

October 2018

WEBSITE: [www.kiawanda.com](http://www.kiawanda.com)

## MISSION STATEMENT

The mission of the Kiawanda Community Center is to promote community participation through intergenerational activities, programs and projects that meet the needs of the citizens of South Tillamook County.



It's a FUNDRAISER Event!

Come in costume if you like and bring your dancin' shoes!  
\$10.00 AT THE DOOR INCLUDES 1 FREE BEVERAGE

**A fundraiser** for The Kiawanda Community Center. Let's support this gem of a facility here in Pacific City. Remember, this center is run by many community volunteers. Volunteer to **Make dancing in Pacific City GREAT AGAIN!**

## Dancing is back for October!

### LOZELLE JENNINGS AND THE PURPLE CATS

Kiawanda Community Center

### Come boogie with The Purple Cats

OCTOBER 27, 2018  
DOORS OPEN—7 PM  
MUSIC STARTS—8 PM



October 6, 2018

11 AM—8 PM

- \* AUTHENTIC FOOD
- \* LIVE MUSIC
- \* DANCERS
- \* RAFFLES
- \* KIDS EVENTS
- \* AND MORE

COME JOIN THE KIAWANDA COMMUNITY CENTER  
FOR THEIR 3rd ANNUAL OKTOBERFEST  
NON-PROFIT FUNDRAISER!



DECEMBER 1

Decorations or Dishware that are in **TOP** condition. Call the desk at 503 965-7900 if you have questions .

Please bring donations to the Center before Wednesday,  
November 21, 2018.

### KCC TAKING DONATIONS

KCC will be grateful for donations to the Center for our own Bazaar tables in the lounge.

We can only accept Gift items, Christmas Cards, Gift Wrap, Decorations or Dishware that are in **TOP** condition. Call the desk at 503 965-7900 if you have questions .

thank  
YOU

FOR YOUR SUPPORT!

Kiawanda Community Center

## Weekend Event Volunteers NEEDED!

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# ACTIVITIES & EVENTS

## Kapers Calendar - October '18

KIAWANDA COMMUNITY CENTER

Email: [kiawandakapers@yahoo.com](mailto:kiawandakapers@yahoo.com)

WEBSITE: [www.kiawanda.com](http://www.kiawanda.com)

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 TOPS MTG (HR) 4:30 PM YOGA: 4:30—5:30 P.M. (FJH) NESKO BRD MTG 1—2 PM	2 FIT 'N FABULOUS 8:30—10 A.M.(GH) STITCHERS (GH) 9 AM—4 PM PCNV CHAMBER 12—1 PM (FJH)	3 ION CLEANSE BY APPT—612-481-2528 YOGA: 4:30—5:30 P.M. (FJH)	4 FIT 'N FABULOUS (GH) 8:30—10 AM PAINT GROUP 1—3 PM (HR) BINGO 6—9 PM	5 YOGA: 10:00—11:00 AM (FJH)	6  OKTOBERFEST 11 AM—8 PM
7 Messiah Rehearsal	8  STITCHERS UFO 4—10 PM (GH) STITCHERS UNFOLDING STAR CLASS 4—10 PM TOPS MTG (HR) 4:30 PM YOGA: 4:30—5:30 P.M. (FJH)	9 FIT 'N FABULOUS 8:30—10 A.M.(GH) STITCHERS UNFOLDING STAR CLASS 9 AM—4 PM	10 ION CLEANSE BY APPT—612-481-2528 YOGA: 4:30—5:30 P.M. (FJH) CANDIDATES FORUM—6:30 PM	11 FIT 'N FABULOUS (GH) 8:30—10 AM PAINT GROUP 1—3 PM (HR) BINGO 6—9 PM	12 YOGA: 10:00—11:00 AM (FJH) YOGA RETREAT	13 YOGA RETREAT
14 Messiah Rehearsal YOGA RETREAT	15 TOPS MTG (HR) 4:30 PM YOGA: 4:30—5:30 P.M. (FJH)	16 FIT 'N FABULOUS 8:30—10 A.M.(GH) STITCHERS (GH) 9 A.M.—4 P.M. WS BOARD MTG 6—8 PM	17 ION CLEANSE BY APPT—612-481-2528 YOGA: 4:30—5:30 P.M. (FJH) KCC BRD MTG—5:30 PM	18 FIT 'N FABULOUS (GH) 8:30—10 AM PAINT GROUP 1—3 PM (HR) BINGO 6—9 PM	19 YOGA: 10:00—11:00 AM (FJH) NESKO MTG 11:00 AM—2 PM WEDDING SETUP	20 GREEN / ROBERTS WEDDING 
21 Messiah Rehearsal	22 TOPS MTG (HR) 4:30 PM YOGA: 4:30—5:30 P.M. (FJH)	23 FIT 'N FABULOUS 8:30—10 A.M.(GH) STITCHERS (GH) 9 A.M.—4 P.M.	24  NVA 4 PM ION CLEANSE BY APPT—612-481-2528 YOGA: 4:30—5:30 P.M. (FJH)	25 FIT 'N FABULOUS (GH) 8:30—10 AM PAINT GROUP 1—3 PM (HR) BINGO 6—9 PM PIZZA & BINGO 6—9 PM (SERVING AT 5:30 PM) FLU CLINIC 8:30—11:30 AM	26 YOGA: 10:00—11:00 AM (FJH)	27 THE PURPLE CATS DANCE 7 PM 
28 Messiah Rehearsal 	29 TOPS MTG (HR) 4:30 PM YOGA: 4:30—5:30 P.M. (FJH) VOLUNTEER MTG—1 PM NAT'L CAT DAY 	30 FIT 'N FABULOUS 8:30—10 A.M.(GH) STITCHERS (GH) 10 A.M.—4 P.M.	31 ION CLEANSE BY APPT—612-481-2528 YOGA: 4:30—5:30 PM (FJH) HALLOWEEN PARTY 6—8 PM	 <p><b>FULL HUNTER'S MOON</b></p> <p>OCTOBER 24: October's Moon rises just after sunset and sets around sunrise, so this is the only night in the month when the Moon is in the sky all night long.</p> <p>Some Native American tribes referred to October's Moon as the <b>Full Hunter's Moon</b>, as it was the time to go hunting in preparation for winter.</p>		

GH = GREAT HALL  
HR = HOBBY ROOM  
FR = FIRESIDE ROOM

FJH—FAYE JENSEN HALL  
GRP = FREE GROUP ACTIVITY

HOURS OF OPERATION  
MONDAY—FRIDAY 9 AM TO 4:30 PM ■ SATURDAY 1 PM TO 4:30 PM (Unless otherwise noted)

Debra Knopf—Administrator  
Sue Nelson—Meal Site Coordinator  
Shirley Haley—Volunteer Editor

## Sharing Natural Heritage *by Diana Sears*

**H**ave you walked at Sitka Sedge State Natural Area yet? It is newly opened just north of Tierra Del Mar with easy walking trails. It used to be known as Beltz Farm but has been idle for several years. Before that it was homesteaded and farmed by the Roenike brothers. And before that it was a food gathering spot for native Americans who lived close by or traveled there in the summer. Artifacts found in the dunes have revealed their seasonal campsite where they gathered fish, clams and scallops, huckleberries and salal berries. The food was dried and then carried away for winter.



During World War II telegraph lines traversed the area extending through Sandlake Estuary and connecting with military posts up and down the Oregon Coast. The vestiges of that era have disappeared just as the evidence of early hunters and gatherers has.

The land is still a crossover point from forest to ocean for elk, deer and bear and perhaps, fox, coyote and cougar.

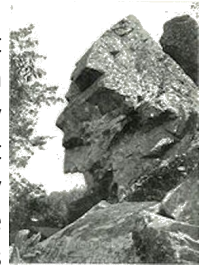


Hunters have followed them there. But, now, the animals are protected by the new status of these grounds as a preserve.

Because successive landowners have allowed us to walk there this has been a place for locals to explore and play in. I learned stories of the area as I walked there with my husband, Bill, who had roamed there with his brother when they were boys. He told me tales of hunters and gatherers but also of rum runners during prohibition. Their father warned them to avoid a certain spot where boats offloaded cases of liquor in the night. They were wary, but curious and ventured close enough to know when the stash had arrived and when it had been carried away inland.

Faraway in Assonet, Massachusetts there lies a glacial deposit where I roamed as a child and continue to visit when back East. It is remarkable for two things. There is a mineral spring which the native Americans consider healthful. As a child, my mother saw women coming to the farmhouse on that property to ask permission to gather water from the nearby spring.. The second feature is that

the tumbled glacial rock, which is heaped 35 to 50 feet above the ground, forms at its northern end, the profile of what could be an American Indian.



It is an awesome and sacred spot not just to native Americans, but to me, too. When I first walked and climbed there with my brothers and sister the property was part of a dairy farm. Stone walls, now mostly tumbled, kept the cows away from the huge jumbled deposit. Now known as Profile Rock, it was deeded over to the adjoining state forest about 60 years ago. The farm fields have grown over with maple and oak trees and the farmhouse is home to a family I do not know.

On one of her last walks to that spot, my 80-year-old grandmother found an arrowhead, her first. Apparently it had been unearthed when the parking area was developed for visitors to Profile Rock!

I cherish the thought of hundreds of places such as these in our country where native Americans and settlers share their heritage. Let's all walk joyfully and respectfully there! ~ *Diana Sears*

## What's New?

KIAWANDA ARTISTS



Any questions, contact

Julie Krohn

Kiawanda

Community Center

503-965-7900

*Beautiful  
Handcrafted Wood Items  
from Daryl Davis.*

- Bowls
- Bottle Stoppers
- Vases
- Spinning tops
- Christmas Ornaments
- And much more!!



KIAWANDA COMMUNITY CENTER



LIVESTRONG.COM

## 5 Foods to Beat Your Sugar Cravings



### 1. Cinnamon

Even spices can help you overcome the sugar addiction. Cinnamon, which was imported from Egypt about 2,000 years ago, has been shown to regulate blood sugar levels and can also help reduce sugar cravings. Cinnamon minimizes insulin spikes after you've eaten, thereby keeping you from craving more sugar.

### 2. Steel-Cut Oatmeal

Sugar cravings can also often be a sign that your blood sugar levels are out of balance, which is why it's important to eat low glycemic index (GI) foods that prevent energy crashes and sugar cravings. Most breakfast cereals contain simple carbohydrates, which break down into sugar in your body and cause a rapid rise in your blood sugar levels. Instead of a muffin, sugary cereal or handful of cookies, steel-cut oatmeal will keep your blood sugar levels more stable. Sprinkle some cinnamon and nutmeg or drizzle some honey on a bowl of your steel-cut oatmeal and pair with a serving of nuts for added protein.



### 3. Apples

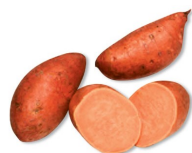
That old adage "an apple a day" wasn't just talk. Another reason you crave sweets can be due to a deficiency of chromium, a metal that is considered an "essential trace element" in our bodies. Chromium is known to be important in the metabolism of carbohydrates, fats and proteins, and getting enough chromium is thought to improve the way your body regulates sugar and cholesterol. Apples are a great source of it, but other fruits that provide chromium include bananas and oranges.

### 4. Beets

If you've never been a beet fan, now is the time for you to become one. A sweet vegetable, it can help curb those sugar cravings. Known for fighting off inflammation -- a root cause of conditions ranging from arthritis and heart disease to migraines, dental issues and cancers -- beets are also high in vitamins and minerals, including vitamin B and iron. They're helpful for purifying the blood and cleansing the liver, but, most importantly for your cravings, they're a good source of glutamine, which is ideal for some extra get-up-and-go when what you're really hankering for is the spike of energy that sugar can give.



### 5. Sweet Potato



Naturally sweet, this veggie can help with sugar cravings too. While starchy, a sweet potato's natural sugars are slowly released into the bloodstream and won't cause your blood sugar to spike. A great source of potassium and high in iron, vitamins like B-6, C and D and one of the best sources of vitamin A, the sweet potato is also high in L-tryptophan, which can help satisfy your sugar craving.

BY DENISE CRUZ-CASTINO JULY 16, 2018

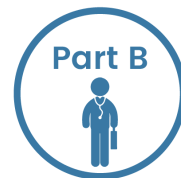


Medicare.gov

Many people don't know they have osteoporosis until they break a bone.

Did you know Medicare can help you prevent or detect osteoporosis at an early stage, when treatment works best?

**Talk to your doctor about getting a bone mass measurement (bone density).** If you're at risk, *Medicare Part B* covers this test once every 24 months (more often if medically necessary) at no cost to you, when your doctor or other qualified provider orders it.



**ALSO:** Your [new Medicare card](#) should have arrived in the mail by now. If you didn't get it, here's what to do:

- ✓ Remember that your new Medicare card will come in a plain white envelope from the Department of Health and Human Services.
- ✓ If the card didn't arrive, call us at 1-800-MEDICARE. Our call center representatives can check the status and help you get your new card.



**Suicide:  
The Ripple Effect  
The Kevin Hines Story**

**Kiawanda Community Center  
34600 Cape Kiwanda Dr—Pacific City**

**Saturday—November 10, 2018**

**FREE**

**Registration: 5:00 PM  
Starts: 5:15—8 PM**

**Make a memory luminary—Meet people who have been there.**

The film highlights the journey of Kevin Hines, who at age 19, attempted to take his life by jumping from the Golden Gate Bridge. The film chronicles Kevin's personal journey and the ripple effect it has on those who have been impacted by his suicide attempt and his life's work since.

**Questions? Contact:**

**DeAnna Pearl ■ DeAnnaP@tfcc.org  
(503) 815-5426**

**See "Suicide Safer Communities" - Page 6**

# Kiawanda Kapers

## KIAWANDA COMMUNITY CENTER



### ANNUAL HAM DINNER AND CHRISTMAS TREE SILENT AUCTION

KCC is inviting our local non-profit organizations to participate in our 1st annual Ham Dinner and Christmas Tree Silent Auction.

### KIAWANDA COMMUNITY CENTER HOLIDAY CELEBRATION December 8

Happy Hour: 5 PM ■ Dinner: 6 PM

We are asking our local non-profits to supply a Christmas Tree for the Silent Auction. Trees must be artificial with lights and ornaments attached. All the proceeds for the non-profit trees will go to that non-profit. All the proceeds from the dinner, including drinks, will go to the Community Center.

Please reserve your space for your tree by November 1st by calling KCC at 503-965-7900 or emailing Julie at [juliekrohn@gmail.com](mailto:juliekrohn@gmail.com).

All the trees must be delivered and set up by Friday November 30. We hope you will consider donating a tree. We believe this will be a fun way to bring the community together during the Holiday season.

Hope to see you all at this Holiday Celebration!!



2nd: Teen: Craft 5 PM

3rd: Children: Storytime 4 PM

6th: Mother Goose on the Loose 9 AM

6th: Saturday Movie: **Finding Your Feet**  
(PG-13) 12 PM

10th: Children: Craft 4 PM

13th: Mother Goose on the Loose 9 AM

17th: Family Movie: **A Wrinkle in Time** (PG) 4 PM

20th: Mother Goose on the Loose 9 AM

23rd: Movie Night: **A Quiet Place** (PG-13) 5 PM

24th: Children: Lego's 4 PM

27th: Mother Goose on the Loose 9 AM

30th: Teens: **Halloween Craft** 5 PM

### Library Hours

Mon/Thurs/Fri: Noon—5 PM ■ Tues/Wed: Noon—8 PM  
Sat: 10 AM—3 PM



We start playing promptly at 7 p.m., on **Thursdays**, doors open at 6 p.m. The games are over about 9:15 p.m.

We play 12 regular games and 5 special games. The "buy-in" is good for all the regular games at \$1.00 a card or \$5.00 for 6 cards. Each of the special games cost an extra \$1.00 for 3 cards . . . Such as **BLACKOUT!**



**September 13, 2018**

Our congratulations go out to  
**Lori Vickery for her \$99 win in  
BLACKOUT!!**

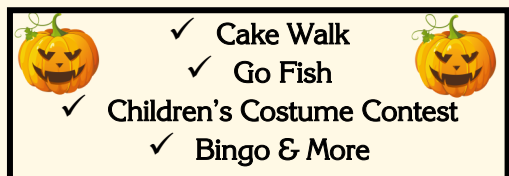
**EXPANDED BINGO**—We have expanded our BINGO and added three Early Bird games starting at 6 P.M. Early BINGO is three (3) cards for \$1.00.

KIAWANDA COMMUNITY CENTER

**OCTOBER 31, 2018**

**IT'S A HALLOWEEN PARTY!**

**6—8 PM**



Nesko Women's Club & the Nestucca Valley Lions will be kicking off their 2018 Christmas Basket Program.

Please bring a "non-Perishable" food donation for the Food Drive.

KIAWANDA COMMUNITY CENTER

# Kiawanda Kapers



SUDOKU ~ #02 Difficulty level: MEDIUM

5			1					
8	4			6			7	
		6		3	5			
	3		2				9	1
							3	2
		9		4				
			6					8
					7	3		
2	5			9	3			7

## October 2018 Observances & Fun Facts

October 2018 is Observed as	Breast Cancer Awareness Month Domestic Violence Awareness Month	
October Birthstone	Opal and Tourmaline	
Fruit & Vegetables for the Month of October	Pears Persimmons Ginger Turmeric	Apples Pumpkin Galangal
October Flower	Calendula	
October Astro Sign	Libra (till 22nd) & Scorpio (23rd →)	

## Tillamook County in October/November



**Suicide Safer Communities**

QPR Intervention Training  
QUESTION, PERSUADE, REFER

**FACT:** Most people don't ask because they don't know what to say. In a suicide crisis, the difference between recognizing and

acting where there are vague ideas of suicide before these lead to a self-inflicted injury, can mean the difference between life and death. Training help individuals turn the ears and eyes on to suicide. We are all at risk. Anyone is welcome to come and learn how to foster hope to those in crisis.

### Thursday October 4

Location: Tillamook Library  
Registration: 5:30 PM  
Class Starts: 6:00-7:30 PM

### Thursday November 8

Location: NCRD, Nehalem OR  
Registration: 5:30 PM  
Class Starts: 6:00-7:30 PM

### Saturday Nov 10

Location: Kiawanda Community Center  
**THE RIPPLE EFFECT—See Page 4 for full information!**

Choose Your Location  
Register at: <https://suicide-safer.eventbrite.com> or

Contact: DeAnna Pearl  
DeAnnaP@tfcc.org (503) 815-5426

Do you or someone you know need help?  
Call (877) 968-8491 Lines for Life



## THE RIVERHOUSE NESTUCCA

After years of shuttered doors, the iconic

Riverhouse is back serving seasonal seafoods, spirits and more. Reimagined, The Riverhouse Nestucca is digging in with locally sourced lingcod, rockfish and salmon. Fresh clams and oysters from Netarts Bay and locally foraged mushrooms from Nestucca's backyard.

Enjoy casual fine dining with a menu that is moderately priced and extremely well rounded. Pair your foods with a local Pinot Noir or signature cocktail. The Riverhouse Nestucca is perfect for every occasion.

Check the website for fall hours and to make reservations. Come be a part of something special!

[www.riverhousenestucca.com](http://www.riverhousenestucca.com)  
503.483.1255



The sound of the T. rex in Jurassic Park is from what animal?

ANSWER ON PAGE 9

The Kiawanda Community Center would like to thank the persons who donated \$200.00 toward the new Bingo machine. We could not do what we do without you and your support.

thank YOU

FOR YOUR SUP-

Kiawanda Community Staff & Volunteers



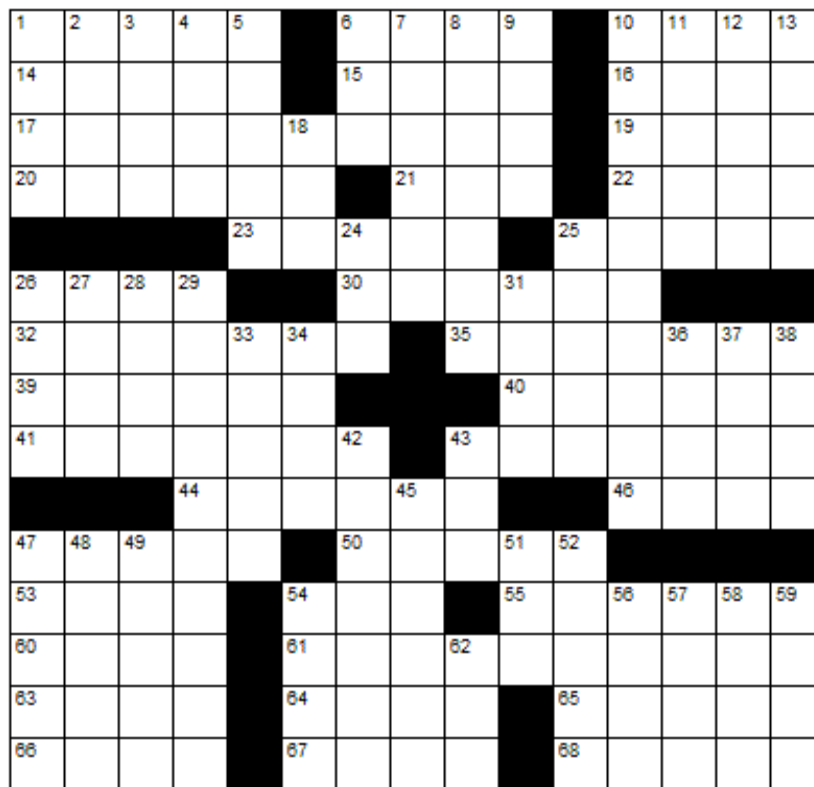
# Kiawanda Kapers

## ACROSS

1. Large African antelope
6. Quaint outburst
10. Writing table
14. Awaken
15. Thorny flower
16. Computer symbol
17. Burn
19. Only
20. Confine
21. Not bottom
22. Blackthorn
23. French farewell
25. Comportments
26. Street
30. Leased
32. Plunge
35. Illness
39. Vodka cocktail
40. Rotten
41. Impassive
43. Climb down
44. Agency
46. Jittery
47. Escapade
50. Law and \_\_\_\_\_
53. Teller of untruths
54. Estimated time of arrival
55. A type of mental disorder
60. Bright thought
61. Temple
63. Food from animals
64. Website addresses
65. Delicacy
66. Feudal worker
67. Midmonth date
68. Marsh plant

## TEST YOUR CROSSWORD PUZZLE SKILLS!

September 14, 2018



## DOWN

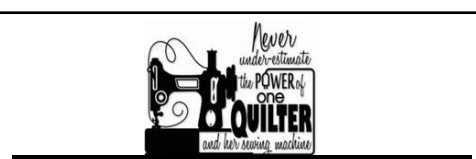
1. Desiccated
2. Accomplished
3. An enclosed conduit
4. Largest continent
5. Hospitality to strangers (Ancient Greece)
6. Mistake
7. Small chin beard
8. Amaze
9. Bottomless
10. Disagreement
11. French school
13. Leg joints
18. Terminate
24. Fury
25. Plateaux
26. Trailer trucks
27. Leave out
28. Ammunition
29. Careful
31. Rubber wheel
33. Happen again
34. Celebrity
36. Breezed through
37. Make melodious sounds
38. Countercurrent
42. Body suit
43. Clunker
45. Fit for farming
47. Climate
48. Assistants
49. Song of praise
51. Hearing organ
52. Pipsqueaks
54. Decorative case
56. Container weight
57. Frozen
58. Smelting waste
59. Distribute
62. S



- 3rd Sue Nelson  
7th John Pappas  
10th Will Reitz  
19th Mary Love  
21st Barbara Waldron  
21st Gayla Gomena  
26th Jackie Wetherbee  
27th Terry Frost



17th Ellen & Richard  
Blackburn



## Tidal Treasures Quilt Show Bay City

October 12th & 13th—2018  
9 AM—5 PM

Bay City— City Hall, 5525 B St  
Bay City, OR 97107  
North Hwy 101


- ✓ Admission: \$5.00 Each  
Children 12 & Under Free
- ✓ Visitor Prizes Every Half Hour
- ✓ Raffle Quilt Tickets
- ✓ Quilts for Sale!

Tuesday Stitchers rock with their entries  
into this awesome quilt show!  
*Come check them out!!*

Featuring: The Guild's 1st quilt made for  
the 1976 Bicentennial w/scenes of  
Tillamook County

 **Reminder! All donations for "Fundraisers" are tax deductible and can be paid for with the following cards!**

 **JOIN US!!**  
**Mondays**  
**4:30 PM**  
**KIAWANDA COMMUNITY CENTER**  
**34600 Cape Kiwanda Dr**  
**503-965-7900**

TAKE OFF POUNDS SENSIBLY

# Kiawanda Kapers



*Congratulations!*

*Diana Sears*

*October*

*Volunteer of the Month*

We are so pleased to announce Diana Sears as our **October Volunteer of the Month**. Diana has spent countless hours volunteering at the Kiawanda Community Center, a place she cares deeply about, and an impact that has been, and still is, priceless.

I recently sat down with Diana and asked her to answer a few questions regarding her time in South County, her years of volunteering and why she volunteers. Here are the questions asked and her responses in her own words.

## *What brought you to South County?*

"We moved to South Tillamook County in 1970 to provide our four children with a country life. We owned goats, chickens, ponies and horses. I was an elementary school teacher in the primary grades (kindergarten, special ed, second grade, and head teacher) until 1990 when I retired to travel with my husband, Bill."

## *How long have you volunteered at KCC and when did you start?*

"I have volunteered at KCC for over 21 years. It was a project that both Bill and I could work on given his experience in construction and mine in administration. Jeff Schons, Mary Jones, Faye Jensen, and Ben Johnson, Sr., all had the heart and

energy and property to fill the need not for just a much-needed new Senior meal site, but a gathering place for all the community. Jeff asked me to Chair a committee to develop Operations and Policy while we were still in the planning stages. John Gomena, Helen Porter, Judy Landingham, Nancy Bush and myself represented South County. Three others represented the County Commissioners, Health Department and NWSDS.

Even before we opened KCC, Erma Lafreniere took on the role of Volunteer Coordinator. After KCC opened its doors, Erma and I took on the roles of Administrator and Volunteer Coordinator, switching jobs as I was away traveling part of that time. We were both volunteers in those positions. I served as secretary on the KCC Board for one term after an administrator was hired.

After a short hiatus while I was caring for Bill at the end of his life, I have returned to be a regular reception desk volunteer at KCC giving my support where I am able while also participating in and enjoying the programs and projects offered at the Community Center."

## *Why do you volunteer?*

"I volunteer because my parents taught me to take responsibility as a member of any community. Also, I enjoy meeting new people, helping them or working with them. I've been a 4-H leader (Horses of which I knew nothing about and still don't!), hospice and respite volunteer, church music director, and meal site volunteer at Sid Fisher Hall."

Not only does Diana volunteer at the front desk, she helps out at events, writes a monthly column in the Kiawanda Kapers and currently is the Chair of our annual Christmas Bazaar. Diana has spent countless hours volunteering for Kiawanda Community Center. Her experience and knowledge of KCC is priceless. Thanks for all your love and support! You are amazing and we are so lucky to have you! ~ Julie Krohn, Volunteer Coordinator

*Thank you!*

Kiawanda Community Center

Staff & Volunteers

## CROSSWORD SOLUTION ~ September 14, 2018

A	D	D	A	X		E	G	A	D		D	E	S	K		
R	O	U	S	E		R	O	S	E		I	C	O	N		
I	N	C	I	N	E	R	A	T	E		S	O	L	E		
D	E	T	A	I	N		T	O	P		S	L	O	E		
			A	D	I	E	U			M	I	E	N	S		
R	O	A	D			R	E	N	T	E	D					
I	M	M	E	R	S	E			D	I	S	E	A	S	E	
G	I	M	L	E	T					R	A	N	C	I	D	
S	T	O	I	C	A	L			D	E	S	C	E	N	D	
			B	U	R	E	A	U			E	D	G	Y		
C	A	P	E	R		O	R	D	E	R						
L	I	A	R			E	T	A			A	U	T	I	S	M
I	D	E	A			T	A	B	E	R	N	A	C	L	E	
M	E	A	T			U	R	L	S		T	R	E	A	T	
E	S	N	E			I	D	E	S		S	E	D	G	E	

## SUDOKU SOLUTION #02

5	7	2	1	8	4	9	6	3
8	4	3	9	6	2	1	7	5
9	1	6	7	3	5	2	8	4
4	3	5	2	7	6	8	9	1
7	6	8	5	1	9	4	3	2
1	2	9	3	4	8	7	5	6
3	9	7	6	2	1	5	4	8
6	8	1	4	5	7	3	2	9
2	5	4	8	9	3	6	1	7

**NEW**

**AD!**

**THE RIVERHOUSE NESTUCCA**



comes on board to support the  
Kiawanda Community Center  
and its newsletter, the  
Kiawanda Kapers!

*thank  
YOU*

FOR YOUR SUPPORT!  
Kiawanda Community Center

Staff & Volunteers



# Kiawanda Kapers



Make a Difference!



We need weekend  
Event  
Volunteers!

PLEASE CALL DEBRA  
AT KCC  
503-965-7900

## FUN THINGS TO DO

DOWN AT THE COMMUNITY CENTER!

STITCH, PAINT, PLAY BINGO, YOGA, EXERCISE OR GET A  
FOOT DETOX! IT'S A WAY TO "DE-STRESS"!  
IF YOU HAVE QUESTIONS, CALL THE CENTER AT  
503-965-7900.

The Welcome Desk is always here to help you!!

WEEKDAY DESK HELP—TIME: 3-4 HOURS

MEAL SITE DISH UP FOOD—TIME: APPROXIMATELY 1 1/2 HOURS  
11:00 AM —1:00 PM MON THRU FRI

SPECIAL EVENT HELP DESK—TIME: 3-4 HOURS

MEAL SITE TABLE SERVER—TIME: APPROXIMATELY 2 HOURS  
11:30 AM —1:30 PM MON THRU FRI

## BUSINESS DIRECTORY

NAME	PHONE NO.
BJs Fabrics & Quilts	503-392-6195
Caliber Home Loans	541-508-5089
Cape Kiawanda RV Resort	503-965-6230
Citi-zen Dispensary	503-483-1187
Coast Life	503.483.1190
Foot & Nail Care	503-965-7900
Grateful Bread	503-965-7337
Healing Waters Bible Church	503-392-3001
Headlands Coastal Lodge/Spa	503-483-3000
Hillside Place—Senior Living	541-994-8028
Los Caporales	503-965-6999
MegPies	503-483-1227
Michael's Appliance Service	541-994-3155
Monkey Business	503-392-4021
NV Presbyterian Church	503 965-6229
Oregon Coast Bank	503-965-6600
Pacific City Gallery	503-965-7181
Pacific City Mini Storage	541-921-0585
Pelican Brewing Co..	503-965-7007
St. Joseph Catholic Church	503-392-3685
Seaview Vacation Rentals	503-965-7888
Raines Resort	503-965-6371
Sportsman's Pub-N-Grub	503-965-9991
The Oar House Bar & Grill	503-965-2000
The Riverhouse Nestucca	503-483-1255
The Rusty Cow	503-910-2835
Thrift Shop	503-965-7013
Thrive	509.255.3538
PC Hardware & Lumber	503-965-6295
Winema Christian Church	971-237-2378



## Tuesday Stitchers

Tuesdays

Second Monday

10 AM—4 PM

each month

Great Hall

UFO NIGHT

4—10 PM



## THE PAINTING GROUP

Thursdays, 1-3 p.m. ■ Hobby Room

Weather can be unreliable, so please call **Sharen Peterson** at **503.398.5365** to be sure someone else will be there when you plan to join the group.

Monday & Wednesday  
4:30—5:30 PM

Vinyasa Yoga

*A playful dance  
between breath and  
movement.*

Fridays  
10:00—11:00 AM



## IonCleanse

FOR MORE INFO:  
KCC @ 503-965-7900  
David @ 612-481-2528  
or onthejazz@gmail.com

## Detox Foot Bath

Wednesdays ■ By Appointment

\$40 / 30 Minute Session

\$35 / Local Residents



Kelly Benson & Susie Wenrick

Tuesdays & Thursdays  
8:30—10 A.M.

**\$5.00**  
**Class!**

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Beaver Church  
24425 Bunn Creek  
Beaver  
Tue~10 AM—Noon  
Thurs~4:30—6 PM  
503.398.2803



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or

call 503-391-8423.



Nestucca Valley  
Presbyterian Church  
35305 Brooten  
Pacific City

Oct 9th & 23rd  
4:00—6:00 PM

Doris Johnson @

[dorisjohnson79](mailto:dorisjohnson79@gmail.com)

@gmail.com



Call KCC 503-965-7900 to sign up!



## ANSWER

**JACK RUSSELL TERRIER**—Woof woof? Not quite a man-eater-worthy sound, but that didn't stop sound designer Gary Rydstrom from using audio from his Jack Russell Terrier, Buster.

After seeing Buster playing with his rope toy the same way that the T. rex was killing the Gallimimus (yikes), he knew he was onto something. By slowing down the audio, he was able to mimic the sound of a T. Rex. So if Jurassic Park has always been too scary for you, just imagine tiny little Buster giving a bark instead.

# Kiawanda Kapers

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 Mexican Food ■ Seafood ■ Cocktails!

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 FRI 11 AM-9 PM

**OPEN**  
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[www.capediwanadrvpark.com](http://www.capediwanadrvpark.com)




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 503-965-6510  
 541-921-1155

**OTIS KUNZ**  
 541-921-0585  
 503-965-6510




**Nestucca Valley Presbyterian Church**  
 35305 Brooten Road ~ Pacific City, OR 97135  
 (503) 965-6229

**Pastor Ben**  
Sunday Services  
 Sunday School for all ages  
 9:00 a.m.  
 Sunday Worship—10:00 a.m.  
 Fellowship ~ 11:00 a.m.



34950 Brooten Rd, Pacific City, OR 97135  
 503.483.1190  
[coastlife4u@gmail.com](mailto:coastlife4u@gmail.com)


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[therustycow@hotmail.com](mailto:therustycow@hotmail.com)



**Foot & Nail Care by  
 Diane Rilling, RN**  
 13025 SW Park Way  
 Portland, OR 97225

**FOOT CARE SPECIALIST**  
 Contact  
 Kiawanda Community Center  
 for appointment:  
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**Winema Christian Church**  
 5195 Winema Rd. P.O.Box 118  
 Cloverdale, OR. 97112  
[www.winemachurch.net](http://www.winemachurch.net) (web)  
[info@winemachurch.net](mailto:info@winemachurch.net) (email)

Minister: Kyle French Sunday School: 9:30 A.M.  
 Cell # 971-237-2378 Worship Service: 10:45A.M.  
 Bible Study: Wed.6:30P.M.



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# Kiawanda Kapers

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Michael Mullin, Branch Manager—NMLS# 11911  
Rebecca Mullin, Loan Consultant—NMLS# 1499315

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Sunday 9:30 AM

Phone: (503) 392-3685  
Email: [stjosephcloverdale@gmail.com](mailto:stjosephcloverdale@gmail.com)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Tamale Pie or Chicken Pastina</b> Green Beans Carrot Pineapple Salad White Dinner Roll Smore's Chocolate Pudding 1	<b>Hearty Turkey Stew or Western Goulash</b> Lima Beans Garden Vegetable Salad Onion Roll Chocolate Chip Bar 2	<b>White Bean Chili w/Chikn or Vegetable Lasagna</b> Broccoli Spinach Romaine Salad French Roll Lime Gelatin w/Whip Top 3	<b>Baked Chicken w/Cider Glz or Swedish Meatballs</b> Garlic Whipped Potatoes Cabbage & Carrots Rye Bread Hermit Bar 4	<b>Teriyaki Chicken Sndwich or Kielbasa Sausage/Kraut</b> on a Bun Baked Beans Mixed Vegetables Applesauce 5
<b>Baked Beef Rigatoni or Swt/Sr Chicken w/Brn Rice</b> Green Beans Marinated Vegetable Salad Squash Bread Apple Crisp 8	<b>Chicken Patty w/Gravy or Roast Pork w/Gravy</b> Whipped Potatoes Oregon Bean Medley Multigrain Roll Banana Pudding 9	<b>Lemon Herb Chicken or BBQ Smokehouse Chop</b> Lyonnaise Potatoes Broccoli Oat Bran Bread Peanut Butter Bar 10	<b>Broccoli Omelet Bake or Pork Sausage Gravy</b> Biscuit Mixed Vegetables Romaine Iceberg Salad Golden Fruit Cup 11	<b>Garden Chkn Mini Salad or Turkey Club Mini Salad</b> on Spinach Romaine Green Split Pea Soup Seven Grain Roll Pineapple 12
<b>Ground Beef &amp; Pasta or Chicken Divan Bake</b> Herbed Carrots Spinach Romaine Salad Garlic Roll Vanilla Pudding 15	<b>Chicken Salad Sndwch Half or Egg Salad Sndwch Half</b> on Whole Wheat Bread Minestrone Soup Carrot Coleslaw Pears 16	<b>Hmstyle Turkey Patty/Gvy or Swiss Style Patty</b> Delmonico Potatoes Green Beans Herb Roll Strawberry Ice Cream Cup 17	<b>Chkn Chop Suey/Brn Rice or Western Pork Stew</b> Green Peas Spinach Romaine Salad Seven Grain Roll Fresh Orange 18	<b>Turkey a la King or Braised Beef Tips</b> Whipped Potatoes Country Trio Vegetables Sunflower Seed Roll Applesauce Gingerbread 19
<b>Chicken Patty w/ Honey Mustard Sauce or Pork Choppie w/Gravy</b> Whipped Sweet Potatoes Mixed Vegetables Potato Wheat Roll Spiced Peaches 22	<b>Chicken Rice Bake or Diced Pork &amp; Penne Pasta</b> Country Trio Vegetables Spinach Romaine Salad Oatmeal Roll Butterscotch Bar 23	<b>Chicken Pomodoro or Shepherd's Pie</b> Capri Blend Vegetables Tossed Salad Rye Bread Seasonal Fresh Fruit 24	<b>Sloppy Joe or Breaded Baked Fish Sandwich w/Tartar Sauce</b> on a Bun Green Beans Marinated Zucchini Salad Bread Pudding w/Raisins 25	<b>Lima Beans &amp; Ham or Mac &amp; Cheese Florentine</b> Herbed Carrots Marinated Broccoli Salad Cornmeal Roll Cherry Whip 26
<b>Pasta Primavera or Cowboy Campfire Stew</b> Green Beans Carrot Pineapple Salad Dinner Roll Lemon Pudding 29	<b>Halloween Special Beef Patty/Onion &amp; Pep Gvy or Roast Turkey w/Gravy</b> Whipped Potatoes Green Peas Oat Bran Bread Red Devil Beet Cake 30	<b>Halloween Special Orange Glazed Chicken or Liver &amp; Onions</b> Whipped Potatoes Broccoli Squash Bread Baked Pumpkin Custard 31	Suggested Donation: \$3.00 per meal  1% Milk served with all meals	<b>NORTHWEST SENIOR &amp; DISABILITY SERVICES</b> <b>OCTOBER 2018</b>