



# Summerfield Summary

## ANNUAL ASSESSMENT

Annual Assessments are now due. Residents can pay cash, check, or credit card. If paying with a credit card, it does need to be in person at the SCA Office and the credit card fee of 3% will be added to the total.

Please don't all come on the first day! You have until February 15, 2024, to get your payments in. Checks should be made out to Summerfield Civic Association or SCA. If the address on your checks is different from your Summerfield address, please make a note. Mailed payments are highly encouraged (10650 SW Summerfield Drive, Tigard, Oregon, 97224). Payments can also be dropped in the mail slot below the office window inside the Clubhouse Lobby.

The office will be open on weekdays from January 2 through February 15, 8 AM to Noon to collect payments.

Golf passes and Cart permits are already in the office, so there will be no wait to get your tags.

**Annual Assessment per Resident - \$700**

**Annual Golf Pass - \$650**

**Annual Golf Cart Permit - \$120**

**Clubhouse Door Fob - \$20**

~The SCA Office

## WOMEN'S SELF DEFENSE COURSE

Tigard Police Detective Kristan Rinell is leading another empowering self-defense class for women. In this class, students will learn general safety information and identify risks. Learn basic self-defense tactics using voices, strikes, and kicks. This class is only open to 16 residents so RSVP to Dianne Phelps at [diannephelps@mac.com](mailto:diannephelps@mac.com).

Date: Saturday, January 20, 2024

Time: 9:00 AM to 11:30 AM

Location: Summerfield Clubhouse

(10650 SW Summerfield Dr, Tigard, OR 97224)

Cost: FREE But very limited availability

A portion of this class involves instruction on verbal techniques that are vital skills for self-defense. "Many women are taught to be polite and criticized when they speak up and assert themselves," says Detective Kristan Rinell who instructs the class. "My goal is for students to leave the class knowing that they have a voice and feel more comfortable using it."

*Submitted by Disaster Preparedness & Safety Committee*



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### Summerfield Civic Association

10650 SW Summerfield Dr.  
Tigard, OR 97224

Office: 503-620-0131  
[office@summerfield55.org](mailto:office@summerfield55.org)  
[www.summerfield55.org](http://www.summerfield55.org)

Office open  
Monday through Friday,  
8 AM—12 noon

Golf Pro Shop:  
503-620-1200  
[www.golfsummerfield.com](http://www.golfsummerfield.com)

### Upcoming SCA Board Meetings

**Agenda Meeting** January 8,  
in the Conference Room at 9 AM.

**Board Meeting** January 15,  
in the Conference Room at 9 AM.

Please note the new schedule!

## PRESIDENT'S MESSAGE

I hope all Summerfield residents had a happy holiday season.

Every new year, I like most of you, sit down to make a list of resolutions to do better in the coming year. You always resolve to lose some weight, but I have to make that resolution every year. I also resolve to exercise and stretch more. Another one that often goes unfulfilled.

There are resolutions that Toby and I have made that we have filled. One resolution that has been easy to complete and has been very rewarding was getting more involved in Summerfield activities. For me it has been Men's Golf Club and the Summerfield Civic Association, where I have served on the Board for the last two years and currently serve as President. While there have been some less than pleasant moments, I have found it interesting and rewarding. For Toby, it has been the Newcomers Committee and the Summerfield Socials Group as well as helping to organize neighborhood get togethers.

Here are a few ideas you might consider:

- Attend community activities.
- Use the library and other Clubhouse facilities.
- Be a neighborhood "buddy".
- Meet two neighbors you don't know.
- Find a committee, club or activity that interests you. There are many to choose from. Volunteer and become active.

Our community offers such a wide variety of activities that almost everyone can find an interesting way to become involved. If you can't find something that interests you, start a new activity. To paraphrase the movie *Field of Dreams*, "If you start it, they will come."

Wishing everyone a happy, healthy and active New Year

*Steve Blake, SCA President*

## CHAT WITH THE CHIEF

You're invited! Join Tigard Police Chief Kathy McAlpine for her last Chat with the Chief and say hello to Commander Jamey McDonald, who will become Interim Chief upon Chief McAlpine's retirement on January 24, 2024. This is a great opportunity to hear about updates from the police department and connect with those serving your community.

Date: Thursday, January 11, 2024

Time: 6:00 PM to 7:30 PM

Location: Summerfield Clubhouse  
(10650 SW Summerfield Dr.)

Chat with the Chief and learn about what's happening in your community, current crime trends in Tigard and share neighborhood concerns. This is a casual and relaxed setting, where all are welcome to engage with each other and the Tigard Police Department.

This is an in-person event and will not be live streamed. Families welcome, coloring sheets and crayons will be available for kids. Light refreshments will be provided. We look forward to seeing you soon!

Questions? Email [AskTigardPolice@tigard-or.gov](mailto:AskTigardPolice@tigard-or.gov).

*Submitted by Maddie Bauer, City of Tigard Police Department Community Engagement Coordinator*

The Board would like to give a huge THANK YOU to the members of the Clubhouse Committee for their work on the Kitchen Renewal. The pre-planning, proposals, serious planning, the contractor hiring, the delays... (wipes sweat from brow) - have all paid off. The Kitchen is bright and beautiful and already getting so much wonderful use during this busy Holiday Season. If you haven't seen it yet, please stop by and take a look in the kitchen. There are still a couple little things to be completed but otherwise is ready for all the action and another 50 years! Thank you to the Kitchen Sub Committee for your hard work. THANK YOU! To Deb Simpson and Sandy Sisk for everything you accomplished on this project. ~The SCA Board

## SCA BOARD MEETING RECAP

*This report is a recap of the meeting. For details, see the minutes on the Clubhouse bulletin board.*

### **December 18, 2023**

**Present:** Steve Blake, President, Tom Clancy, Vice President, Valerie Wicklund, Director, Carol Knutson, Treasurer, JJ Gattuccio, Director, Dianne Phelps, Director, Jennifer Stiffler, Administrator

**Absent:** Pat VanOsdel, Director, 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 November Board Meeting Minutes with noted corrections. Motion passed. 6-0

**Golf Course Report – Palmer:** Zach is working on continuing education concerning pest and grass disease management.

**Golf Pro Shop Report – R. Lindsey:** Absent.

**City of Tigard Liaison Report – Sherman:** Chat with the Chief will be held in the Summerfield Ballroom on January 11<sup>th</sup> at 6 PM. City of Tigard just rolled out CRIME Spotter, an interactive dashboard of reported crimes within the City over the last 365 days. <https://www.tigard-or.gov/explore-tigard/open-data-dashboards/crime-spotter>. A new public trail connection is being named for Nick Wilson, former City Councilor. Tigard Police Department is looking for help identifying alleged criminals. You can find the program online called Can You ID Me? <https://www.engage.tigard-or.gov/can-you-id-me>.

**Treasurer's Report – Knutson:** Total November revenue is \$36,346.17, total November expenditures are \$104,570.87, and total cash on hand as of 11/30/23 is \$733,787.48. The General Reserve's beginning balance is \$1,614,762.62, total interest, \$5,972.48, the total revenue of \$258, the total expenditures are

\$99,638.23, and the ending General Reserve balance as of 11/30/23 is \$1,521,096.87. The beginning balance of the New Buyer Fee is \$214,031.01, the New Buyer Fee revenue is \$8,000, NBF expenses were \$0, and NBF interest earned is \$44.03, with an ending balance of \$222,075.04. The total balance of the Reserve Accounts is \$1,743,171.91 as of 11/30/23. Heritage Bank checks written were 5320-5314, 6009-6025, 6027, 6029, 6031-6035, 6037-6047, 6049-6050.

Voided Heritage Checks were: 6000-6008, 6026, 6028, 6030, 6036, 6048. US Bank checks written were 675-678. WaFd checks written were 0. A motion was made to accept the treasurer's report made and seconded. Motion passed, 6-0.

**Unfinished Business:** None

### **New Business:**

**Policy & Procedure Update D 4.01** The motion was made and seconded to correct verbiage that better conveys that Clubs and Activities are equally recognized within Summerfield. Motion passed, 6-0.

**Final 2024 Budget Approval** The motion was made and seconded to accept the budget as presented with an Annual Assessment of \$700 per resident. Motion Passed, 6-0.

**Co-ed Fitness Renewal Proposal** The motion was made and seconded to accept the proposal for the renewal of the Co-ed Fitness Room including new exercise equipment, flooring, painting, and electrical work. Motion Passed, 6-0.

**Golf Scoring Nook Renewal** The motion was made and seconded to accept the proposal to update the Golf Nook in the downstairs lower lobby pending approval from the Clubhouse Committee. Motion Passed, 6-0.

**Administrator's Report:** 47 homes sold this year so far with another 3 pending. The office is all set for the electronic distribution of the Summerfield Summary

Newsletter and is still working out the final details for the residents who do not use email.

### **Directors' Roundtable:**

**Valerie Wicklund: Sub Associations, Summary** – Sub Associations met and discussed communications. The group agreed that they find the meetings very helpful.

**Dianne Phelps: Clubhouse, Library, Disaster Preparedness & Safety** – DPSC would like to re-examine their purpose statement and will be working on that. There is an upcoming Self Defense Class in January.

**Pat VanOsdel: Newcomers, Clubs & Activities**—Absent.

**Tom Clancy: A/L, Wellness & Fitness**— A motion was made and seconded to accept Elizabeth Young as a new member of the A/L Committee. Motion passed, 6-0. A motion was made and seconded to accept Bev Anderson as a new member of the Ad Hoc Committee for Fine Schedules. Motion passed, 6-0.

**JJ Gattuccio: Pool, Greens, CALC** – CALC had over 200 bulbs planted which will bloom in the spring. Clean up on 98<sup>th</sup> and Summerfield Drive is coming along and looks very nice already.

**Carol Knutson: Pro Shop, Volunteer Appreciation** – No Report.

**Steve Blake: Website, Marketing**— A motion was made and seconded to accept Toby Blake as a Co-Chair of the Ad Hoc Committee for the 50<sup>th</sup> Anniversary Celebration. Motion passed, 6-0.

A Motion made and seconded to adjourn. The meeting adjourned at 10:25 AM. Motion passed.

Next Agenda Meeting January 8, at 9 AM. The next regular Board Meeting is January 15, at 9 AM.



**January 2024**

## MONTHLY CLUBHOUSE TOUR

**Wednesday, January 10<sup>th</sup> 1-2 PM**

To welcome our new residents there are tours of our stunning Summerfield Clubhouse each month on the **second Wednesday** of the month from 1-2 PM. January 10<sup>th</sup> 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 Diane Knox at 503-422-7988.

*Submitted by Diane Knox*



## TUESDAY HAPPY HOUR

Every Tuesday 4-6 PM  
BYOB and maybe something to share.  
Our next meet up is January 9 and we'll have Senior Trivia!

*Submitted by Carene Svoboda*



## 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*

## PIANO BAR THURSDAYS

Our January piano bar dates are Thursday the 11<sup>th</sup> and the 25<sup>th</sup>. Remember it's always the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month. Come and join us from 6:30 PM to 8 PM in the Clubhouse Living Room.

*Submitted by Lydia Cooper*



## SOCIAL ACTIVITIES GROUP...

Due to the unpopular acronym SAG for the Social Activities Group, our new name is now the Summerfield Socials Group or SSG. Please feel free to join us at our monthly meetings on the first Wednesday of the month at 11 AM. All are welcome! Questions and/or suggestions please contact Sue at [suestockamp@gmail.com](mailto:suestockamp@gmail.com) or 503-709-7033.

Our next event will be on January 19, 2024, "Winter Wonderland" for ALL Summerfield residents. More information to follow.

We have received approval from the Clubhouse Committee for the dates of our movie nights and potlucks for 2024. So that you can plan your activities, we are including the list of dates and times here.

### POTLUCKS

January 19	5 – 7:30 PM
May 31	5 - 7:30 PM
August 16	5 - 7:30 PM
October 31	5 - 7:30 PM

### MOVIE NIGHTS

January 10	6:30 – 8:30 PM
February 14	6:30 – 8:30 PM
March 13	6:30 - 8:30 PM
April 10	6:30 - 8:30 PM
May 8	6:30 - 8:30 PM
June 12	6:30 – 8:30 PM
July 3	6:30 - 8:30 PM
August 14	6:30 - 8:30 PM
September 11	6:30 - 8:30 PM
October 9	6:30 - 8:30 PM
November 13	6:30 - 8:30 PM
December 4	6:30 - 8:30 PM



*Submitted by Sue Stockamp*





## CLUBHOUSE COMMITTEE

We hope you are enjoying the new furniture! It was chosen to offer seating for many varied body types and be flexible to form a configuration that suits many different needs. If they haven't come by now, we are expecting another 7 chairs and 2 small loveseats of a conventional design to round out the collection. There was a backorder on fabric that created a delay – it's always something! Feel free to move pieces around as needed – gently and with respect to the furniture and flooring. When your activity is over, please return them to the layout you found them in before your event.

A couple of reminders – please do not tape or thumbtack things to the walls, doors, mantle, or anything else. This leaves marks! Sign holders are available outside many of the rooms for you to post a notice. However, if the notice is for a particular club or activity, please use the bulletin board in the hall.

The kitchen has been getting a good christening through December! We hope you are all enjoying using it! A few finishing touches are yet to come. Remember, there is no house elf (sorry!), so please clean up after yourself – please wash and put away anything you use.

We'd like to extend a big thank you to everyone who contributed to this huge project. The Clubhouse Committee, the SCA Board and the kitchen sub-committee made up of residents representing various clubs, activities, and HOAs. A special thanks to Mike Cook, Sharon Strain, Jon Erickson, Bev Anderson and Dianne Phelps for serving on that sub-committee. Their ideas and suggestions were very helpful!

Work will begin on 1/9 and end 1/19, if not earlier, on installation of new carpet in the downstairs lower lobby, Pro Shop, and the Conference Room. During that time the downstairs will be closed to all traffic. Please plan accordingly. Thank you for your patience.

The Clubhouse Committee may function "behind the scenes" but provides integral support of our life here in Summerfield. We help keep our Clubhouse beautiful and functional for all our activities that occur daily. The committee needs new members to help provide this necessary function. Please come check out what we do at one of our monthly meetings. We need new members as several members' terms are up in 2024. Please contact Deb Simpson.

Thanks in advance for helping to keep our Clubhouse beautiful!

We wish you a very happy new year!

*Submitted by Deb Simpson*

**MOVIE NIGHT**

**Wednesday, January 10, 2024**

**At 6:30 PM**

**Title will be on the board in the Lobby**

**Free popcorn and candy!**

Donations are appreciated.

Bring a drink and a seat cushion if needed

RSVP to [suestockamp@gmail.com](mailto:suestockamp@gmail.com), or text 503 709-7033

A Committee is forming to plan celebrations surrounding the 50th Anniversary of the Summerfield Clubhouse. We have met once in October to brain storm some ideas and came up with lots of fantastic events to roll out this year. We are looking for more committee members as well as a Co-Chair along side Toby Blake. If you came to the first meeting or have an interest in being a part of this fun committee, whether you have lived in Summerfield for a while or are brand new, please come to our next meeting on Tuesday, January 9th at 1 PM in the Clubhouse Lower Lobby.

*50<sup>th</sup> Anniversary*

## ARCHITECTURE/LANDSCAPE

The Holiday Season brought early sunsets brightened by festive lights, wreaths and ornaments. As we now move into January, here's a reminder from the A&L manual about when to get everything down and stored away for next season.

**3.12 Seasonal/Holiday Décor:** Seasonal/Holiday décor, including lighting, is allowed. String lights, in any color, whether on the house, walkway, tree, etc., are permissible for holiday décor, but not permitted for year-round use. All holiday decorations and lighting are to be removed within two weeks after the holiday.

Best wishes for the holidays and the new year!

*Scott Owen, Chairperson A&L Committee*



### APPLE - ANDROID TECH CLASS

**Thursday, February 15<sup>th</sup> - 2:30-3:30 PM**

Tigard High School students will be at Summerfield to assist those interested in knowing "what we don't know" about using our iPhones. There is a sign-up sheet on the Clubhouse Bulletin Board. Location determined by number of attendees. Jack Baur, Senior Librarian, will cover safety and scams. This may be a monthly program if there is enough interest. Initially, the following will be covered.

#### Basic Smart Phone functions:

Set up your phone

How to clear history and why

FaceTime

Siri

Talk to text: abbreviations, emojis, etc.

Connecting to Wi-Fi and Bluetooth

How to silence and increase the volume

Navigate notifications

How to make text bigger

How to add contacts



*Submitted by Carene Svoboda, Coordinator*

### COMMON AREA LANDSCAPE COMMITTEE (CALC)

#### Volunteers Needed!

This committee does its job behind the scenes. Any area that isn't the golf course, an HOA, or someone's house is covered by CALC.

In the last three years, we have been able to landscape the entrance at Summerfield Drive and Durham, which welcome people to Summerfield. We have hired a new landscape company as of 2022 that has done such a wonderful job keeping the grounds trimmed.

This year we trimmed and cut down trees that needed care. We also planted bulbs in front of the Clubhouse and at the entrance area. We cleaned up the corner at 98<sup>th</sup> and Summerfield Drive, installed a dry river rock bed, and a new tree that will grow much taller. More to come in the spring.

On the side, we are responsible for the irrigation system that needs to be upgraded. Not as much fun but still very necessary.

It has been exciting to know that this group is working to improve Summerfield and keep our community so beautiful. If this is something important to you as well, we would like you to join us. If you have questions, please call Lona Olson at 503-372-5416.

*Submitted by Lona Olson*

## GARDEN CLUB

Summerfield Garden Club Planning Meeting is Monday, January 8<sup>th</sup>, 1 PM in the Lakeview Room. Please bring ideas of places you would like to go to and be willing to volunteer to help organize one of our outings. Dues are \$10.00 a year and that pays for our Holiday Luncheon in December, for door prizes at some of our outings and donations to organizations that come and speak to us.

All Summerfield residents are welcome to come and join us.

Summerfield Garden Club Holiday Luncheon Committee members (from left) Nancy Buchanan, Linda Gray, Sharon Strain, Marilyn Launder and Jan Meek cooked up and served a delicious lunch for 28 club members in the Clubhouse Lakeview Room on December 11. Members decided that instead of their traditional gift exchange, they would each bring a gift for the KPTV-Les Schwab Tires toy drive, and all the toys on the table were taken to Les Schwab after the lunch.

*Submitted by Karen Walker*

*Photo by Barbara Sherman*



## CREATIVE ART GUILD

It's the start of a new year, and for many artists, it's a great time to try something new. If you're an actively working artist residing in Summerfield and haven't yet checked out the Creative Art Guild, add us to your New Year's resolutions!

The Guild includes painters (watercolors, acrylics, oils), pastelists, photographers, mixed media, and abstract artists who meet monthly in the Arts & Crafts Room of the Clubhouse. We share works currently in progress, get feedback from fellow artists, and keep up to date on the latest local art news. We also display works on the Clubhouse Gallery Walls and host an annual Art Show.

Our next meeting is Monday, January 15<sup>th</sup> at 3 PM. We look forward to seeing you there!

*Submitted by Lori Owen*



## A Winter Wonderland

**Friday, January 19, at 5:00 PM**

The Summerfield Socials Group has planned a Winter Wonderland Party for ALL Summerfield residents on Friday, January 19<sup>th</sup>, starting at 5PM in the Ballroom! Please bring your own drinks and a hearty snack to share.

A \$2.00 donation will be greatly appreciated to help cover expenses.

There will be a 50/50 raffle, so bring some cash because you are destined to win!

We have some fun activities and plenty of time for socializing and getting to know your neighbors!

Hope to see you there!!!

Summerfield Socials Group Questions:  
call Sue 503-709-7033

*Submitted by Sue Stockamp*





## SUMMERFIELD BIBLE STUDY

Hope everyone had a great Christmas remembering that Jesus made it possible!

We will resume bible study on Wednesday, January 3, with Mike Anderson studying Matthew. There are **new hours** for 2024. They will be from 9:30-11:00, 9:30 AM for coffee and conversation, **9:45-10:45 AM for study**, and 10:45 - 11:00 conversation and leaving on time for the next group. We will meet in the Conference Room all Wednesdays in January, February, and March **except the second Wednesday** of those months we will **meet in the Arts & Crafts Room next door**. I will remind you.

Please call me with prayer or praise reports so our prayer warriors will know. Please bring a friend. See you soon.

*Submitted by Paula Henry*

## SENIOR LEARNING

By the time you read this we will have finished with Inventions that Changed the World. The next topic is not known as of this publishing date. You will already know the subject, though if you are signed up on our email list! It's bound to be another provocative session. Please join us every Thursday in the Lakeview Room at 2:00 PM.

*Submitted by Gerry Craig*

## DRUM CIRCLE

What: Drum Circle

When: Second and fourth Fridays each month at 10 AM

Where: Lakeview Room

Why: Many health benefits and fun to do

How: There are drums and instruments provided or bring your own

What people are saying:

"I've never done anything like this before and I love it!"

"The time goes by so fast."

"I didn't realize how much fun this would be."

"It is so relaxing, and it feels so good to play along with others, plus we learn new things."

*Submitted by Mel Simrell*

## 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*

## DEMENTIA SUPPORT GROUP

It's a new year. Our concerns for our loved ones with dementia continue, no matter the date. Being a caregiver is a challenge year-round. Do yourself a favor and meet with us to talk about issues and share experiences. This month we are meeting on Monday, January 15 at 1 PM in the Conference Room. You'll be glad you came.

*Submitted by Gerry Craig*

## LOW VISION SUPPORT

Curious? Any SCA member may sit in on our meetings. We meet the first Friday of every month, from 10:30 AM until noon in the Conference Room.

*Submitted by Ruthanne Lidman*

## 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 & Nancy Vink, Accompanist*



## SINGLE FRIENDS AND FUN!

Wednesday, January 3<sup>rd</sup>, game night at 6:30 PM in the Game Room. Bring a game of your choice or just come to play. RSVP to Sharon Bailey 281-387-8757 or [geotaitai@yahoo.com](mailto:geotaitai@yahoo.com)

Saturday, January 6<sup>th</sup>, at 11 AM is a planning meeting for future activities in the Clubhouse Conference Room. Everyone is welcome to bring suggestions for future activities! After the meeting, a group of us will go out for lunch. This is another way of getting to know each other (whoever is available). New members are encouraged to join us at the planning meeting.

Monday, January 8<sup>th</sup>, 10:30 AM brunch at Biscuits Café located at 16230 Pacific Highway, Tigard. RSVP to Carol Krueger 503-639-2649.

Wednesday, January 10<sup>th</sup>, at 5-6:30 PM, come to the Clubhouse Living Room with your own picnic dinner or just visit for Happy Hour before the movie (to be announced later) that will be shown in the clubhouse. RSVP to Sue Stockamp at 503-709-7033 only if you plan to watch the movie (no need to RSVP for dinner gathering/social hour.) A reminder: bring a seat cushion if desired.

Monday, January 15<sup>th</sup>, at 4 PM, in the Lakeview Room. Come Play with Us! We're beginning a journey to learn basic acting skills, cooperation, creativity, and personal growth through playing theater games! Contact Jen Lee at 503 327-6075 or [actingpassion3@gmail.com](mailto:actingpassion3@gmail.com) if you are coming.

Thursday, January 18<sup>th</sup>, from 4-6 PM, Circle of Friends Social Hour in the Clubhouse Living Room. Welcome our new and returning neighbors and reconnect with your circle of friends. We can't wait to see you. A group of those interested will go out for dinner afterward.

Wednesday, January 24<sup>th</sup>, 3:30 PM, Happy Hour at Five Spices Restaurant, 315 1st St. Suite #201 Lake Oswego. RSVP to Michele Seligman 201-774-3442 or [selmabernice@gmail.com](mailto:selmabernice@gmail.com).

Sunday, January 28<sup>th</sup>, 3 PM, Mask and Mirror "Private Eyes" at the Tualatin Heritage Center, 8700 SW Sweet Drive in Tualatin. We will meet there at 2:30 PM. RSVP to Mindi at 503-484-0118 or [singinit4you@gmail.com](mailto:singinit4you@gmail.com). Let Mindi know if you can come, if you need a ride, or if you can offer one.

Tuesday, January 30<sup>th</sup>, Trivia Night at Clancy's at 7 PM. We will meet there at 6:30 PM to get a table. 16066 SW First Street in Sherwood. RSVP to Mindi at 503-484-0118 or [singinit4you@gmail.com](mailto:singinit4you@gmail.com). Let her know if you can come, if you need a ride, or if you can offer one.

Please note: There are no longer any sign-up sheets in the lobby. If someone needs a ride for any activity or can offer one contact Mindi Tenison at 503-484-0118 or [singinit4you@gmail.com](mailto:singinit4you@gmail.com)

*Submitted by Michele Seligman*



## FUN WITH HAND & FOOT

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

Welcome to the New Year! Hand and Foot (similar to Canasta) attracts a fun, casual group that plays every **Tuesday at 1:30 PM in the Game Room. We start play promptly at 1:30. Please plan on being there 15 minutes early for table assignment. Late arrivals may not be seated if tables are full or play has already begun.**

If you have never played or feel rusty, Susan can offer a tutorial at **12:30** on Tuesdays, just before 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 – Co-chairs*

## BRIDGE SCORES

**Monday Bridge:** 11/13 L. Cook 3570. 11/20 B. Eberle 4370. 11/27 S. McGuire 4560. 12/4 D. Jordan 3770. 12/11 B. Eberle 3900.

**Wednesday Bridge:** 11/16 D. Wallach 3320. 11/29 S. McGuire 4390. 12/6 B. Finch 4190.

**Thursday night:** 11/16 E. Schuller 4430. 11/20 J. Roberts 3770. 12/7 D. Jordan 4240.

**Thursday Duplicate:** 11/16 N/S 1<sup>st</sup> J. Nelson/ B. Fuson. 2<sup>nd</sup> C. Grubestic/ C. Williams. E/W 1<sup>st</sup> B. Meier/ D. Nangle. 2<sup>nd</sup> A. Bennett/ L. Derington. 11/30 1<sup>st</sup> M. Itel/ S. Bailey 2<sup>nd</sup> M. Ritchey/ B. Gevertz. 12/7 1<sup>st</sup> J. Nelson/ B. Fuson. 2<sup>nd</sup> N. Sahler/ D. Nangle.

*Submitted by Maggie Scarborough*

## BINGO

Happy New Year! Bingo will be on “medical leave” until the 9<sup>th</sup> of February. We wish everyone a complete and satisfactory recovery.

*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*

## MAHJONGG (AMERICAN)

Come join us on Tuesdays from 12- 3:30 PM in the Game Room. Our group is friendly and welcoming, as well as competitive!

NOTE: AMJ Game training is pending based on level of resident interest. Check the sign-up sheet on the bulletin board for more information. Contact Tish for more information at 503-314-1575.

*Submitted by Tish Kremidas*



## BUNCO

For a fun-filled evening of playing Bunco join us on January 8<sup>th</sup>, 7 - 9 PM in the Game Room.

*Submitted by Esther Vickstrom*



## KINGS IN THE CORNER

Looking to see if any of our residents are interested in the card game Kings in the Corner. If so, please contact Lynda Stephenson at 503-941-9210.



## DISASTER PREPAREDNESS: ARE YOU READY?

In case of a disaster of some form, are you prepared with reserve water, some food, a way to cook and heat, back up sanitation supplies, and ways to help the neighbors if necessary?

History experts tell us that we are overdue for a large earthquake in the Pacific NW - something like Level 9.0, in which case the water supply will most likely be down for weeks or more, power will be out for a long time, including natural gas supplies, and emergency services such as Police, Fire and Medical support may be lost for days or weeks. The worst-case scenario is a solid four minutes of shaking with extensive damage to all utility systems and tidal waves at the coast with maximum damage to roads and bridges. The PDX fuel site along the Willamette in NW Portland is built on fill land, and tanks are likely to rupture and sink – there goes all the fuel for cars, etc.

To cope with all this, one should be prepared with the following:

1. Reserve water supplies of 1 to 5 gallons per day per person, in a secure storage area. (Remember you have 40-plus gallons in the water heater) And a means to purify available tainted water if necessary.
2. Reserve food/meals for at least 2 weeks - maybe a month or more.
3. A means to cook and heat water for meals and washing, if desired: a Camp stove with Butane or gas, a small briquette roaster/barbeque, a fireplace and wood.
4. Back up sanitation supplies such as a camp toilet and disposal bags and a means to bury the bags.
5. A "Go Bag" with important documents, medications, first aid supplies, minimal clean change of clothes, cash, and weather protection.
6. Knowledge/training on when and how to secure your water and natural gas utility systems.
7. Emergency power systems for medical or communication system needs.

There may be eventual emergency support from FEMA, but that could take days or weeks due to limited road and rail access, so we will most likely be "on our own" for a spell. People must be prepared to survive on their own and help their neighbors if possible.

If you would like to learn more about preparedness and be part of the Preparedness Team, please join us and come to our monthly meeting at 3 PM in the Conference Room every first Tuesday of the month. We can use more members/helpers, and you can learn a world of information about survival and helping others.

There is also some information on Preparedness at the SCA website, [www.summerfield55.org](http://www.summerfield55.org), in the Committee section under Disaster Preparedness & Safety about how to prepare a "2-weeks Ready" plan (<https://www.oregon.gov/oem/hazardsprep/pages/2-weeks-ready.aspx>). For more information, please contact Roy Metcalf at 503-431-6544.

*Submitted by Roy Metcalf*

## FROM THE TIGARD LIBRARY...

### Don't Fall for It! Protecting Yourself Online

**Thursday January 25<sup>th</sup>, February 8<sup>th</sup>, and February 22<sup>nd</sup> from 4 PM – 5 PM, Tigard Public Library**

As online frauds grow in frequency and sophistication, it is getting harder and harder to keep ourselves and loved ones safe. Join us to learn about online safety, the importance of protecting personal information, and how to identify online threats. These presentations will provide you with practical tools to keep yourself safe online.

January 25: **Foundations of Online Safety**

February 8: **Spotting and Stopping Scams**

February 22: **AMA (Ask Me Anything) and Top Tips**

*Presented by Jack Baur, Senior Librarian*

## Upcoming News about the Co-ed Fitness Center

We have been hard at work developing a plan to update and refresh the co-ed Fitness Center.

After the Clubhouse Committee has completed the new carpet for the downstairs area in January 2024, we will be relocating the pool table to its temporary location in the “conversation area” adjacent to the stairs in the lower lobby as accepted by the Board in September of 2023. This placement area has been measured by a specialty pool company which will move and set up the table according to pool table rules and regulations. The relocation will take place in February 2024.

The co-ed center will then be refreshed with new cardio machines, weights, new paint, new flooring, and updated lighting/electrical.

Updates will be provided as a timeline is put together.

\*\* We are aware that a few of the machines downstairs are currently not functioning correctly. These machines are well-aged and are very costly to repair if parts can be found. We have removed 2 machines that could no longer be repaired and were deemed unsafe by AER, the current fitness equipment maintenance company.

Thank you for your support and patience during this renewal project. We look forward to a fresh, safe, and fully functioning fitness center to be completed by Spring 2024.

*Submitted by Wellness and Fitness Committee*

### QIGONG ADAPTIVE YOGA

**May You Have a Happy & Healthy New Year!**

**Would you like to:**

**Feel more energy in your body?**

**Improve your flexibility and strength?**

**Have better posture?**

These are just some of the benefits you may experience from regular practice of **Qigong** (pronounced Chi kung) and **Adaptive Yoga**. We use Chairs and other yoga props such as straps to help improve posture, balance, and stability. Variations are offered based on each student's needs.

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

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

**Fee: \$5 per class**

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

*Submitted by Pamela Olzman*

### LINE DANCE

The current Monday morning “Ultra Beginner” (teaching) class will continue with Diane until all basic steps have been taught. These dancers will then no longer be considered Beginners but will graduate to “Novice Dancer” status. Debbie Simpson and Bev Westerlund will take over the new “Novice Dancer” classes at 10:30 on Monday mornings. This will allow newer dancers the opportunity to become more confident with their dance skills while being led in true beginner dances.

The Monday evening and Wednesday afternoon classes will include all levels of dance from beginner to Low Intermediate. Everyone is invited to attend as many classes as they like.



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

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

Please contact Diane Christensen at [dianeandbri@yahoo.com](mailto:dianeandbri@yahoo.com) if you have questions.

We all have a Choice and I'm so glad you Choose to Dance!

*Submitted by Diane Christensen*



## MEN'S GOLF CLUB



**MARK YOUR CALENDAR:** Polar Bear Open: Play 1/10. Valentine's Day Tournament: Sign up from 1/10 to 1/31. Play 2/6. Note: Please tell the weatherman, "Rain, rain stay away."

**SANTA CLAUS OPEN:** "It came without ribbons, it came without tags, it came without packages, boxes, or bags," as the Grinch once

said. So, the Santa Claus Open was canceled because of the Grinch's friend, Old Man Weather. So, even if there were no ribbons, tags, packages, boxes, or bags, there were plenty of donuts, coffee, and good cheer. So, to the Grinch and Old Man Weather, take a hike; we'll be back next year.

**POSTING SCORES!** If you have tried, like someone I know who tried, the OGA/GHIN scoring system is closed down for the winter! If you try you will get this message: "Date played is outside the active score posting season for this golf course."

**REMINDER - NO PAY NO PLAY:** 2024 SMGC dues, \$66.00, were due January 1, 2024. You will not be able to play Wed – Fri or in any tournament or Chapman. Your cart fee, \$120.00, must also be paid before you can use your cart on the course. Your Annual Pass, \$650.00, must also be paid to play unlimited golf; otherwise, you must pay daily greens fees in order to play.

**2024 MEN'S CLUB CALENDAR:** 2024 calendars have been sent to all Men's Club members by email.

**NEW ACCOUNTING PROCEDURES:** The men's treasurer is working on getting the Men's Club registered with the IRS, plus setting up a program to help account for Men's Club funds. Stay tuned for more information coming.

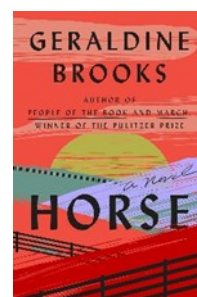
**SOMETHING TO THINK ABOUT FOR YOUR 2024 GOLF:**  
**1<sup>ST</sup>** Buy a decent divot repair tool, just in case you hit the green. **2<sup>ND</sup>** There's a difference between a whiff and a practice swing! Guess what? **3<sup>RD</sup>** Your easiest shot in golf. Your **4<sup>TH</sup>** putt. **4<sup>TH</sup>** How is your golf game similar to a piece of cake? Simple, you both slice. Un-funny. **5<sup>TH</sup>** If you see Tarzan in the trees on holes #2 and #3, don't worry. He's just perfecting his swing. **6<sup>TH</sup>** Best bet is to talk to Rob for some lessons that can really help your game.

*Submitted by Ken Rose*

## BOOK CLUB

The December 2023 Book Club meeting is history now. The last meeting of 2023 was held on December 12<sup>th</sup>. Our leader, Carol, led the group in voting on the books that were nominated by our group. It was all done peacefully and quietly and in good order. And what great books we selected for next year! The election was organized so well that we had plenty of time to enjoy the treats that we brought and chat with each other.

We will start on January 9th, by discussing the book *HORSE* by Geraldine Brooks. Lona Olsen will lead the discussion of this. We've all heard a lot about this book. For those not attending the meeting, this is not a lot of time to find the book and read it. You are invited to come and join in even if you haven't read the book.



**BIG CHANGE.** The Book Club will start meeting at 2:30 PM in the Conference Room of the Clubhouse. It is held on the 2<sup>nd</sup> Tuesday of the month. The change was made to facilitate some members to move from one event to another.

The February book reading is *O Pioneers* by Willa Cather. March is *1984* by George Orwell

*Submitted by Neal Sanders*

## TAI CHI (The 24 Forms)

The ancient practice of Tai Chi involves slow and gentle movements designed to improve overall health and fitness. Following step-by-step video instructions by Dr. Paul Lam, we will learn some of the most popular and widely practiced forms of Tai Chi to improve strength and balance and promote relaxation.

Please join us once again on Wednesday mornings at 11:30 AM in the Lakeview Room and discover the many benefits of practicing Tai Chi.



*Submitted by Joan Mikels*

## WEIGHT TRAINING: JUST THE BASICS

### Check your technique!

Incorrect weight training techniques can lead to painful injuries that may hamper your weight training efforts.

Make sure you consult with a fitness specialist for assistance if you never have weight-trained previously.

### **When Weight Training:**

- Lift an appropriate amount of weight. Start with a weight you can lift comfortably 12-15 times. Gradually increase the amount of weight as you get stronger.
- Use Proper Form. Learn to do each exercise correctly, moving through the full range of motion. The better your form, the better your results, and the less likely you are to hurt yourself. Remember, proper form matters when you pick up and replace your weights on the weight racks.
- Breathe. Don't hold your breath. Most people tend to hold their breath while they are lifting. Breathe out as you lift the weight and breathe in as you lower the weight.
- Seek balance. Work all your major muscles – including the abdomen, hips, legs, chest, back, shoulders, and arms. Strengthen the opposing muscles in a balanced way, such as the fronts and backs of the arms.
- Implement strength training in your fitness routine. The recommendation for strength training exercises of all the major muscle groups is at least two times a week.
- Rest. Avoid exercising the same muscles two days in a row. Pick a day of the week for arms, shoulders, and back and then another day for legs.

### **Follow these tips to avoid common mistakes when you weight train:**

- Don't skip on the warmup. Cold muscles are more prone to injury. Before you lift weights, warm up with five to 10 minutes of brisk walking or other aerobic activity.
- Don't rush. Move the weight in an unhurried, controlled fashion. Taking it slow helps you isolate the muscles you want to work.
- Don't overdo it. Base your set amount on your fatigue level.
- Don't ignore pain. If a certain exercise causes pain, stop. Try the exercise again in a few days or try it with less weight.
- Don't forget your shoes. Shoes that protect your feet and provide good traction can keep you from slipping or injuring your feet while you're lifting weights.

*Submitted by Linda Mulligan*

## **Oh, the weather outside *can be* frightful...**

A reminder to residents as we are in the middle of winter now. Those residents who live in single-family homes are responsible for their own driveways and sidewalks. Be sure to have ice melt already on hand and try spreading it the night before the weather calls for particularly icy or snowy conditions. When looking for ice melt, consider one that is safe for animal paws because regular ice melt can cause burns and sores on paws.

For those that live in a Sub Association, it is good to know what your areas sidewalk policy is. If your area is serviced by a landscaping company, it might take them a while to get around to everyone. If it is very icy try to not walk to the sidewalks if you can help it or prepare yourself with some ice clamps that fit over your shoes. Try getting your exercise in our Clubhouse Fitness Room.

Lastly, a reminder that if there is a significant snow day, Clubhouse staff might not be able to make it in, therefore the Clubhouse sidewalks might also be slippery until they can be "salted."

*Submitted by the SCA Office*

## ADMINISTRATORS CORNER

I hope to create an article every month to assist you, the residents, in being informed on some of the processes and procedures at Summerfield. In my first article, I would like to address Board Meetings! Let's talk about what goes on.

Board meetings happen on the third Monday of each month and start promptly at 9 AM in the Conference Room unless otherwise stated in the Calendar. The entire year's Board Meeting Events are already posted.

Per our By-Laws, we follow Robert's Rules of Order for our Board Meetings. Our SCA Board sits around the Conference Room tables. Guests are more than welcome to attend a Board meeting but there are a few rules.

1. Guests sit along the walls. There are chairs set up with agendas placed on the seats. At times more chairs might be needed than placed out and we are happy to assist with that.
2. If you wish to speak at the Board Meeting, you will need to sign your name on a form set on the table as you walk in before the meeting begins, and you will only be allotted 5 minutes to keep the timeliness of the meeting. If you are hoping for a vote or verdict, it will not happen at this meeting but can be made into an Agenda Item for the next month.
3. Whispering with your neighbor is highly distracting and no matter how quiet you try to be, it can be heard. We ask that everyone refrain from talking to other guests.
4. If you must leave before the end of the meeting, please do so quietly and quickly to not disrupt the meeting.

Typically, the Board Meeting flow goes as follows:

Visitors signed in to speak share what they have to say, Accept the previous month's minutes, golf report from Rob Lindsey, golf course report from Zach Palmer, City of Tigard update from resident and City of Tigard Liaison, Barbara Sherman, reading of the Treasurer's Report, discussion of financials, Old Business, New Business, Administrators Report, Directors Round table, and then adjournment. Board meetings let out between 10:30—11:30 AM depending on how much needs to be discussed. From time to time the Board will go into Executive Session following the Board Meeting where only Board Members can attend. Executive Session is only used to take legal counsel/discuss legal issues, personnel matters including salary or discipline, contract negotiation with a third party, or regarding the collection of unpaid assessments.

I have heard from residents that it looks like the Board votes on items without much discussion. Next month I will address Agenda Meetings but in short – the agenda is decided the week before. Some large proposals are presented at the agenda meeting where Q&As can occur. I gather all pertinent information for the agenda items and put together a Board Packet which the Board members receive midday on the Friday before the Board Meeting. They have the entire weekend to consider the information provided, research things they might want to know more about, and consider how they might vote for an item.

It is expected that SCA Board members vote in a manner that reflects positively on Summerfield's needs and considers the fiduciary responsibility that they carry as Board members.

When an old or new business item comes up for discussion, the procedure is for the President to address the business item. They may or may not give some details about the topic. The President will ask for a motion and someone to second the motion which any Board member can do. After the motion is accepted, the topic can be discussed. Once the discussion is finished and no one has any more details or questions, the President asks for a vote. Hands are raised and it is recorded.

If you would like to know what is on the agenda, they are posted on the Bulletin Board next to the front office Monday afternoon, after the Agenda Meeting which takes place the second Monday of the month.

Next Month: Board Meeting Minutes

## Ride Connection Community Shuttle Survey

Ride Connection has received funding to reimagine existing free King City Ride About shuttle services and provide new transit service to connect King City and Durham. We would like to **hear from you** regarding how this shuttle can best serve you and your community.

Your confidential survey responses will be used in designing the routes and hours of operation that could better serve your family, neighbors, friends, and co-workers.

Please complete and submit the survey via Google Forms using a computer or smartphone. Go to: <https://forms.gle/grxt7bwsJFHNf3id6>

Please submit your response by  
**January 12, 2024.**



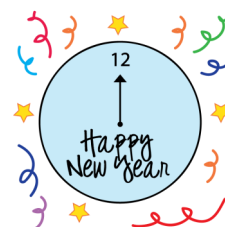
[www.rideconnection.org](http://www.rideconnection.org)



SCA OFFICE

CLOSED

January 1<sup>st</sup>



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**January 2024**