse Committee is working on improving the use of storage rooms in the Clubhouse. To that end, Clubs and Activities have been asked to clean out the things they have stored in the room off the downstairs Lower Lobby. We hope to get this organized and labeled so the space is safely and efficiently used. Your cooperation is appreciated!

While pets are not allowed in the Clubhouse, **Service Animals** are. There are very specific ADA rules that spell out how we determine if a pet is really a service animal. We are only allowed to ask two questions: 1) Is the dog a service animal required because of a disability? 2) What work or task has the dog been trained to perform? We cannot require proof that the animal is certified nor require the animal to wear a vest or tag. The handler is responsible for the care and supervision of the service animal. We appreciate your understanding of these ADA requirements in Oregon.

There has been an ongoing problem with **chairs** not being hung properly on the Chair Racks. When not hung as required, the chairs don't fit, and the chair rack won't fit through the storage room door. It also creates work for others who must rehang the chairs. There are detailed directions with pictures on both sides of the chair racks. Please ensure the directions are followed. Regarding chairs against the wall in Lakeview Room, these must be turned uniformly to stack properly against the wall.

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 Clubhouse Committee

PRESIDENT'S MESSAGE

Every morning I wake up and think how lucky we are to live in Summerfield. There is a plethora of activities to keep us busy. For me it's golf. This is a community where people are friendly and great to one another. Even so, there are certain conditions that help foster a harmonious environment.

Clear Communication: Open and transparent communication is the foundation of harmony in an HOA. Regularly sharing information about upcoming meetings, decisions, and policy changes fosters trust among residents. Transparent communication helps to avoid misunderstandings and allows residents to voice their concerns.

Effective Governance: A well-managed HOA Board plays a crucial role in maintaining harmony. Board members should be chosen based on their dedication to the community and ability to make fair decisions. They must act in the best interests of all residents, enforcing rules consistently while also being open to feedback.

Balanced Rules and Regulations: HOA rules should strike a balance between protecting property values and allowing residents the freedom to enjoy their homes. Rules that are too restrictive can lead to resentment, while overly lax regulations can result in chaos. Ensuring that rules are reasonable and applicable is key to fostering harmony.

Conflict Resolution: Disagreements are inevitable in any community, but how they are handled determines the level of harmony. An effective conflict resolution process that encourages dialogue and compromise is essential. Mediation and clear escalation paths for disputes help prevent tensions from escalating and maintain a peaceful atmosphere.

Inclusive Decision-Making: Encouraging resident involvement in decision-making processes fosters a sense of ownership and belonging. Soliciting feedback on major decisions, such as budget allocation or infrastructure improvements, ensures that residents' diverse perspectives are considered, leading to more balanced and harmonious outcomes.

Respect for Diversity: An HOA is composed of residents with different backgrounds, beliefs, and lifestyles. Respecting this diversity and ensuring that no group is marginalized is crucial for harmony. Discrimination or bias should have no place in the HOA's operations.

Maintenance and Aesthetics: A well-maintained neighborhood with consistent aesthetics contributes to a sense of pride and unity. Regular upkeep of common areas, landscaping, and architectural guidelines ensures that the community's appearance reflects a collective commitment to maintaining property values.

Transparency in Finances: Clear financial management is essential to avoid mistrust and conflicts. HOA budgets and financial records should be accessible to residents, demonstrating responsible stewardship of their dues and fees.

Community Building: Organizing social events and fostering a sense of community among residents helps build relationships and strengthen bonds. When neighbors know each other, it's easier to work through disagreements and collaborate on projects that benefit everyone.

In conclusion, harmony within an HOA is the result of intentional efforts to establish clear communication, balanced rules, effective governance, and inclusive decision-making. When residents feel heard, respected, and engaged, the community thrives, property values are preserved, and a positive atmosphere prevails. A harmonious HOA sets the stage for a desirable and enjoyable living environment for all its residents.

Steve Blake, SCA President

Upcoming SCA Board Meetings



Agenda Meeting September 5, in the Conference Room at 9 AM.

Board Meeting September 11, in the Conference Room at 9 AM.



SCA BOARD MEETING RECAP

Present: Steve Blake, President, Tom Clancy, Vice President, Pat VanOsdel, Director, Carol Knutson, Treasurer, JJ Gattuccio, Director, Jennifer Stiffler, Administrator, Val Wicklund, Director, Dianne Phelps, Director **Absent:** Lance Yunck, Apartments, Manager, Estates

President Steve Blake called the meeting to order at 9:00 AM.

Minutes: A motion was made and seconded to accept the July Board Meeting Minutes. Motion passed.

Golf Course Report – Palmer: It has been very hot on the Golf Course and the crew has been working on watering when and where necessary. The crew is also watching out for drought stress from billbugs.

Golf Pro Shop Report – R. Lindsey: Golf play exceeded last month's record breaking numbers of over \$65,000 and over 6100 rounds. Winter pass sales will begin soon.

City of Tigard Liaison Report – Sherman: Chief McAlpine noted at the recent City Council Meeting that most downtown Tigard crimes were trending downward in part to a new police beat on bicycles. City Council also discussed issues with the new Tigard Universal Plaza, mainly with the splash pad.

Treasurer's Report – Knutson: Total July revenue is \$91,740.78, total July expenditures are \$105,428.30, and total cash on hand as of 07/31/23 is \$877,135.25. The General Reserve's beginning balance is \$1,622,984.90, the total revenue of \$6,287.64, the total expenditures are \$4,900, and the ending General Reserve balance as of 07/31/23 is \$1,624,372.54. The beginning balance of the New Buyer Fee is \$177,865.73, the New Buyer Fee revenue is \$12,699.85, NBF expenses were \$699.85, and NBF interest earned is \$38.40, with an ending balance of \$189,904.13. The total balance of the Reserve Accounts is \$1,814,276.67 as of 07/31/23. Heritage Bank checks written were #5097-5152, and KeyBank checks written were 0. US Bank checks

written were #667. WaFd checks written were #256-257. Motion to accept treasurer's report made and seconded. Motion passed.

Unfinished Business: None

New Business:

CALC Proposal

The motion was made and seconded to accept CALC's proposal to remove overgrown and invasive Yucca plants and use Rain or Shine Landscaping to complete the work for \$1,250.00. Motion passed.

Social Activities Group Approval

The motion was made and seconded to accept new Summerfield Activity – Social Activities Group. Motion passed.

Drum Circle

The motion was made and seconded to new Summerfield Activity – Drum Circle. Motion passed, 6-1.

Drum Circle Start up Budget

The motion was made and seconded to accept the new Drum Circle Activity Start up Budget of \$750.00. Motion passed, 5-2.

Policy & Procedure Update A 1.15

The motion was made and seconded to accept the proposed changes to A 1.15 from the Policy and Procedure Manual. Motion passed.

50th Anniversary Ad Hoc Committee

The motion was made and seconded to approve an Ad Hoc Committee to organize events to celebrate Summerfield's 50th Anniversary of the Clubhouse. Motion passed.

Resident Only Parking Signs

The motion was made and seconded to approve the installation of 5 Resident Only Parking Signs in the Clubhouse Parking lot. Motion passed, 5-1.

Social Marketing Proposal

The motion was made and seconded to accept Marketing Committee's proposal to hire a social media professional for a trial period at \$720.00 per month. Motion passed.

SCA Office Renewal Proposal

The motion was made and seconded to accept the proposal to update the SCA

Office furnishings at a budget of \$6000.00. Motion passed.

Date Change for Future Agenda and Board Meetings

The motion was made and seconded to move monthly Agenda Meetings from the 1st Monday to the 2nd as well as Board Meetings move from the 2nd Monday to the 3rd beginning in November 2023. Motion passed.

Administrator's Report: 6 homes sold in July.

Kitchen Renewal has a scheduled start date of September 25th. The Kitchen will be closed for use from September 21st through October 13th to allow for take down and set up before parties may use the facility.

Directors' Roundtable:

Valerie Wicklund: Wellness & Fitness, Summary – No Report.

Pat VanOsdel: Newcomers, Clubs & Activities – Newcomers Fair scheduled for September 30th. August Clubhouse Tour had 3 new residents in attendance.

Tom Clancy: A/L, Sub Associations – A/L working on formal enforcement policy and encouraging residents to plant native plants. Sub Associations next meeting is in September. Encouraging sub associations to join CAI (Community Association Institute). Law Day Trade Show coming up on September 15th.

JJ Gattuccio: CALC, Pool, Greens – No Report.

Dianne Phelps: Clubhouse, Library, Safety & Disaster Preparedness – SDPC has a talk scheduled for September 8th about Fire Safety and CPR. Self Defense talk in October.

Carol Knutson: Pro Shop, Volunteer Appreciation – Volunteer Appreciation event planned for Veteran's Day, November 11th with an emphasis on veterans from the Vietnam War.

Steve Blake: CALC, Greens, Marketing – No report.

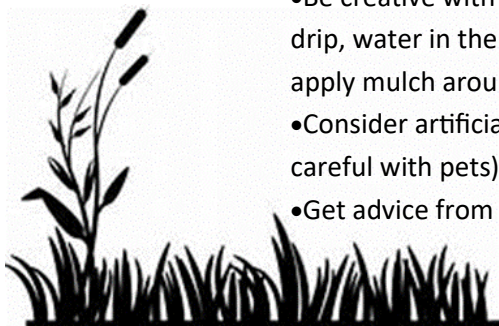
Motion made and seconded to adjourn. The meeting adjourned at 10:37 AM. Motion passed.

ARCHITECTURAL/LANDSCAPE

As Fall approaches, it's a great time to think about the health of your yard. The A&L Manual asks that we maintain our landscaping and parking strips in an attractive appearance. Does that mean putting green-worthy lawn that requires a lot of care and maintenance? NO! The minimum landscaping requirements include plantings in the front and back with ground cover, trees, shrubs, flowers, and/or lawns (real or artificial). Sparsely planted areas should be covered with bark dust/chips, river rocks, landscape rocks, or similar materials, as long as they are not white or nut shells.

You can easily create an attractive yard that doesn't require a lot of water, chemicals, or power equipment. Some things to consider:

- Use native plants that more easily adapt to our (changing) climate, and often use less water once established. There's great information at the Native Plant Society of Oregon website www.npsoregon.org, and the Native Plan Gardening section at OSU Extension Service <https://extension.oregonstate.edu/collection/native-plant-gardening>
- Be creative with watering – install a timer with a rain sensor if you use irrigation, use more drip, water in the morning when it's most effective, water less frequently but deeply, and apply mulch around trees and shrubs to help hold in the moisture
- Consider artificial turf, which looks great year-round with no water (but can get hot, so be careful with pets)
- Get advice from our many local nurseries; some specialize in native plants



If you're planning a change to your landscaping other than routine maintenance, don't forget to submit a change request!

Submitted by Scott Owen Chairperson, A&L Committee

VETERAN'S DAY EVENT

Save the Date: Saturday, November 11th, 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 29th in the United States. In 2023 the nation recognized the 50th 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



Save the Date!

Newcomer's Fair Meet & Mingle!

Saturday, September 30th, 2 PM-4 PM
SCA Clubhouse Ballroom

Learn about your new community!
Meet representatives of our Clubs & Activities
Refreshments & Door Prizes
Have any questions?

Email tblakenewcomers@gmail.com



MONTHLY CLUBHOUSE TOUR

WEDNESDAY, September 13th 1-2 PM

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. September 13th is the next scheduled date. Tours will start promptly at 1 PM in the Clubhouse Living Room 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 HAPPY HOUR

Happy Hour, BYOB

Tuesday 4 - 6 PM

A Special Event Sept 12th

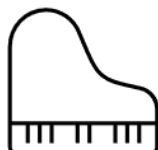
Join us for a sing-along with Gerry Craig, the "piano-man."

Submitted by Carene Svoboda



PIANO BAR THURSDAYS

Come join us for music and relaxation. Our next two get-togethers will be Thursday, September 14th, and Thursday, September 28th, from 6:30 PM to 8:00 PM in the Clubhouse Living Room by our baby grand piano. See you then.



Submitted by Lydia Cooper

SOCIAL ACTIVITIES GROUP

Get Ready for Fun!

The Social Activities Group is back in action and preparing some fun activities for all residents of Summerfield to enjoy! Everyone in Summerfield is a member of this group! You are invited to participate in all activities sponsored by SAG.

We have some exciting new things planned and some favorites too!



First, we have Movie Nights planned for each month of the year. These will be current movies and maybe a few old favorites. There will be popcorn and candy, so bring your own drink and a pillow or chair cushion if you need to make our folding chairs more comfortable!

Next, there will be a themed Potluck every quarter with a raffle each time, games, and prizes too! So, get your costumes ready for our first Potluck! Can you guess when it will be?

We are always looking for volunteers to help pass out popcorn, set up/take down, raffle help, decorations, ideas, and suggestions!

If interested please contact Sue Stockamp at 503-709-7033, or email suestockamp@gmail.com

Submitted by Susan Stockamp

MOVIE NIGHT

Wednesday, September 6, 2023

6:30 pm

Free popcorn and candy!

Watch the poster in the lobby!

Donations are appreciated.
Bring a seat cushion if needed
RSVP to suestockamp@gmail.com,
or text 503 709-7033

NEWCOMERS WELCOME COMMITTEE

All new residents for 2023 will be receiving an invitation in the mail for the Newcomers Event on **Saturday, September 30 from 2-4 PM**. This is a "Meet and Mingle" opportunity. Meet the Clubs and Activities that will have tables where you can ask questions and sign up. Mingle with other new residents and the Summerfield Board members. To date, we have 41 new residents. We anticipate with August and September move-ins, to mail at least 50 invitations. This is also an opportunity for all interested residents to attend and be updated on the new activities: Social Activities Club, Drum Circle, Ukulele group, and much more.

Clubs and Activities will have tables in the Ballroom and Lakeview Room where you can walk around to meet and inquire about those activities and clubs you have an interest in. There will be door prizes from Al's Nursery, Trader Joe's, and a couple of wineries. My Committee Team 3 Leader, Toby Blake, is working hard to make this a fun event for everyone.



The Clubhouse tour is the second Wednesday of the month at 1 PM. In August, three people attended. One couple had been in Summerfield for 1 week! The other person only 1 and a half weeks. Welcome!

Submitted by Carene Svoboda

SUMMERFIELD ART SHOW POSTPONED

The Art Show scheduled for September will be postponed due to the kitchen remodel timeline.

Although, sadly, the Art Show will not occur in September as planned, we would like to encourage all the art appreciators among us to enjoy the new gallery installation this month. The theme was "Beauty of the Pacific NW/ Summerfield." It should tide you over until we find a new date.

The Art Show will be rescheduled later, most likely in the spring. Until then we will keep creating! In the meantime, there will be a lovely new kitchen installed.

Thanks, Terry Schmidt



SUMMERFIELD ESTATES

September Events!

Baseball Talk with Dennis Lio
Please join us for us as Dennis shares his passion for Baseball!
Saturday, September 2, 2023, 6pm
Refreshments will be provided.
Come early and enjoy dinner for only \$12.
Baseball talk is no charge.
Please let us know you are coming.

Hawaiian Luau
Thursday, September 7, 2023
Dinner starts at 4:30pm – 6pm
Hula Dancers at 6pm
Pulled Pork Sandwiches
Blue Hawaiian Beverages
Come early and enjoy dinner for only \$12
Dinner is \$12-Show is no charge.
Please let us know you are coming.

Please join us as we showcase some of the many talents of our Residents and Team Members from Musical talents, Quilts, Crafts and Paintings to name a few.

Talents of Summerfield Estates –Happy Hour
Friday, September 29, 2023
5:30-7:30pm
Hors d'oeuvres and Beverages
No charge for show

Come early and enjoy dinner for only \$12.
Please let us know you are coming.

11205 SW Summerfield Drive | Tigard, OR 97224 | Summerfield Estates Ret. Com
503-620-8160

The Summerfield Directory is looking for a cover photo. If you have a photo you would like to submit for the cover, email your image to
admin@summerfield55.org by
September 15th.



NEW SUMMERFIELD DRUM CIRCLE

Drum Circle will be added to our calendar every 2nd and 4th Friday at 10 AM in the Lakeview room.

Come on Friday, September 8th and join us in the Conference Room at 10 AM for an Orientation!

We will have a few drums available to use and you are welcome to bring your own. No musical experience needed!

What is the point of a drum circle?

Typically, people gather to drum in drum "circles" with others from the surrounding community. The drum circle offers equality. It includes people of all ages. The main objective is to share rhythm and get in tune with others and themselves.

Drum Circles are not just about drumming

Drum circles are so much more. Research continues to demonstrate that drumming circles are an effective tool for marking statistically significant changes in physical, emotional, and mental health and wellness!

Drum circles are not performances, they are soundscapes

Drum circles for seniors have been known to help adults in the following areas:

- Reducing tension, anxiety, depression, and stress
- Boosting the immune system and increasing energy
- Releasing negative feelings
- Making social interactions and feeling a sense of community
- Improving joint mobility, posture, and motor skills
- Providing self-realization



10 Health Reasons to Start Drumming

Here's why drumming is good for you:

- 1 Makes you happy.** Participate in a drum circle or take a cardio drumming class and you will see how happy it makes you. Drumming releases endorphins, enkephalins, and Alpha waves in the brain, which are associated with general feelings of well-being and euphoria.
- 2 Induces deep relaxation.** In one study, blood samples from participants who participated in an hour-long drumming session revealed a reversal in stress hormones.
- 3 Creates a sense of connectedness.** Drumming circles and group drumming classes provide an opportunity for "synchronicity" in that you connect with your own spirit at a deeper level while also connecting with other like-minded people.
- 4 Aligns your body and mind with the natural world.** The Greek origin of the word "rhythm" is "to flow." Drumming allows you to flow with the rhythms of life by simply feeling the beat.
- 5 Releases negative feelings.** The act of drumming can serve as a form of self-expression. You can literally drum out your feelings. Stimulation of hitting the drums can help remove those blockages. Drumming has even been used therapeutically to help deal with emotions.
- 6 Puts you in the present moment.** While drumming, you are moving your awareness toward the flow of life. When you are flowing with the rhythm of life, you cannot be caught up in your past or worry about your future.
- 7 Allows for personal transformation.** Drumming stimulates creative expression. When you drum in a group, you not only get to self-express, but you get feedback from the other drummers. It's the equivalent of talk therapy! Drum circles provide a means of exploring your inner self and expanding your consciousness while being part of a community.

Submitted by Mel Simrell

SUMMERFIELD BIBLE STUDY

As of September 2023, the Summerfield Bible Study will be back in the Clubhouse. We will meet in the **Conference room** each Wednesday at 10:00 AM **except** for the **second Wednesday** of the month when we will be in the **Art room**. We will finish studying Genesis led by Craig Benjamin and then we will start a study of the Gospel of Matthew, led by Mike Anderson. Come join us! Everyone is welcome. Have any questions? Call Mary Kay 503-479-5430.



Submitted by Mary Kay Stroum

LOW VISION SUPPORT GROUP

Our meeting will take place on September 1st, beginning at 10:30 AM in the Conference Room. Our September 1 meeting will feature the SCA Website.

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

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

SENIOR LEARNING

We are currently learning about "Inventions that Changed the World." The course starts with the potter's wheel, then continues through history right up to social media. We gather every Thursday at 2 PM in the Lakeview Room.

Submitted by Gerry Craig

DEMENTIA SUPPORT GROUP

New dementia treatment drugs are being introduced. These do not offer a cure but represent progress. We will discuss these developments, as well as share our own experiences and questions. Please join us in our September meeting on Monday, the 18th, 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. Question? Please call Jane at 630-564-2624 or Caren at 336-202-6601. We look forward to seeing you!

Submitted by Jane Miller

LADIES WEIGHTS CLASS

Thursday's at 4 PM in the Ballroom

Come and join us for a weight workout.

We do upper body strength work.

Legs get put to the test too.

Plus, some balance exercises for stability.

Improve your physical conditioning, feel better, and socialize with friends here.

Submitted by Linda Mulligan



JUST FRIENDS—SINGLES

Saturday, September 2nd at 11 AM - Planning meeting for future activities in the Clubhouse Conference Room. If you want to keep this group going, please come and bring new suggestions for upcoming programs. We need the input of new faces and fun ideas.

Wednesday, September 13th - Happy Hour at the Stockpot restaurant 8200 SW Scholls Ferry Road, Beaverton OR 97008. We will meet at the Clubhouse at 3:30. If you prefer, you can meet us there. Please call Shirley Edward at 503-670-0950 to make a reservation if you plan to attend at least 4 days before the event. Call Shirley if you have any questions.

Saturday, September 16th - Game night in the Clubhouse downstairs at 6:30 PM.

Delicious ice cream bars will be provided. Bring your favorite game and laughs!! Call Carolyn (503-372-9249) at least 4 days before to reserve your ice cream bar.

Monday, September 18th - Breakfast at I Hop 16814 SW Edy Road, Sherwood, 97140. We will meet at the Clubhouse at 10 AM or if you prefer, to meet us at the restaurant at 10:30 AM. Please call Lu at 503-747-5226 at least 4 days before the event to make reservations. (Note since this is popular, we would like to have breakfast every 3rd Monday. We will vary the locations each month.)

Wednesday, September 27th, at 12 noon. Cornhole at Cook Park. Bring your lunch and be prepared to laugh. We will meet near the restrooms.

Questions about singles activities? Call Linda Henning at 858-481-6868 or attend the meeting on Saturday, September 2nd.

Submitted by Michele Seligman

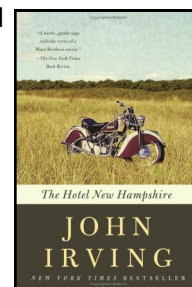
SUMMERFIELD ANNIVERSARY COMMITTEE

Interested in helping plan Summerfield's Clubhouse Anniversary Events? Come to a meeting on **September 11th at 1 PM in the Clubhouse Conference Room** to talk about ideas that will celebrate Summerfield's history and its future!

BOOK CLUB

The August Book Club was held on August 8th with Ann Phillips leading the discussion of *The Lincoln Highway*. Ann gave some information about the author and then the attendees took over and had much to say about the book. Most comments were positive, but there were some negative thoughts given about the book. Most everyone enjoyed most parts of the book. Thank you to Ann for leading this discussion.

The Book Club meeting in September will be held on the 2nd Tuesday, September 12th. We will meet in the Conference Room of the Clubhouse at 2 PM. The book is *The Hotel New Hampshire* by John Irving. Georgia Meshke will be the moderator. This book follows the Berry family across two continents and three hotels. Family members attract friends with various needs and quirks.



October's book is *The Book of the Unknown Americans* by Cristina Henriquez.

The November book is *The Long Walk: The True Story of a Trek to Freedom* by Slavomir Rawicz.

At our August meeting, discussion was held about how the Washington County Library system that does not have a good supply of these last 3 books of this year. We want to make you aware of this early so that you can do what you need to get a book. Some thoughts given were to: borrow the book from someone who has it, share a book with a friend; reserve it early from the library and hope that you get it, buy the book from your normal source or buy a used copy of the book from Powell's bookstores or online from Amazon or other online book sources. We are sorry about this problem with the book shortage, but these books were chosen, and the decision was made to go ahead with it instead of changing the book choices.

The December meeting will be our Holiday party and the nominations of books to be read next year. Please think about what you think the rest of the group would enjoy reading and enjoy talking about.

Submitted by Neal Sanders

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 table assignment.** We start play promptly at 1:30 PM. **Late arrivals may not be seated if tables are full or play has already begun.**

If you have never played or feel rusty, Susan is offering tutorials at **12:30 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.

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.

Submitted by Paula Henry and Susan Callihan

BRIDGE SCORES

Monday Bridge: 7/10 S. McGuire 3970. 7/17 S/. McGuire 4640. 7/24 B. Finch 3450. 7/31 L. Bertrand 3040. 8/7 B. Finch 3720.

Wednesday Bridge: 7/12 S. Looney 3170. 7/19 D. Wallach 3690. 7/25 M. Dick 3690. 8/2 B. Finch 4190. 8/9 B. Finch 4430.

Thursday Night: 7/13 S. McGuire 4310. 7/20 D. Wallach 3500. 7/28 B. Eberle 2950. 8/3 D. Jordan. 8/10 B. Finch 4210.

Thursday Duplicate: 7/13 N/S 1st H. Benscheidt/ C. Williams. 2nd N. Sahler/ D. Nangle/ E/W 1st J. Nelson/B. Fuson. 2nd B&C Forward. 7/20 N/S 1st H. Benscheidt/ B. Moore. 2nd M. Itel/M. Henry. E/W 1st B. Meier/ D. Nangle. 2nd L. Derington/ A. Bennett. 7/27 1st N. Sahler/ D. Nangle. 2nd M. Itel/ M. Henry. 8/3 1st M. Ritchey/ B. Gevertz. 2nd J. Nelson/ B. Fuson. 8/10 N/S 1st L. Derington/ P. Biggs. E/W 1st M. Itel/ M. Henry.

Submitted by Maggie Scarborough

BUNCO

Let's Roll the Dice... Come play Bunco on September 11, in the Game Room from 7 - 9 PM.

Submitted by Esther Vickstrom



BINGO

Did you get up on the right side of the bed? Do you feel lucky? Bring that luck to Bingo.

You might just win some money, a door prize, or sit in a lucky chair. September 8th and 22nd, 7-9 PM.

Submitted by Marlene Christensen



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



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



WELLNESS & FITNESS COMMITTEE

The older we get, the more complicated weight loss can be. Most people start losing bone (and muscle) mass around the fourth decade of life, while fat mass continues to accumulate until around the seventh decade of life.

So, what is the best approach to maintaining bone density and muscle mass??

A high-protein, low-calorie diet!

- This kind of diet helps preserve muscle mass, lose weight, maintain bone density, and reduce fracture risk.
- Proteins are the building blocks of our body and are required for tissue regeneration.
- As the body starts to age, protein is required to help it maintain balance and agility.
- A high protein diet for the elderly helps build their resilience to diseases and aging.
- Proteins help seniors heal faster from surgery, inflammation, and injury.
- A good protein intake helps maintain a healthy vision for a longer time.
- Proteins play a vital role in maintaining hormonal balance and digestive health.
- High protein foods for elderly also help to balance the level of their body fluids and keep them in check.

How can you change your diet?

Think in terms of reducing carbohydrates, especially processed carbohydrates and try to add more lean protein. If you do not know where to start with meal planning, ask your physician for guidance.

Examples of protein filled foods:

- Black beans, peas, chickpeas, lentils, oats
- Lima beans, quinoa, avocado
- Salmon, halibut
- Broccoli, asparagus, Brussels sprouts
- Cauliflower, sundried tomatoes
- Chinese cabbage
- Eggs, Greek yogurt, cottage cheese
- Chicken breast
- Almonds, pumpkins seeds, pistachios, chia seeds

Submitted by Wellness and Fitness Committee

LINE DANCE

The “Ultra Beginner” Line Dance Class is Back ... If you have never line danced before; if you have danced before but never learned all the steps by name; if you’ve never danced before at all ... **THIS CLASS IS FOR YOU.**

The class will begin on **Monday morning, October 16th, at 10:30 AM** in the Clubhouse Ballroom. There is no need to “pre-register.” Just show up ready to learn, meet and make some new friends and have FUN.

What does this mean for the current Monday morning beginner group? This class will be suspended until the completion of the Ultra Beginner Class. If you have only done the Ultra Beginner Class once, and feel it would be helpful to repeat, you are invited. Otherwise, you will be asked to continue dancing at one of the other classes.

All levels of dance:

Monday evenings 6:00 – 7:30 PM
Wednesday afternoons 1:30 – 3 PM

Why Line Dance?

Dancing, in general, is a unique form of exercise that provides the heart-healthy benefits of aerobic exercise and engages the mind while participating in a social activity.

All three of these are essential, especially for seniors.

I hope you choose to Dance.

Submitted by Diane Christensen



POOL NEWS

We are at the halfway mark of our 21-week summer pool season. May, June, and July resident and guest pool visits are “up” compared to 2020, 2021, and 2022. This is encouraging. It makes volunteering rewarding when members of the community are taking meaningful advantage of the summer pool season.

In 2020 we had pandemic protocol, in 2021 we had the resurfacing of the pool deck and in 2022 the filter and electrical system had repairs, (not what we planned for!) and so the community lost pool time. We extended the 2022 season and the weather nicely cooperated.

The pool temperature has stayed right at our planned 88 degrees. As part of Planned maintenance, the “heaters “are up for replacement; and, coinciding with planned replacement in the SCA reserve study. Furniture takes a beating from the summer sun and some furniture items have aged and will be replaced for next year. Replacement is not just for something “new” but because the plastic chairs and lounges and fabric-covered chairs are breaking down and deteriorating. It is time.

We are a friendly committee and our work is seasonal and we do what needs to be done. We are time efficient and would welcome interest and additions to our committee ... of residents who value the great amenity we have ... our SCA Pool; and would like to volunteer.

Please contact: admin@summerfield55.org and let us know if you would like to attend our next Pool Committee meeting on 4th Tuesday of August 22nd.

Submitted by Marshall Henry

WATER AEROBICS

As August wanes into September, Water Aerobics continues to delight its participants, especially in this hotter-than-usual summer. 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

QIGONG ADAPTIVE YOGA

*Are you ready to experience more energy in your body?
Would you like better balance?
Do you want to improve your well-being and have fun too?*



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, as well as stability. Options 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

Fee: \$5 per class

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

Submitted by Pamela Olzman

TURF TALES

Last summer it became obvious that we were suffering from a bit of a billbug infestation. The indicator was the damage that the crows were doing to the fairways. The crows were ripping up large areas of dead turf in pursuit of the billbugs that killed the turf. Last summer I felt that virtually all the damage was to fairways and tees. So, this May, I sprayed the fairways and tees and hoped that would take care of the problem. Unfortunately, while I succeeded in reducing the damage to fairways, there has been significant damage to areas of rough, especially around some greens. The worst areas are around the practice green and #9, as well as in front of the left-hand greenside bunker on #4. While these are not the only places that show damage, they are the worst.

The way billbugs damage turf is that the adults drill into the grass leaf blade and deposit eggs, which hatch into small white grubs that then feed on grassroots just below the surface. This doesn't outright kill the plant. The turf may look quite healthy as long as conditions remain mild. As soon as the grass becomes stressed from heat, the lack of a root system means that the turf is unable to access water in the soil and very quickly wilts and dies. This looks like drought stress and is difficult to separate from irrigation issues.

My plan going forward is to spot-treat the affected areas with a more broad-spectrum insecticide as soon as possible. The product I used on the fairways in May is very good, but the timing is critical because it has little efficacy against adults and specifically targets larvae. The product I will use now is more effective at reducing both larval and adult populations. I will then try to treat the entire golf course next spring. I think at that point we should largely bring our billbug population in check and hopefully, it will lead to healthier, more drought-tolerant turf.



Submitted by Zach Palmer, Golf Course Superintendent



DISASTER PREPAREDNESS

Time for 2023 Session #3.

Hear ye, hear ye, it's time for the third Preparedness Lecture in the 2023 series of four.

Topics: 1. Home Fire Preparedness, training, and Safety by the TVFR – a 30 min. lecture and demonstration.

2. "Hands only" CPR lecture, demonstration, and training – another 30 min. session by TVFR personnel.

Place: Summerfield Ballroom.

Time/Date: 10 - 11 AM, **Friday, September 8.** Come and learn Fire Safety and how to save a life.

There will be informational handouts, **Refreshments**, and **Door Prizes** of preparedness items.

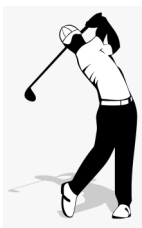
Come join us and learn to be prepared in case of home fires or health-threatening life conditions such as stroke or heart attacks.

Also, if you have any "out of date" or lost pressure Fire Extinguishers, bring them and we will turn them in for you.

If you are interested in more Preparedness information, please come, and join us on the third Monday of each month at 7 PM in the Summerfield Conference Room. If you have questions, please call me at 503-352-9672.

Submitted by Roy Metcalf

MEN'S GOLF CLUB



MARK YOUR CALENDAR: Fall Match Play: Play 9/1 thru 9/30. **AI Coutant Horserace:** Signup 9/1 to 9/23. **Play 10/3. SMGC Board Mtg:** 9/12 at 9 AM in Conference Room. **Chapman #6:** Signup Until 9/26. **Play 10/2. Course Closed:** Sanding Fairways: 9/11. **Aerating Greens:** 9/11 & 9/12. **Presidents**

Classic & Dinner: Signup 9/13 to 10/5. **Play 10/11** followed by dinner at 6 PM. **Wakefield Scramble:** Signup Until 9/14. **Play 9/20 & 9/22.**

JULY 31ST CHAPMAN RESULTS: 128 golfers played on a great summer day. **Low Gross Winners:** 1st M & R Ribacchi. 2nd J Beck & D Jordan. 3rd T Gallagher & B Smith. 4th J & G Heintz. **Low Net Winners:** 1st C Riggs & M Cook. 2nd C Hargis & R Thibodeau. 3rd J Courson & J Erickson. 4th through 10th 50 Teams.

CONGRATULATIONS 4th through 10th: 44 Teams.

Couples KP #4: 1st J Mitchell & S Nelson. 2nd R & B Whitehead. **KP #6:** 1st D Durgan & G Whitehead. 2nd.

Long Putt #8: 1st C Petri & H Peterson. 2nd V & B Kuyper. **Men's KP #7:** 1st B Dorney. 2nd M Cook. **Ladies KP #9:** 1st M Kerns. 2nd C Riggs. **KP #2: Women J** Thiemann. **Men F** Bouthhillier. **Between the Lines:** 14.

On #9 Green: 23. **Sonic Putt #1:** 10. **Inside the Circle #5:** 12. **Raffle Winners:** 8. Thanks to our Sponsors Ken Miller, Sandy Brewer, Rob Lindsey & Mike Cook, about 98% of the players received an award. Also, a big thanks to the scoring team for sorting through and deciphering the scorecards.

CHANGE TO GET CHAPMAN AM TEE TIME: In order to get an AM tee time, a new signup process is being implemented. First, a new signup form must be completed with the names of **both** players on the form. Also, a check for **both** players must be included to be considered for an AM tee time. Tee times will be assigned on a first come/first served basis. For complete details, refer to the email sent by Mike Tsujimura.

MEMBER GUEST: A good time was had by all, with all 54 players coming away with an award. In addition, a great lunch was provided. **TOP 5. Low Gross Winners:** 1st Del & Brodie Jordan. 2nd Glenn Lett & Mike Gemmet. 3rd James Buckmeir & Paul Varrelmann. 4th Buzz Smith & Keegan Haid. **Tie 5th** Herb Peterson & Mike Barney/Wally Hadden & Craig Willadson.

Low Net Winners: 1st Bob & Bobby Barnett. 2nd Fred Prosser & Todd Feiken. 3rd Mike Cook & Kirk Riggs. 4th Roger Johnson & Tom Gibb. 5th Stan Nelsen & Chris Wycoff.

SMGC BYLAW MEETING: A general meeting was held on August 2nd to review the proposed by-law changes. The changes have been approved and will be posted shortly.

Submitted By Ken Rose

FROM THE GOLF SHOP

Wow, what an amazing summer it's been. Let's all keep our fingers crossed for an extended summer so all of us can keep playing this great game.

As some of you are starting to make plans to head south for the winter, please don't forget to use your pro-shop credit. All credit must be used by the end of the year. If you are thinking about placing a special order, all orders must be submitted by October 31st.



Upcoming Events

- 9-1 Men's Club Fall Match Play Tournament Begins
- 9-7 Women's Monthly Scramble/Meeting (9 AM Shotgun)
- 9-11 Aerifying Greens and Tees – Course/Pro-Shop Closed
- 9-12 Aerifying Greens and Tees – Course/Pro-Shop Closed
- 9-20 Men's Club Wakefield Scramble – Round #1 (9 AM Shotgun)
- 9-22 Men's Club Wakefield Scramble – Round #2 (9 AM Shotgun)

Submitted by Rob Lindsey

Welcome Fall



WOMEN'S GOLF CLUB

The **19th Annual Summerfield Women's Golf Charity** took place July 11th with a golf tournament, dinner, raffle, and silent auction. All proceeds earned were going to the Caring Closet helping local kids in the Tigard-Tualatin School District. All raffle items, silent auction items, and even the chicken dinner for the event were donated by local merchants, friends, and sponsors - there were no expenses. 100% of the donations went to the Caring Closet which is trying to help even more kids this year than the 1800 they helped last year.

There were over 46 volunteers responsible for putting on the event. And an amazing community of incredibly generous, compassionate, and loving people who opened their wallets.

On August 3rd at the SWGC General Meeting, Kim Thoren with the Caring Closet was given a check from the SWG Charity for \$19,000!!!

Winning teams of the **August Scramble** were: **1st Low Gross:** I. Trommlitz, J. Knutson, S. Dorney, and J. Mathews. **2nd Low Gross:** W. Pfeifer, P. Benninghoff, and L. Gray. **1st Low Net:** D. Cruse, J. Mitchell, J. Strand, and L. O'Brien. **2nd Low Net:** R. Nash, I. Jordan, J. Thiemann, and C. Baldwin. **3rd Low Net:** K. Connolly, J. Courson, E. Madden, and M. Sims. **4th Low Net:** J. Harrington, C. Riggs, and B. Wald.

At the general meeting following the scramble, three new members who were present were introduced...Bette Wald, Loretta Bertrand, Mary Berule. Two additional new members who were not present were also introduced...Connie Jones and Valerie Wicklund. Welcome to the club, ladies!

July Birdies were made by: M. Launder, M. Sims, J. Sell, J. Knutson, J. Mitchell, C. Pitre, M. Gillan, L. McCall, and J. Courson. **June Chip-Ins** were made by D. Cruse, J. Olsen, D. Montgomery, S. Sisk, N. Sahler, B. Kelley, M. Launder, D. Durgan, J. Wargo, J. Sell, J. Beck, L. O'Brien, J. Meek, M. Chandlee, S. Dorney, C. Pitre, M. Gillan, and J. Strand.

The **King City Exchange** held on July 19th was hosted by King City this year and everyone had a great time. The theme was "Tea" It Up Royally and participants were encouraged to decorate a hat to wear at the luncheon/high tea. Our very own **Linda Gray** won 1st place for best-decorated tea hat. Congrats, Linda!

Our annual **Ladies Horse Race** tournament will take place on October 4, 2023, at 12 PM noon. Sign-up sheet will be in the file cabinet on September 1st. The last day to sign up is September 21st. Cost is \$10.00, checks only. For those who do not want to play, come on out and encourage these dedicated women. It is truly a fun day for everyone!

Reminder: **Scramble and General Meeting on September 7th.**

Submitted by Cheryl Riggs

SUMMERFIELD ROSE GARDEN

On Saturday, August 19th, the wonderful Scouts from Tigard Scout Troops # 799 and 797 came to the Summerfield Rose Garden to help pull weeds and spread new garden topsoil. Summerfield resident Karen Walker helped to facilitate this service project. She and about 10 other resident volunteers help keep the Rose Garden clipped, pruned, and looking its best.

The Rose Garden is located at the end of the road on Highland Drive just past 101st. The property is actually owned by the City of Tigard and is watered by the Parks and Rec Department, but Summerfield residents have taken pride in volunteering to maintain it.



If you get a chance to walk or drive by, we know you will enjoy the beautiful roses - about 50 plants of all sizes and colors. Sincere Thanks to Karen Walker and the volunteer crew and especially Scoutmasters Ross Crowley and Patricia Saier and their wonderful youthful crew for coming and helping keep our Rose Garden looking so nice. Thank you Scouts!

Submitted by Gail Cooke

NATIONAL NIGHT OUT

HOA #1 held its first National Night Out event on August 1st for the first time in many years. We got a permit to close off Greens Way to through traffic, and about 40 of us enjoyed a delicious potluck with many salads and desserts while host Jan Bartlett cooked up amazing Polish dogs. We had a number of distinguished guests: Four Tigard police officers, Mayor Heidi Lueb, City Councilors Maureen Wolf and Jeanette Shaw, Police Chief Kathy McAlpine, City Manager Steve Rymer and six firefighters from TVF&R Walnut Street Station 50, who were hungry. The firefighters came late, and many people had left with their salads, but the firefighters loved the Polish dogs and deserts. It was a fun evening for all involved, and we encourage other Summerfield neighborhoods to plan an event next year. It's easy to sign up on the city's website. National Night Out is always held on the first Tuesday in August as an opportunity for neighbors to get to know each other better and meet their local city officials, firefighters and police officers.

Submitted by Barbara Sherman



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