March / April 2016

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West Linn • OR 97068

www.westlinnoregon.gov
www.facebook.com/Friends.of.the.WLACC

Friends Reaching Out
to Friends

FRIENDS *of the* West Linn Adult Community Center

Friends of the West Linn Adult Community Center

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Recreation Coordinator
Cassandra Smit, *Meals Coordinator*

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Rita Perry, *Historian*
Bev Whiteley, *Sunshine Chair*

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Keli Stevens, *Volunteer Staff Writer/ Facebook*

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The WLACC Newsletter editor reserves the right to edit, or shorten articles submitted for clarification.

Letter from Tiffany

Tiffany in her new office – Feb. 2016

It's good to be back at the ACC! I've enjoyed catching up with many of you and hearing how you've been during the closure. As of this writing, the gift shop has just reopened, we have a wonderful new meals coordinator and we're back to business as usual (for the most part). As exciting as the expansion is, it will still take some time to complete various projects. It's a work in progress but a worthwhile one.

I'd like to give another big THANK YOU to Willamette Christian Church for housing many of our activities while we were closed. They were wonderful to work with and went above and beyond to make everyone feel comfortable. I'm very grateful.

Along with cooking classes starting again in March, I'd also like to highlight new classes that will be starting in April as well. You may remember Danny James, one of our volunteer interim chefs that made fabulous brunches and soups for us last fall. He will be holding cooking classes once a month and the menus are listed on page 7. Learn new cooking skills and have a delicious dinner together!

Tai Chi classes are beginning on April 6th. These will be taught by long time instructor, Sharon Miller. Our current Strength and Balance instructor, Jacquelyn Rodgers will be adding a class that involves foam rolling. This is a wonderful class for releasing tight muscles and stress. Qigong will be offered beginning Monday, April 4th and is taught by instructor, Lyn Ruffner. Claudette Pelletier is also a new instructor who will bring two new classes. The first is a meditation class and the second, a book study class on Agesong, a reflection on the aging process. See page 4 for further class details. An Acrylic painting class is starting Fridays from 9:30-12:00 noon. Learn about toning your paper or canvas, brushwork and mixing paints. Class taught by Melissa Gannon. For more details, see page 5.

I hope you'll plan to join us for the open house on Friday, April 8th from 4:00-6:00 pm! Invite your friends to check out new and current classes as we showcase the new expansion and enjoy appetizers together.

Here's to the new, and exciting things to come!

– Tiffany

The Not Quite President's Corner

We have a new year, a new addition to the building, a newly expanded gift shop, a new cook, and new parking spaces. How many new things can there be? You are invited to come up and take a look. With spring just around the corner, this is a good time to get out of the house and explore.

Most people got through this transition just fine. Maybe we had a few bumps here and there. But now the construction is complete and it feels good to be back home (so to speak). I think of the people at ACC as my extended family.

A lot of us are a little tired of the rain, but that shouldn't keep us from meeting with our friends and getting out for some exercise. By the way, how many of you made a new years resolution to exercise more? Are you still keeping that resolution? Well now is a good time to head up to the Center and participate in one of the many programs we have to offer. Whether you want to exercise, play cards, work on a hobby, or just to drop in and have a cup of coffee.

I hope to see you up there.

– Bill Barger

Schedule of Ongoing Events

EXERCISE CLASSES

Aerobics: Mondays and Fridays, 10:00 am. Exercise with a videotape. FREE.
Chair Aerobics: Wednesdays, 10:00 am. Exercise with a videotape. FREE.

Core Strength: Tuesdays, Thursdays and/or Fridays. 8:00-8:30 am. Half hour of floor exercise and resistance weight training to build your core strength. Your choice twice or three times weekly for 8 weeks. $40.00 for 2 classes $60.00 for 3 classes. $4.00 drop in.

NEW! **Foam Roller Class:** Fridays from 9:45-10:30 am. Starting April 8th. Foam rolling is a popular form of self-myofascial release, a type of therapy that prevents injury and stiffness by concentrating on the connective tissue surrounding muscle. Learn how to roll every part of your body effectively to remove knots, increase flexibility, and instill muscle health and wellness. Please bring a foam roller and a mat to class. $48:00 for 8 wk session.

Kettlebell Fitness: Wednesdays, 9:00-9:45 am. Increase your strength, flexibility and aerobic fitness. Please call City Hall Parks and Recreation for registration information at 503-557-4700. $7.00 per class.

Line Dancing: Wednesdays, 11:00-12:00 noon. 8 Weeks, $40.00 or $5.00 drop in.

Nia- Music & Movement: Tuesday's/Thursday's: 11:15 am-noon. Nia is movement as medicine: an invitation to self-healing. It encompasses the classic movement forms of the martial arts, the healing arts and dance. Is kind to the joints, good for the heart and mind, and the music is indescribably delicious like chocolate. You can't describe it, you have to taste it." Dick Van Dyke just published a book on aging gracefully: "KEEP MOVING". Everyone can benefit from Nia's unique approach, so come move and be moved with us. Monthly pass $40.00 (8 classes), drop-ins $7:00.

NEW! **Qigong:** Mondays from 10:00-11:00 am. Starting April 4th. An introduction to the Qigong philosophy and practice. A philosophy of life fostering wisdom, well-being and harmonious living is practiced using a combination of movement, breathing techniques and meditation. You will learn self-massage, stretching, breathing techniques and other simple forms. No prior experience is necessary. Recommended equipment is a yoga mat, blanket and pillow. All forms can be performed seated in a chair as well as sitting or standing on the floor. Recommended attire is loose fitting clothes. $55.00 for 8 classes. (min 5, max 20) Instructor: Lyn Ruffner.

Strength and Balance: Tuesdays, Thursdays and/or Fridays, 8:30-9:30 am. Your choice of twice weekly for 8 weeks, $70.00. Or your choice of three times weekly for 8 weeks, $108.00.

T'ai Chi: Mondays, 8:45-9:45 am. Open floor, advanced self-led class. (No instructor). FREE.

NEW! **T'ai Chi:** Wednesdays and Fridays, 11:00-12:00 pm. Increase your vitality, coordination and balance. Starting April 6th. This class will introduce you to the ancient Chinese Yang-Style Form of 24 Movements. Performed in a continuous sequence at slow speed – beneficial for any age or physical shape. Non-Competitive. $80.00 for 16 classes. Instructor: Sharon Miller.

Walking Group: Mondays, Wednesdays and Fridays. Meeting point at the Center at 8:30 am. Walk the neighborhood for about 3 miles with friends. About 1 hour. FREE.

Yoga: Tuesdays and Thursdays, 10:00-11:00 am. This Gentle Yoga class is a comprehensive class covering balance, strength and stretching. 16 Sessions for 8 weeks $60.00, or $6.50 drop in per class. Insructor: Tiffany.

GAMES

Bridge: Mondays at 12:30-3:00 pm, and Thursdays at 10:30 am-3:00 pm. FREE

Hand and Foot: Mondays at 10:00-12:00 am. FREE.

Pinochle: Tuesdays, Wednesdays and Fridays, 12:30-3:00 pm. FREE.

Texas Hold 'Em: Fridays, 12:45 pm. $5.00 buy-in.

Whist: Fridays at 10:00 am. FREE.

Mah Jongg: Fridays at 1:00 pm. Are you interested in playing or learning how to play Mah Jongg? While the origin of mahjongg (má jiàng), called mah-jongg in the U.S., is unknown, the fast-paced four-player game is popular throughout Asia. Call the front desk and if you are interested call 503-557-4704.

HEALTH

Acupuncture: First and third Thursday of the month, appointments are available at SACHI Wellness Center, for WLACC Members only. Call the front desk for an appointment. (503-557-4704)

Foot Clinic: First Wednesday and Friday of the month from 9:00 am-2:30 pm. Call 503-557-4704 for an appointment. FEE $25.00.

NEW! **Adult coloring**: Tuesdays 1:00-3:00 pm. Research shows that adult coloring has a de-stressing power and can be therapeutic to the older adult mind. Come join this new activity and enjoy the relaxing benefits of coloring with friends. You may bring your own book or purchase them at the ACC. Colored pencils will be provided.

Schedule of Ongoing Events (Cont"d)

NEW! **Meditation changes everything:** Thursdays from 10:00-11:00 am. Starting April 7th. In this six week class you will discover for yourself the immediate benefits of a meditation practice. You will learn simple techniques to quiet your mind, to observe and release the thoughts that stress your body, as you practice looking at life from a gentler, simpler perspective. A meditative practice can be life changing and life transformative for people of all ages even when sitting mindfully and quietly for only short periods of time on a daily basis. May it be so for you. $50 for 6 classes. Instructor: Claudette Pelletier.

NEW! **(Agesong)-Meditations for our later years (Book Study):** Thursdays from 1:00-2:00 pm. Starting April 7th. This book study group is educational in nature and encourages growth and development in our mature years. We observe confidentiality with regard to any personal information which may be revealed in the course of the group discussion. $50.00 for 5 classes. Instructor: Claudette Pelletier.

DRAMA AND MUSIC

Acting, Drama Class: (Age-Cured Hams). Mondays at 1:00 pm. For more information leave a message at the front desk for Carol Shively. FREE.

West Linn Uke Jam: Tuesdays at 2:00 pm. Visitors are encouraged and all levels are welcome. If you'd like to bring music to share with the group, please bring about 30 copies and deposit them on the front table so folks can pick them up as they arrive. Instruments other than ukuleles are also welcome. FREE.

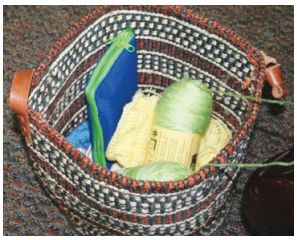
The Rosemont Rhythm Band: Wednesdays from 1:00-3:00 pm. Join us and have lots of fun. All instruments welcome. For questions and information, please call Mark Thomas at 503-723-6088. FREE.

Share Singers: The Share Singers group was organized in 2010 as a regular activity of the West Linn Adult Community Center. The group currently has over 20 members. They volunteer to visit nearby senior living communities to share a sing-along and conversations with the residents." FREE.

March / April 2016 Schedule

Meetings are held some Thursdays

March 3	9:45 am	Depart WLACC to visit **Hearthstone at Murrayhill**
March 10	10:00 am	Meet at WLACC to prepare for **Spring** visits
March 31	9:45 am	Depart WLACC to visit **Tanner Spring**
April 7	9:45 am	Depart WLACC to visit **Homewood Heights**
April 28	9:45 am	Depart WLACC to visit **The Springs at Carman Oaks**



SPECIAL INTEREST CLASSES:

Knitting and Crocheting: Thursdays from 10:00-12:00 noon. FREE.

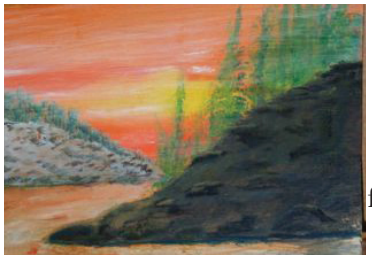
Garden Appreciation Group: Wednesdays, 11:00-12:00 noon. A weekly gathering to explore the plants, science, crafts and art of gardening.

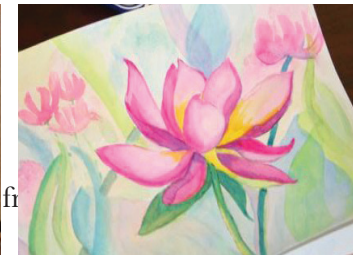
Writing: "Honoring Our Memories": Tuesdays at 10:00-12:00 noon. Topics vary. It may be fiction or based on your own personal life experience. Writing about the past can be especially important for your future generation.

Senior Law Projects: Half hour consultations every 2nd Monday of the month. (In March, the attorney will be here the **first Monday**, instead of the 2nd.

Computer Instructions: Fridays. For an appointment for both services call the Center at 503-557-4704.

Painting: Open studio Fridays from 11:00-2:00.





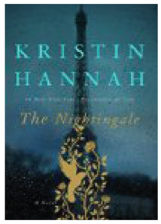
Wood Carving: Mondays from 9:00-12:00 noon. FREE.

Schedule of Ongoing Events (Cont"d)

NEW! **Acrylic Painting Class:** Fridays from 9:30 am-12:00 pm. Starting April 1st. Learn about toning your paper or canvas, descriptive brushwork and paint mixing. Subjects include painting landscapes, water, flowers and buildings. We will address composition, shapes, values and how to use value sketches to make a more effective painting. Bring imagination and be prepared to use COLOR! Each class will include a demo. Bring your acrylic paints, canvas or paper, and a jar with a lid to take your paint water home. No supplies? View the supply list at **www.melissagannon.com/classes** at the bottom of the page. Want to work in watercolor instead? That's fine, just come with your watercolors. *No class April 15*. $47.00 per person for age 62 and over and $60.00 for all others. There will be 6 classes total. Instructor: Melissa Gannon.

Book Club

Meets 2nd Wednesday of the month at 1:00 pm



Join Us Wednesday, March 9th at 1:00 pm to discuss the book

"The Nightingale"

by Kristin Hannah

In love we find out who we want to be. In war we find out who we are. The Nightingale tells the stories of two sisters, separated by years and experience, by ideals, passion and circumstance, each embarking on her own dangerous path toward survival, love, and freedom in German-occupied, war-torn France.

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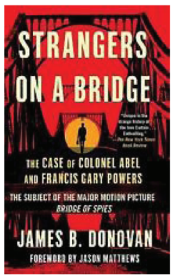


Join Us Wednesday, April 13th at 1:00 pm to discuss the book

"Strangers on a Bridge"

by James B. Donovan

Published at the height of the cold war in 1964, it tells the story of James Donovan (the author), a New York lawyer and former naval officer who was picked to represent Colonel Abel, a notorious Soviet spy in the late fifties. Donovan describes his feelings of ambivalence and doubt about being the guy representing a man whose main job is to undermine the U.S.

Fred Meyer community rewards

Where shopping & giving unite

Now is a good time to join to help the West Linn Adult Community Center earn donations just by shopping with your Fred Meyers Rewards Card! To donate to the Center online go to Fred Meyer Community Rewards and follow the link. Our organization number is 87643. To donate by phone call 1-866-518-2686 between 8 am and 9 pm Pacific time Monday - Friday, then press 3 and give the operator your information and organization number 87643. Your donation does not change your Fred Meyer Rewards.

If you are one of the growing number of people who have already joined, THANK YOU for your support.

We will restart the monthly drawing for a FREE LUNCH soon. So please save your receipts with "Thank You for participating in the Fred Meyer Community Rewards. You requested Fred Meyer to donate to West Linn Community Group" with your name and phone number. Thank you, happy shopping and good luck. - Lorene

FROM The Desk of Mieke

MADE IN U.S.A. HOLLAND

HOME Sweet Home!

By the time you receive this newsletter, our Center will have been open again for almost a month. Of course, at the time I'm writing this, it has only been so for just over a week. I've checked out the new, large room and it looks beautiful, noticed some card players already using the other, smaller new room, and I'm sure all the extra storage space now available will all soon be filled up with many other things.

The new, enlarged Gift Shop, soon to be opened, (look for photo's in our on-line newsletter version), looks absolutely wonderful. Of course, this is all due to John and Veronica Ferenz, who worked so hard behind the scenes to make it all happen.

Dave Pitzer and volunteers helping have set up the front desk area, making it work more efficiently. On the first day the center opened, Marsha was already busy answering questions on the phone from many people calling in. Probably by now, most of us will have settled right back in and are all feeling great.

Cassandra, our new Meals Coordinator has become familiar with our wonderful, large kitchen and will be cooking great meals for us on Mondays, Wednesdays and Fridays. Some of us already have had a taste of her wonderful cooking skills at the Church on Fridays.

Tiffany has worked tirelessly through all of this, so please join me in a ***BIG THANK YOU*** to her for keeping everything on track, while at the same time, maintaining **and** planning our classes, old **and new**. Do check out the many new classes now available as mentioned on pages 3 through 5.

Although our alternative spaces were adequate and comfortable enough, it will take a while for things to fall back into a pleasurable routine using our new space. Afterall, creating a home does not happen overnight. So let's all be patient and adjust during this transition. Remember, there's nothing better than to be back at "***Home Sweet Home***".

SAVE The Date

Healthy & Fun Choices® Family Event

Saturday, March 5th from 9:30 am-4:00 pm, at the WLACC. This is an all day FREE public event. Donations made will benefit local educational programs offered by Bamboo River® Foundation.

Upcoming Bus Trips

All lunches are at your own cost, unless otherwise stated.

Thursday, March 10th – ***Wine Trip. Starting at David Hill Winery, on to Apolloni Vineyards for lunch made by our chef Cassandra, and wine tasting, then on to Montinore Estate for our last stop.*** Bus leaves at 10:10 am. Bring your cameras and re-usable wine totes. Price, including lunch is $15.00. The cost of tasting fees are separate and will be your own cost. Return time to the Center around 4:00 pm.

Wednesday, March 23rd – ***NOAA Weather Service Station-tour*** where we'll learn about general weather patterns, forecasting nuances in the Pacific Northwest, and go through a tour of their office, including their operations area and if weather permits, a tour of the equipment outside. $10.00 includes bus trip and tour.

April 14th, Thursday – ***Bauman Farms and more.*** **$10.00 includes bus trip.** Lunch cost is on your own.

April 27th, Wednesday – ***Lilac Farm in Woodland, Washington.*** $13.00 includes bus trip and entry fee to the Lilac Farm.

Mark your calendars!

Mother's Day Tea

The very popular annual **Mother's Day Tea** will be held **Monday, May 2nd, at NOON** at our newly expanded West Linn Adult Community Center. Our larger Gift Shop will also be open! Advance tickets will go on sale in early April. Check the front desk for more details.

Annual Plant Sale

May 5 and 6 from 9 am - 3:00 pm.

AARP Tax Aide will be held at the West Linn Library this year and you can schedule your appointment at the ACC. Please call (503) 557-4704.

Lakewood Theatre Pesents:

Bullshot Crummond: in The Evil Eye of Jabar and The Invisible Bride of Death.

A world premiere – ***March 4- April 10, 2016***

A comedy by Ron House. Based on Bullshot Crummond by Diz White, Ron House, Alan Shearman, John Neville-Andrews and Derek Cunningham. Directed by Alan Shearman. Hugh Bullshot Crummond, our legendary 1920s British sleuth, patriot and gentleman, is once again up to his square jaw with hair-raising adventures as he battles sinister evildoers out to destroy the British Empire, rule the world and wreck his wedding plans. His mission: retrieve an ancient Egyptian jewel with magical powers.

Official GRAND OPENING/Open House

Friday, April 8th from 4:00-6:00 pm. Come and enjoy appetizers and a beverage and see what the Center has to offer!

JOIN Us for various presentations from local experts.

Some other presentations may get scheduled after the printing time of this newsletter. Please check at the front desk, or call 503-0557-4704. We would also appreciate your RSVP at the front desk, as this would be helpful for our presenters. Thank you.

The Joy of Downsizing presentation by speaker, Theresa Giddings, **Thursday, March 3rd, at 1:00 pm**. Everyone has a lot of "stuff". Sometimes we're so overwhelmed by the prospect of dealing with our stuff, that we postpone decisions about moving – even when moving is in our best interest. Hear practical ideas about how to deal with all those things you've accumulated over the years, and learn why the time to start doing this is NOW.

Travel presentation by Collette Tours, Wednesday, March 9th at 11:00 am. Do you love to travel? We're excited to collaborate with Collette tours to offer long distance trips. Our current trip offered is called Southern Charm featuring Charleston, Savannah and Jekyll Island from September 4th-10th. Learn about this trip and many more. International trips are available as well.

Identity theft presentation with Mary Sassara, Thursday, March 17th, at 12:00 pm. Bring a sack lunch if you wish and learn key ways to recognize and protect yourself and your loved ones from being a victim of identity theft.

How to Pay for Long-Term Care Without Going Broke. Presentation by attorney, Geoff Bernhardt, Thursday, April 7th at 12:00 pm. Bring a sack lunch if you wish and learn about this valuable information listed here: Asset protection strategies - Veteran's benefits - Medicare - Long-term care insurance - In-home care issues - Medicaid.

DID You Know!

NEW! COOKING Classes

Whether you're looking to improve your cooking skills or just want to enjoy a fabulous meal with others in the community, our cooking classes will provide a fun and educational atmosphere that will leave you with new skills, new friends and a satisfied, enjoyable early dinner.

Cooking classes are $20.00 and include the meal. 8-person minimum is required. All classes will run from 3:30-5:30 pm. Sign up at the front desk of the Adult Community Center, or call 503-557-4704 to pay by credit card.

March 3rd. **A new take on corned beef!** Using top sirloin instead of fatty brisket. Creating our own brine and served with the traditional red potatoes, cabbage, carrots and boiling onions.

April 7th. **Chicken Piccata**. Hand pounded chicken breast breaded in panko breadcrumbs. Pan seared in olive oil, topped with a tangy lemon caper butter sauce. Served with honey glazed carrots and walnuts and ancini pasta with garlic, shallots and fresh, flat leaf parsley.

May 5th. **Pan seared Pacific red snapper** topped with 'beurre blanc' (white wine butter sauce), roasted red potatoes with fresh thyme and rosemary and steamed asparagus.

About our cooking instructor: Danial James is a member of the local community. He has spent many years working in fine dining establishments where he learned from some of the best head chefs in the state. Has a passion for cooking in all of its various styles, and is happy to share that knowledge with us. When he isn't in the kitchen you can find him at Safeway where he works in the produce department.

Finally!! THE Best Kept Shopping Secret in West Linn has re-opened.

More beautiful, larger, and with lots of new gifts. Come on in, and check out all the hard work done by Veronica and John Ferenz to make this such a fun place to shop. For more pictures of the new shop, please check the on-line version of this newsletter. *Needed:* Greeting Cards and other, in good condition donations.

FOCUS On: Stroke, what is stroke – *by Keli Stevens*

About every 40 seconds someone in the U.S. has a stroke. One in four will die from it, the survivors suffering from various degrees of debilitating brain trauma. A stroke is a medical condition where blood flow to the brain is blocked by a blood clot or some other means and brain cell death occurs. The brain stops working properly, resulting in the person dying or left with a life-altering disability. The good news is that there are a few things you can do to decrease your chances of having a stroke, or increase the likelihood that you, or a loved one, will survive, if you do.

There are three kinds of stroke. These are ischemic, hemorrhagic strokes and transient ischemic attacks (TIAs). The first two are considered major strokes, while a TIA is considered a "mini stroke." They may last 5 minutes to one day, presenting the same symptoms as a full stroke, but without permanent brain injury and disability. However, these short-lasting events are not inconsequential, and must be given the same sense of urgency as a major stroke. They are clear warning signs that a major stroke is on its way. People who experience TIAs are likely to experience a major stroke in anywhere from a day to a few months. It's important to seek immediate medical attention in any type of stroke. Fast response is key. If treated within a few hours of detecting signs of a stroke the amount of injury to the brain can be minimized, leading to a better outcome.

How to recognize the signs of stroke.

Face	**Does the face look uneven?** Ask the person to smile
Arm	**Is one arm numb or drifting down?** Ask the person to raise both hands
Speech	**Is the speech slurred?** Ask the person to repeat a simple sentence.
Time	**Call 911 right away,** if you notice any of these signs.

The first 4 hours are critical

F.A.S.T. This simple acronym can save lives. It is an easy way to recognize signs that someone is having a stroke.

FACE A weakness in facial muscles is often a first sign of stroke. Have the person smile at you. Does it appear lopsided?

ARMS Ask the person to raise both arms. Does one arm drift downward or is lower than the other one? This is a classic sign of stroke.

SPEECH Ask the person to repeat a simple sentence, such as "The sky is blue." If their words sound slurred they might be having a stroke.

TIME **Call 911** immediate if you notice any of these signs. Take note of when these signs first appeared. This will be important information to first responders, who will alert doctors at stroke centers at local hospitals ahead of time.

A helpful app is available for your smart phone to help you remember. Look it up by name, "**Spot a Stroke F.A.S.T**."

Without a doubt, the best way to minimize your exposure to the tragic effects of stroke is, of course, to not get one. Although there can never be a 100% guarantee that a stroke will not impact your life, there are a number of steps we can take to lower the risk. One way we can do that is through our lifestyle choices. Exercising regularly can help substantially. What you choose to eat also plays an important role in keeping your blood circulating freely through the body and into the brain. Stay away from fatty, high cholesterol-causing foods, like red meat and trans fats. Instead, choose green leafy vegetables and whole grains. Quit smoking. Limit your alcohol. Doing your best to stay fit and healthy will have huge payoffs in countless ways, stroke prevention being only one of them. Another important area is your medical health. If you have diabetes, high blood pressure, cardiovascular disease, or circulation problems, it is important that you get these conditions under control. This can require the use of oral medicines or other doctor-prescribed therapies. See your health care professional if needed.

The possibility of having a stroke is a scary reality, one that, like it or not, we should all be aware of. With a little information and some proactive behavior, we can greatly reduce our risk of becoming a victim. Remember, speed in seeking help is crucial.

Act F.A.S.T! Call 911!

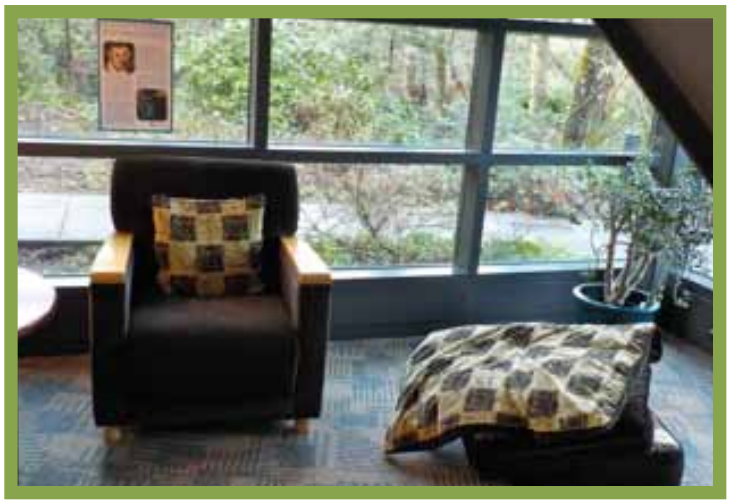
Friends of the West Linn Adult Community Center are NOW on Facebook. To connect, sign-up today and join us for the latest photo's, topics and more information.

www.facebook.com/Friends.of.the.WLACC

TALES To Tails... Kids Read to Dogs at the Library – *by Dianne Gorveatt*

Sixty years ago, when I learned to read, any story about kids reading to dogs at the library would be one for a Lassie episode. Today, kids reading to dogs doesn't raise eyebrows, but it does stir up a lot of interest; at the West Linn Public Library, 20-minute reading sessions are booked months in advance. I have to admit that when I heard about the program I was skeptical—dogs in libraries? Some children don't like being approached by dogs; how would they react to a dog in the library? And what advantage could the children get from reading to a dog instead of a human?

I had to see for myself. My misgivings flew out the window when the dogs came in; there was an immediate flocking of children toward them [during reading sessions, only one dog is present]. Any child who prefers to avoid contact would have nothing to worry about; the dogs were constantly surrounded by people. Furthermore, the dogs are certified as therapy dogs before they join the reading program. During training, offered at the Humane Society through Pet Partners, easygoing dogs are habituated to distractions and learn to mind their manners in public. Handlers are also trained to watch dogs for signs of stress. For example, Ella, the reading dog that day, started to pant and her handler noticed. The stressor? It wasn't too much tummy rubbing; someone was sitting in Ella's chair!



The excitement and energy the kids feel when the dogs are around transfers over by association to the experience of reading. Studies show that kids are less self conscious when reading to a dog, but a rolling divider blocks the children from view to prevent performance anxiety. The reading alcove is beautiful, so it's 'special' to be there; the dogs appear relaxed in there as well. Ella pretty much slept through her session. These positive associations boost a child's interest in reading.

If you're interested, here are the facts: first, you can only schedule one appointment at a time. You can bring two children, but they read separately, each for 10 minutes.

There are no age restrictions, but the children must be able to read. You can bring your own books, but the library prepares a selection of dog-themed books at various reading levels in case you forget. The process is well organized, but anything can happen when kids and dogs are involved, so it's good to arrive at least 10 minutes before your time and stay on top of things. When the clock starts—and there is a big, red timer—the divider is rolled into place, the chaos stops, the children start to read, and the magic begins. I'm sold!

To schedule an appointment, call the West Linn Library at 503-656-7853, ext. 4.

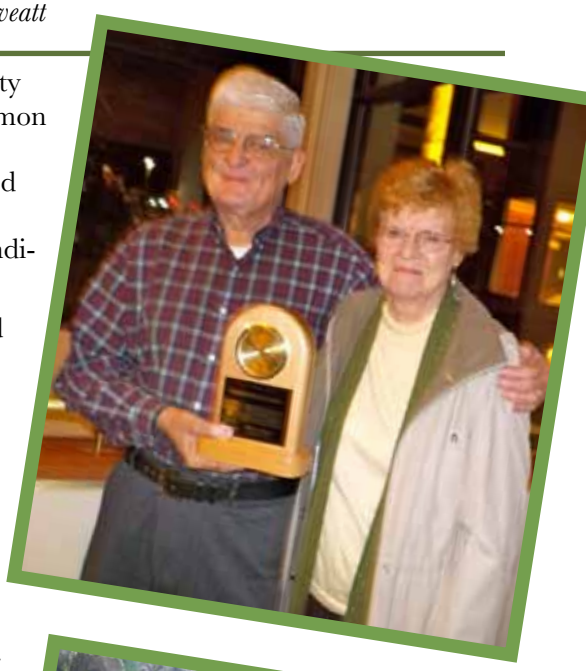
Disclaimer: The author assumes no responsibility or liability for any injury resulting from applying the information in these essays.

Editors Note: Articles published in this newsletter are not necessarily our views, nor the views of the Friends of the WLACC. The articles are meant to be informative or entertaining.

There's still time to renew your membership for 2016 if you haven't done so already. Forms are available at the front desk.

To display your art, please contact Dave Pitzer at: zardozz@comcast.net or leave a message for him at the front desk.

WEST LINN: Sterling Senior – Dave Kruse – *by Dianne Gorveatt*



What should you do when you meet someone who ranges outside the curve on pretty much every vector and yet chooses to apply those uncommon resources to the common good? How about just saying, '"Thank you?" This is exactly what the City of West Linn has done with Dave Kruse. On February 8 of this year (2016), the City decided to make a public statement of gratitude for contributions by this very active retiree, honoring him with the Robert Moore Award, established to acknowledge selfless, individual contributions to the community of West Linn.

Over the years of getting to know Dave Kruse as an environmental volunteer, I had the opportunity to observe his motivational and managerial skills. People rallied to him—all ages, backgrounds, and abilities, both as individuals and in groups. I once saw him coax children into pulling invasive ivy by challenging them to see who could pull out the longest strand. They went for it. When he retired from his day job in 2003, he scouted around for a suitable challenge, and that's where Mary S. Young comes into the story; the Park was sorely in need of someone like Dave Kruse. That's not to say this was an 'orphan' park, quite the contrary. Oregon State Parks and Recreation, the City of West Linn, environmental groups, as well as the nearby neighbors and many others were active in the maintenance and care. But "Mary" was crying out for focused, skilled coordination, and Kruse heeded her serene call.

If you visited the Park before Kruse took it on in 2007, you may remember dank tree-lined corridors suffocating under shrouds of ivy and clematis; rivers of shoe-sucking mud passed as hiking trails. If you haven't been back since, go today! Seven years of concentrated effort by countless individual volunteers and organizations as well as County crews (work release) and community service workers under Kruse's direction has brought about a startling transformation. Although much of the work focused on restoring native habitat, that's not all there was to it. Kruse had a plan and worked to improve and add trails, expand wheelchair access, prevent erosion, and improve water quality in the creeks (the Park has three). He didn't just inspire and participate; he documented work done, issuing weekly reports and tracking progress. As an example of his thoroughness, he tracked the removal of 20+ invasive plants (some are completely gone) as well as the strategic planting of native species such as ferns, willows, spirea, and conifers. You don't have to be a rocket scientist to pull together such a tour de force, but it doesn't hurt that Kruse actually is one; he holds a PhD in Aerospace Engineering. Kruse's grounded early life, growing up in rural Oregon—Kruse Way in Lake Oswego WAS rural back then—also helped. His practical approach to problem solving makes him willing to try new things and learn from others.

To the casual observer, the raw power needed to transform the Park may not be immediately obvious, but the stats are massive. One thousand TONS of gravel were put down to provide a permanent base for over three miles of existing trails which were then mulched with mountains of wood chips, much of it shoveled by hand and carted in by wheelbarrow, a load at a time. The mulch created trails that are comfy to walk on, accessible year round, and it also inhibited the return of invasive plants. An impressive number of people, both men and women, contributed expertise: plant identification, online support, newsletter and other promotional materials, photography, educational signage, event planning, native plant demonstration garden. Volunteers also took on more humble tasks such as litter and graffiti removal...it goes on. But a core group of boots-on-the-ground workers emerged consisting of Don Kingsborough, John Linman, Henri Niskanen, and John Deere (the tractor; it's a running joke). The core group has been there for the full nine years and these men now have taken over leadership of certain volunteer activities. The other consistent figure has been Ken Worcester, an invaluable City of West Linn contact. And what did Kruse get out of it, "My greatest reward is seeing the forest return to its native habitat and seeing the number of people using the park multiply by at least tenfold."

While Dave Kruse and his crew like being in the middle of things, they are not the type to take center stage. If you walk through the Park while they are working, you might not notice them. But the City of West Linn noticed! So, while the individual recognition given to Dave Kruse at the City Council meeting was well deserved, it extended to include a collective 'thanks' to all the people who contributed and who are still working to cultivate and care for this extraordinary reservoir of natural diversity, beauty, and local history.

Happy Birthday to all of you celebrating in January and February.
And **Welcome** New Members, we look forward to seeing you at the Center soon.

Editors' P.S.

Our Dog Savvy stories by Dianne Corveatt will change into a more general feature. Namely about things happening in West Linn, as well as staying 'Dog Savvy'. So stay tuned.

A new story by Keli Stevens in FOCUS ON: This time about how to recognize the signs of stroke.

Please Note: On the days marked as Chef's Choice on the menu, Cassandra will be on vacation.

Upcoming Friends Board Meetings:

Every **3rd** Wednesday of the month. March 16th and April 20th at 12:30 pm. *ALL MEMBERS WELCOME!*

WELCOME New Members:

Adrienne Bode – Rusty Kunz
James and Jeanette Munyon – Patti Pavlosky

(Appologies to those new members who signed up towards the end of last year and did not get their names mentioned due to unaccessibility to our computer system. Welcome and thank you for your membership).

Don't forget: With the on-line version, you will receive more detailed information plus a photo collage of past events. To sign-up, follow these easy steps:

- Go to westlinoregon.gov and click on Departments, Parks and Recreation, Adult Community Center Newsletter.
- Click on "Subscribe to our mailing list".
- Click on subscribe.
- Type in YOUR email address, first name and last name.
- Soon you will receive confirmation via email indicating that you are now subscribed.

MENUS

Mondays in March

7th – Brunch Buffet
14th – Baked Potato Bar
21st – Celebration of Spring with Spring Rolls
28th – Salad Bar and Smoothies

Wednesdays in March

2nd – Complimentary Birthday Luncheon
9th, 16th, 23rd, 30th – Soup and Sandwich Bistro

Fridays in March

4th – Smothered Burritos
11th – Lemon Pepper Chicken
18th – Corned Beef
25th – Early Easter Celebration with Baked Ham

Mondays in April

4th – Brunch Buffet
11th – Chef's Choice*
18th – Chef's Choice*
25th – Salad Bar and Smoothies

Wednesdays in April

6th – Complimentary Birthday Luncheon
13th, 20th, 27th – Soup and Sandwich Bistro

Fridays in April

1st – Meatloaf Minis
8th – Chef's Choice*
15th – Chef's Choice*
22nd – Chicken Pesto Pasta
29th – Arbor Day Applesauce Pork Chops

Lunches are $4.00 and served at 12:00 noon.
Menus are subject to change.
(*) Cassandra is on vacation

For ALL of you who had a birthday in the months of November, December, January and February, plus our March and April birthday people, Your Complimentary Birthday Lunch is here! (For dates, see menu list above.)

Bus trip to "*Great Expectations*" at Portland's Center Stage – February 11th, 2016

Lots more room – Extra parking – and a new patio

. . . and lurking behind these words and the closed door turned out to be this . . .

. . . and WOW, then to this!

Photo's courtesy of Mieke Wiegman and Dave Pitzer

March 2016 West Linn Adult Community Center **503-557-4704**

	1 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15-Nia-Music and Movement class 12:30- Pinochle 1:00-Adult Coloring 2:00- West Linn Uke Jam	**2 WEDNESDAY** 8:30- Walking Group 9:00-Kettlebell class 9:00-Foot care by appt. 10:00- Aerobics 11:00-Garden Appreciation Group 11:15- Line dancing 12:00-*Breakfast Brunch* 12:30- Pinochle 1:00-Rosemont Rhythm Band	**3 THURSDAY** 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to Hearthstone at Murrayhill 10:00-Yoga 10:00- Knitting & crocheting 12:30- Bridge 11:15-Nia-Music and Movement class **1:00-Joy of Downsizing presentation** **3:30-Cooking Class-A new take on Corned Beef**	**4 FRIDAY** 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 9:00-Foot care by appt. 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00-Smothered Burritos 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
7 MONDAY 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 9:00-Attorney available by appt. 10:00- Aerobics 10:00- Hand and Foot 12:00-Brunch Buffett 12:30- Bridge 1:00-Drama	**8 TUESDAY** 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15-Nia-Music and Movement class 12:30- Pinochle 1:00-Adult Coloring 2:00- West Linn Uke Jam	**9 WEDNESDAY** 8:30- Walking Group 9:00-Kettlebell class 10:00- Aerobics 11:00-Garden Appreciation Group **11:00 Travel presentation** 11:15- Line dancing 12:00-Soup/Sandwich 12:30- Pinochle 1:00-Rosemont Rhythm Band 1:00-Book Club	**10 THURSDAY** 8:00- Core Strength 8:30- Strength & Balance 10:00- Knitting & crocheting 10:00-Yoga 10:00-Share Singers meet **10:00-Bus trip to wine country** 12:30- Bridge 11:15-Nia-Music and Movement class	**11 FRIDAY** 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00-Lemon Pepper Chicken 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
14 MONDAY 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00-Baked potato bar 12:30- Bridge 1:00-Drama	**15 TUESDAY** 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15-Nia-Music and Movement class 12:30- Pinochle 1:00-Adult Coloring 2:00- West Linn Uke Jam	**16 WEDNESDAY** 8:30- Walking Group 9:00-Kettlebell class 10:00- Aerobics 11:00-Garden Appreciation Group 11:15- Line dancing 12:00-Soup/Sandwich Bistro 12:30- Pinochle **12:45-Board Meeting** 1:00-Rosemont Rhythm Band	**17 THURSDAY** 8:00- Core Strength 8:30- Strength & Balance 10:00-Yoga 10:00- Knitting & crocheting **12:00- Identity Theft Presentation** 12:30- Bridge 11:15-Nia-Music and Movement class 	**18 FRIDAY** 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00 –Lunch-*Corned Beef* 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
21 MONDAY 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00-Celebrating spring with Spring Rolls 12:30- Bridge 1:00-Drama	**22 TUESDAY** 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15-Nia-Music and Movement class 12:30- Pinochle 1:00-Adult Coloring 2:00- West Linn Uke Jam	**23 WEDNESDAY** 8:30- Walking Group 9:00-Kettlebell class **9:45-Bus trip to NOAA weather service station** 10:00- Aerobics 11:00-Garden Appreciation Group 11:15- Line dancing 12:00-Soup/Sandwich Bistro 12:30- Pinochle 1:00-Rosemont Rhythm Band	**24 THURSDAY** 8:00- Core Strength 8:30- Strength & Balance 10:00-Yoga 10:00- Knitting & crocheting 12:30- Bridge 11:15-Nia-Music and Movement class	**25 FRIDAY** 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00 –Easter Lunch-*Baked Ham* 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
28 MONDAY 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00-Lunch-*Salad Bar with Smoothies* 12:30- Bridge 1:00-Drama	**29 TUESDAY** 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15-Nia-Music and Movement class 12:30- Pinochle 1:00-Adult Coloring 2:00- West Linn Uke Jam	**30 WEDNESDAY** 8:30- Walking Group 9:00-Kettlebell class 10:00- Aerobics 11:00-Garden Appreciation Group 11:15- Line dancing 12:00-Soup/Sandwich Bistro 12:30- Pinochle 1:00-Rosemont Rhythm Band	**31 THURSDAY** 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to Tanner Springs 10:00-Yoga 10:00- Knitting & crocheting 12:30- Bridge 11:15-Nia-Music and Movement class	

April 2016 West Linn Adult Community Center 503-557-4704

				1 FRIDAY 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 9:00-Foot care by appt. 9:30-Acrylic Painting class 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00-Meatloaf Minis 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
4 MONDAY 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00-Qigong class 10:00- Aerobics 10:00- Hand and Foot 12:00-Brunch Buffett 12:30- Bridge 1:00-Drama	**5 TUESDAY** 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15-Nia-Music and Movement class 12:30- Pinochle 1:00-Adult Coloring 2:00- West Linn Uke Jam	**6 WEDNESDAY** 8:30- Walking Group 9:00-Kettlebell class 9:00-Foot Care by appt. 10:00- Aerobics 11:00-Tai Chi class 11:00-Garden Appreciation Group 11:15- Line dancing 12:00-Breakfast Brunch 12:30- Pinochle 1:00-Rosemont Rhythm Band	**7 THURSDAY** 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to Homewood Heights 10:00-Meditation class 10:00-Yoga 10:00- Knitting & crocheting 12:30- Bridge 11:15-Nia-Music and Movement class **12:00-Long Term Care presentation** 1:00-Agesong Book Study **3:30 Cooking Class-Chicken Piccata**	**8 FRIDAY** 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 9:00-Foot Care by appt. 9:30-Acrylic Paining class 9:45-Foam Rolling class 10:00- Open Painting 10:00- Aerobics 10:00- Whist 11:00-Tai Chi class 12:00-Chef's choice 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg **4:00 Open House!!**
11 MONDAY 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 9:00-Attorney available by appt. 10:00-Qigong class 10:00- Aerobics 10:00- Hand and Foot 12:00-Chef's choice 12:30- Bridge 1:00-Drama	**12 TUESDAY** 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15-Nia-Music and Movement class 12:30- Pinochle 1:00-Adult Coloring 2:00- West Linn Uke Jam	**13 WEDNESDAY** 8:30- Walking Group 9:00-Kettlebell class 10:00- Aerobics 11:00-Tai Chi class 11:00-Garden Appreciation Group 11:15- Line dancing 12:00-Soup/Sandwich Bistro 12:30- Pinochle 1:00-Rosemont Rhythm Band 1:00-Book Club	**14 THURSDAY** 8:00- Core Strength 8:30- Strength & Balance **9:15-Bus trip to Bauman Farms** 10:00-Meditation class 10:00-Yoga 10:00- Knitting & crocheting 12:30- Bridge 11:15-Nia-Music and Movement class 1:00-Agesong Book Study	**15 FRIDAY** 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 9:45-Foam Rolling class 10:00- Open Painting 10:00- Aerobics 10:00- Whist 11:00-Tai Chi class 12:00-Chef's choice 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
18 MONDAY 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00-Qigong class 10:00- Aerobics 10:00- Hand and Foot 12:00-Chef's choice 12:30- Bridge 1:00-Drama	**19 TUESDAY** 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15-Nia-Music and Movement class 12:30- Pinochle 1:00-Adult Coloring 2:00- West Linn Uke Jam	**20 WEDNESDAY** 8:30- Walking Group 9:00-Kettlebell class 10:00- Aerobics 11:00-Tai Chi class 11:00-Garden Appreciation Group 11:15- Line dancing 12:00-Soup/Sandwich Bistro 12:30- Pinochle **12:45-Board Meeting** 1:00-Rosemont Rhythm Band	**21 THURSDAY** 8:00- Core Strength 8:30- Strength & Balance 10:00-Meditation class 10:00-Yoga 10:00- Knitting & crocheting 12:30- Bridge 11:15-Nia-Music and Movement class 1:00-Agesong Book Study	**22 FRIDAY** 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 9:30-Acrylic Painting class 9:45-Foam Rolling class 10:00- Open Painting 10:00- Aerobics 10:00- Whist 11:00-Tai Chi class 12:00 –Chicken Pesto Pasta 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
25 MONDAY 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00-Qigong class 10:00- Aerobics 10:00- Hand and Foot 12:00-Lunch-*Salad Bar with Smoothies* 12:30- Bridge 1:00-Drama	**26 TUESDAY** 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15-Nia-Music and Movement class 12:30- Pinochle 1:00-Adult Coloring 2:00- West Linn Uke Jam	**27 WEDNESDAY** 8:30- Walking Group 9:00-Kettlebell class **9:15-Bus trip to the Lilac Farm** 10:00- Aerobics 11:00-Tai Chi class 11:00-Garden Appreciation Group 11:15- Line dancing 12:00-Soup/Sandwich Bistro 12:30- Pinochle 1:00-Rosemont Rhythm Band	**28 THURSDAY** 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to the Springs at Carman Oaks 10:00-Meditation class 10:00-Yoga 10:00- Knitting & crocheting 12:30- Bridge 11:15-Nia-Music and Movement class 1:00-Agesong Book Study	**29 FRIDAY** 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 9:30-Acrylic Painting class 9:45-Foam Rolling class 10:00- Open Painting 10:00- Aerobics 10:00- Whist 11:00-Tai Chi class 12:00 –Arbor Day Applesauce Pork Chops 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg