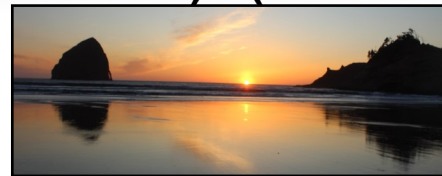


# Kiawanda Community Center



## 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.

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JUNE 14TH

*Kiawanda Kapers*  
June - 2018

Happy  
*Father's*  
Day  
JUNE 17TH

Let's bring *Dancing* back to Pacific City!



**The Mike Branch Band**

Saturday—June 2, 2018

No Host Bar

Doors open 6:30 PM ■ Music at 8 PM

15.00



**Bret Lucich**

Thursday—June 14, 2018

Doors open 6 PM

Music 7—10 PM

Price TBD

## FUNDRAISER . . . Kiawanda Community Center . . . FUNDRAISER

**YOUR  
WORDS HERE!**

**C**elebrate family, a friend or an occasion with a bronze plaque to be placed in KCC's brick walk.

Your message may be up to three (3) lines per plaque. Allow sixteen spaces per line for letters and spaces between words.

Pick up a form for your message at the KCC Welcome Desk or send inscription with check to KCC Administrator, PO Box 1111, Pacific City, OR 97135.

One plaque \$40; two for \$75, three for \$100

Summer heat is best time for putting plaques in place so order now!



KIAWANDA.COM

**We're revamping our  
website and adding  
new things . . .  
So check back  
often!!**

BOARD OF DIRECTORS	
OFFICERS	BOARD MEMBERS
<b>CHAIR</b>	Julie Krohn
Otis Kunz	Ken Moffett
<b>VICE CHAIR</b>	Justin Nye
Sam Mankins	Virginia Reid
<b>TREASURER</b>	
Melita Spath	
<b>SECRETARY</b>	
Jennifer Mankins	



## Holographic Blood: The Bigelsen Method A Lecture on Health and Wellness!

Coming to Pacific City for a fascinating and empowering lecture on Blood and the role it plays in the Mind-Body-Spirit connection to our health are Adam & Josh Bigelsen. The lecture is based on a lifetime of work done by their father, Dr. Harvey Bigelsen, a retired Vietnam trauma surgeon, eye surgeon, MD, and a modern-day pioneer of Homeopathy in the United States.









Sunday June 3, 2018 ■ 3—5:30 PM with Q & A following

Kiawanda Community Center

\$10 (Suggested Donation)

For more info, please contact David @ 612-481-2528 or [onthejazz@gmail.com](mailto:onthejazz@gmail.com)

**KIAWANDA COMMUNITY CENTER  
JUNE 2018**

SUN	MON	TUES	WED	THURS	FRI	SAT
 <p style="text-align: center;"><b>JUNE IS STRAWBERRY MOON MONTH JUNE 29TH</b></p> <p>The June Full Moon is called the <b>Full Strawberry Moon</b>. This Full Moon got its name from the Algonquin tribes who knew it as a signal to gather the ripening fruit of wild strawberries. It has also been known as the <b>Honey Moon</b> and the <b>Full Rose Moon</b> in Europe.</p>					<p style="text-align: center;">1 <b>YOGA:</b> 10:00—11:00 AM (FJH)</p>  <p style="text-align: center;"><b>NAT'L DONUT DAY</b></p>	<p style="text-align: center;">2 MIKE BRANCH BAND 6:30—11 PM</p> 
<p style="text-align: center;">3 HEALTH &amp; WELLNESS LECTURE 3—5:30 PM Adam &amp; Josh Bigelsen</p>	<p style="text-align: center;">4 NESKO (FJH) BOARD MEETING 1—2 PM <i>Walking Group</i> 3:15—3:45 PM <b>YOGA:</b> 4:30—5:30 P.M. (FJH)</p>	<p style="text-align: center;">5 FIT 'N FABULOUS 8:30—10 A.M.(GH) STITCHERS (GH) 10 A.M.—4 P.M. PCNV CHAMBER 12—1 PM (FJH)</p>	<p style="text-align: center;">6 ION CLEANSE BY APPT—612-481-2528 <i>Walking Group</i> 10—10:30 AM <b>YOGA:</b> 4:30—5:30 P.M. (FJH)</p>	<p style="text-align: center;">7 FIT 'N FABULOUS (GH) 8:30—10 AM PAINT GROUP 1—3 PM (HR) NVHS SR. AWARDS 4—9 PM BINGO 6—9 PM</p>	<p style="text-align: center;">8 <b>YOGA:</b> 10:00—11:00 AM (FJH)</p>	<p style="text-align: center;">9 GARCIA FAMILY REUNION 9 AM—9 PM (GH)  MORGAN / NEWSOME WEDDING 11 AM (FJH)</p>
<p style="text-align: center;">10 <i>Krohn Anniversary</i> CELEBRATING <i>70 Years</i> (FJH)</p>	<p style="text-align: center;">11 <i>Walking Group</i> 3:15—3:45 PM STITCHERS UFO 4—10 PM (GH) <b>YOGA:</b> 4:30—5:30 P.M. (FJH)</p>	<p style="text-align: center;">12 FIT 'N FABULOUS 8:30—10 A.M.(GH) STITCHERS (GH) 10 A.M.—4 P.M.  WORLDWIDW SIRES 9 AM—6 PM (FJH)</p>	<p style="text-align: center;">13 ION CLEANSE BY APPT—612-481-2528 <i>Walking Group</i> 10—10:30 AM NVA 4 PM (HR) <b>YOGA:</b> 4:30—5:30 P.M. (FJH)</p>	<p style="text-align: center;">14 FIT 'N FABULOUS (GH) 8:30—10 AM PAINT GROUP 1—3 PM (HR)  BINGO 6—9 PM MUSIC—with BRET LUCICH 6—10 PM </p>	<p style="text-align: center;">15 <b>YOGA:</b> 10:00—11:00 AM (FJH)  NESKO MEETING 11 AM—2 PM</p>	<p style="text-align: center;">16 BENDER BRAYLEY RECEPTION 6:30 PM (GH)</p>
<p style="text-align: center;">17  FATHER'S DAY</p>	<p style="text-align: center;">18 <i>Walking Group</i> 3:15—3:45 PM <b>YOGA:</b> 4:30—5:30 P.M. (FJH) CAC MEETING—6:30 PM (GH)</p>	<p style="text-align: center;">19 FIT 'N FABULOUS 8:30—10 A.M.(GH) STITCHERS (GH) 10 A.M.—4 P.M.</p>	<p style="text-align: center;">20 ION CLEANSE BY APPT—CALL 612-481-2528 <i>Walking Group</i> 10—10:30 AM <b>YOGA:</b> 4:30—5:30 P.M. (FJH) KCC BRD MTG—5:30 PM</p>	<p style="text-align: center;">21 FIT 'N FABULOUS (GH) 8:30—10 AM PAINT GROUP 1—3 PM (HR) BINGO 6—9 PM SUMMER SOLSTICE</p>	<p style="text-align: center;">22 <b>YOGA:</b> 10:00—11:00 AM (FJH)  <b>GIVE BLOOD SAVE LIFE</b> NOON—5 PM</p>	<p style="text-align: center;">23</p>
<p style="text-align: center;">24 DAVENSMITH WEDDING &amp; RECEPTION 12:30 PM</p>	<p style="text-align: center;">25 <i>Walking Group</i> 3:15—3:45 PM <b>YOGA:</b> 4:30—5:30 P.M. (FJH)  <b>VOL MTG 2 PM</b> <b>(Temporary Time Change)</b></p>	<p style="text-align: center;">26 FIT 'N FABULOUS 8:30—10 A.M.(GH)</p>	<p style="text-align: center;">27 ION CLEANSE BY APPT—612-481-2528 <i>Walking Group</i> 10—10:30 AM <b>YOGA:</b> 4:30—5:30 P.M. (FJH)</p>	<p style="text-align: center;">28 FIT 'N FABULOUS (GH) 8:30—10 AM GEORGE FOX UNIVERSITY 11 AM—6 PM PAINT GROUP 1—3 PM (HR) <b>PIZZA &amp; BINGO 6—9 PM</b> <b>(SERVING AT 5:30 PM)</b></p>	<p style="text-align: center;">29 <b>YOGA:</b> 10:00—11:00 AM (FJH)</p>	<p style="text-align: center;">30 JUNE FLOWER THE ROSE </p>
FIRESIDE ROOM OPEN TO ALL MON—SAT	GH = GREAT HALL HR = HOBBY ROOM FR = FIRESIDE ROOM	FJH = FAYE JENSEN HALL GRP = FREE GROUP ACTIVITY	<b>HOURS OF OPERATION</b> 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	

# Kiawanda Kapers



**21**  
Years ... and  
counting

by Diana Sears

**D**o you recall turning 21 years of age? Or maybe you are still looking forward to reaching that milestone. There is an excitement about that age as well as a gravity. June is Kiawanda Community Center's anniversary month and we are 21! Recalling our earlier years, I marvel that we have arrived at this milestone growing and developing in the ways our founders hoped.

We have come this far because of broad community support . . . both financial and in volunteering. As a KCC volunteer I feel a life investment in the projects and programs here at the Center. And when I have welcomed new volunteers, I have urged them to feel connected and to fill our needs that fit their skills. I encourage them to take ownership of a particular task whether it is short or long term.

A volunteer once said KCC was his home away from home. And it is. Welcoming visitors and newcomers falls to all of us, but particularly to the volunteer at the Reception Desk. Monitoring and helping groups renting the building is a most important job. Tidying and sorting and landscaping are other needs.

While we have a highly functioning Board of Directors, who are also volunteers and are able to hire an administrator and a custodian, there is much more than they can do to keep our community center running efficiently.

I encourage you to look at our calendar, our menus and our highlighted notes of services and activities; and check the local ads found in these pages of the Kiawanda Kapers every month. Most of all I urge you to join us in any way that appeals to you so that we may go on maturing to a great old age!

~ Diana

WE ARE  
**Meals On Wheels**  
*so no senior goes hungry.*

For further information, please call Sue Nelson  
Kiawanda Community Center  
503-965-7900

For those of you in the community who are not able to make it to the Center for lunch —

**CALL US!**



**Brian & Kathy**  
Make new friends and a difference in your Community by contributing your unique background, talents and skills by volunteering at the Kiawanda Community Center.

We have volunteer opportunities to match a wide range of interests and time commitments.

For more information stop by KCC or call Julie at 503-965-7900

## *What is special about the summer solstice?*

The day that the Earth's North Pole is tilted closest to the sun is called the **summer solstice**. This is the longest day (most daylight hours) of the year for people living in the northern hemisphere. It is also the day that the Sun reaches its highest point in the sky.



### EXPLORE NATURE EVENT

## "BIRD AND BERRIES" HIKE

Join us as we partner with USFWS for a guided hike out Two Rivers Peninsula on the Nestucca National Wildlife Refuge.

Refuge staff will provide discussion and interpretation on the birds, berries and other wildlife.

Bring water, snacks, binoculars and appropriate hiking clothes

Information and registration at [Eventbrite.com](https://www.eventbrite.com)

### NNSL WATERSHEDS COUNCIL BOARD MEETING



June 19, 2018 • 6—8 PM

HEBO FIRE HALL

Our monthly board meetings are open to the public.

**PLEASE JOIN US!**



LIVESTRONG.COM

## 6 Tips for Stopping Food Cravings

BY VALAER MURRAY APRIL 25, 2018

**Cravings.** We all have them. They're completely normal. The real challenge is not giving into them too often. Learning what causes your cravings and how to manage them will help you stay on track.

**First off, a craving is not hunger.** When you're hungry, your body has various ways of telling you that it wants and needs sustenance. It requires fuel to keep running, and pretty much anything will do.

**A craving is a hankering for a specific food** — usually the type that's not part of your healthy eating plan. Where do cravings come from, though? The answer lies in your brain. Research suggests that your brain is partially responsible because mental imagery plays a major role in cravings.

**When you crave a certain food**, your brain generates vivid images of that food, reinforcing the craving and making it more powerful. When your brain is generating the imagery accompanying your craving, it has less brainpower available for other cognitive tasks. (So don't try solving algebraic equations while you're overwhelmed by the desire to gobble French fries.)

### 6 Tips for Stopping Food Cravings

- 1) Drink plenty of water. Sometimes your body mistakes thirst for hunger. Pro tip: Add a slice of lemon for variety.
- 2) Be proactive. Eat regularly and don't let yourself get too hungry.
- 3) Keep healthy snacks on hand wherever you are, especially when you're on the go.
- 4) Allow yourself to give into the cravings from time to time in a controlled portion so you don't feel deprived.
- 5) When a craving strikes, focus on something else — go for a walk, meditate, read, etc.
- 6) Indulge a little by having a piece of dark chocolate or fruit if you're craving sweets.

When a craving hits, track it. Write it down and note what you're doing when it strikes, how you're feeling and how you handled it. This helps you better understand and control them so you don't have to cave to cravings.



## TUESDAY STITCHERS CLASS

There will be another class taught by Jeanne on June 11th and 12th. This will be what Jeanne calls **Magic Stack and Whack**.

Monday 4—10 PM

Tuesday 10 AM—3:30 PM

Great Hall

You will need fabric with a least a 13" repeat. Don't buy backing until you see a couple of the pinwheels made up. Talk to Jeanne or Karin about what fabric work best.

Monday will be a potluck night so bring an item for dinner and your own dinnerware including plate, bowl, silverware, glass or cup and napkin.



Kiawanda Community Center

## SUDOKU ~#1499 Difficulty level: MEDIUM

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



## It's Pizza & Bingo Nite!

Thursday • June 28th 6—9 PM

\$1.50 / slice (Serving at 5:30 p.m.)

# Kiawanda Kapers



## ISN'T IT THE TRUTH!!

A friend of mine emailed this to me the other day and I thought, "How

true this has become in our world" Sad . . . but true. So here goes. Hope you laughed as much as I did!

**CALLER:**

Is this Gordon's Pizza?

**GOOGLE:**

No sir, it's Google Pizza.

**CALLER:**

I must have dialed a wrong number. Sorry.

**GOOGLE:**

No sir, Google bought Gordon's Pizza last month.

**CALLER:**

OK. I would like to order a pizza.

**GOOGLE:**

Do you want your usual, sir?

**CALLER:** My usual? You know me?

**GOOGLE:**

According to our caller ID data sheet, the last 12 times you called you ordered an extra-large pizza with three cheeses, sausage, pepperoni, mushrooms and meatballs on a thick crust.

**CALLER:**

OK! That's what I want!

**GOOGLE:**

May I suggest that this time you order a pizza with ricotta, arugula, sun-dried tomatoes and olives on a whole wheat gluten-free thin crust?

**CALLER:**

What? I detest vegetables.

**GOOGLE:**

Your cholesterol is not good, sir.

**CALLER:**

How the hell do you know?

**GOOGLE:**

Well, we cross-referenced your home phone number with your medical records. We have the result of your blood tests for the last 7 years.

**CALLER:**

Okay, but I do not want your rotten vegetable pizza! I already take medication for my cholesterol.

**GOOGLE:**

Excuse me sir, but you have not taken your medication regularly. According to our database, you only purchased a box of 30 cholesterol tablets once, at Drug RX Network, 4 months ago.

**CALLER:**

I bought more from another drugstore.

**GOOGLE:**

That doesn't show on your credit card statement.

**CALLER:**

I paid in cash.

**GOOGLE:**

But you did not withdraw enough cash according to your bank statement.

**CALLER:**

I have other sources of cash.

**GOOGLE:**

That doesn't show on your last tax return unless you bought them using an undeclared income source, which is against the law.

**CALLER:**

WHAT THE HELL?

**GOOGLE:**

I'm sorry, sir, we use such information only with the sole intention of helping you.

**CALLER:**

Enough already!

I'm sick to death of Google, Facebook, Twitter, WhatsApp and all the others. I'm going to an island without internet, cable TV, where there is no cell phone service and no one to watch me or spy on me.

**GOOGLE:**

I understand sir, but you need to renew your passport first. It expired 6 weeks ago!



**2nd:** Mother Goose on the Loose **9 AM**

**6th:** Storytime: Cars—**4 PM**

**9th:** Mother Goose on the Loose—**9 AM**

**12th:** Movie Night-Jumanji:

Welcome to the Jungle (PG-13) **5 PM**

**13th:** Craft Balloon Rocket Car—**4 PM**

**16th:** Saturday Movie—Serendipity (PG-13) **12 PM**

**19th:** Teen SRP (CD Scratch Art)—**5 PM**

**20th:** Kids SRP—Okaidja Afronso—**1 PM**

**23rd:** Mother Goose on the Loose—**9 AM**

**26th:** Teen SRP (Bill: Ukuleles) **4 PM**

**27th:** Kids SRP—Iris Nason Stretch, Dance, Play **3 PM**

## Library Hours

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



## 59th Annual Dory Days Festival

July 20 - 22, 2018

A celebration of the local dory fishing culture unique to Pacific City. This festival is hosted by the Pacific City-Nestucca Valley

Chamber of Commerce and the Pacific City Dorymen's Association.

Festivities kick off with the Dory Days Parade that is scheduled to begin at 11 AM. The parade starts at Bob Straub State Park and works its way into downtown Pacific City. Other events throughout the weekend includes live music, kids activities, fish fry, BINGO and more. The Dorymen's Association will operate a booth to answer questions from the public and a display of dory boats in the Cape parking lot.



**South Tillamook County  
Walking Group**

**Kiawanda Community Center ■ 34600 Cape Kiwanda Drive  
Pacific City, OR**

**Mondays: 3:15—3:45 PM ■ Wednesdays 10—10:30 AM  
REGISTRATION REQUIRED!**

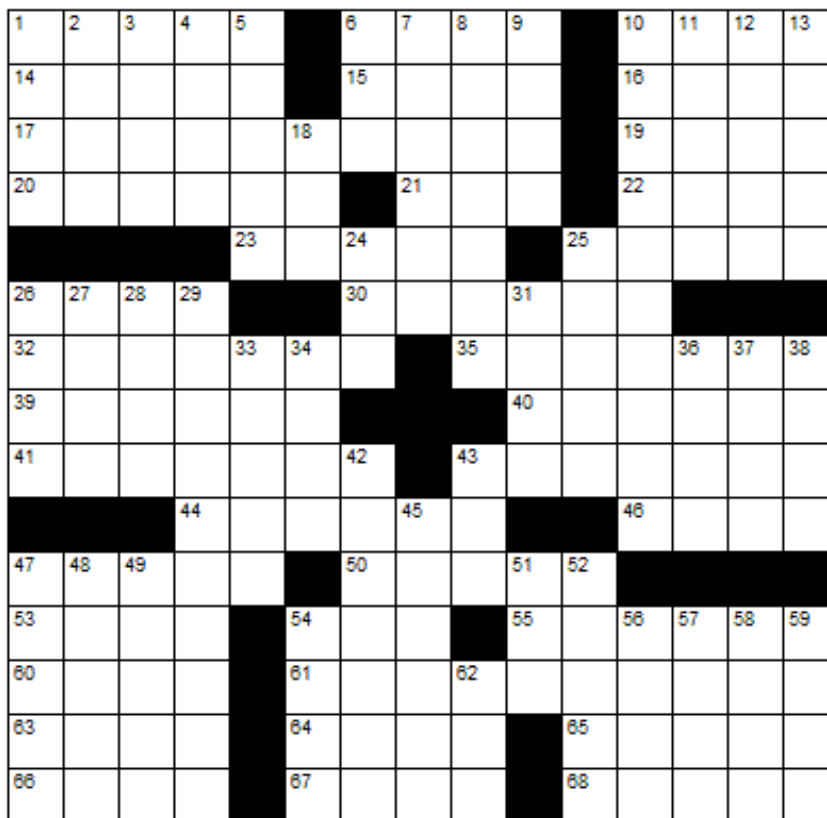
# Kiawanda Kapers

TEST YOUR CROSSWORD PUZZLE SKILLS!

May 4 2018

## ACROSS

1. Piece of paper
6. Vipers
10. Strike heavily
14. Not late
15. Sly trick
16. Cry of pain
17. One of the great apes
19. Back of the neck
20. Anagram of "Steals"
21. Vaporize
22. 1 1 1 1
23. Supporting column
25. Type of drum
26. Haul
30. Profoundly
32. Eulogies
35. Percussionist
39. Yeast or baking powder
40. Fire
41. Gist
43. Urge
44. A rational motive
46. Toboggan
47. A hard kind of stone
50. Vomits
53. Weaving machine
54. Drunkard
55. Japanese hostess
60. Initial wager
61. Formally expressing praise
63. Average
64. Brother of Jacob
65. A person who is owned by someone
66. At one time (archaic)
67. Colorful salamander
68. Dishes out



## DOWN

1. Religious offshoot
2. Laugh
3. Twin sister of Ares
4. Shade trees
5. Varieties
6. Barley bristle
7. Seethe with deep anger
8. Ruffled
9. Dribble
10. Similar in meaning
11. Tropical vine
12. Not lower
13. Ganders
18. Altitude (abbrev.)
24. Actress Lupino
25. Impolite dinner sound
26. Expunge
27. Regrets
28. "What a shame!"
29. Legislature
31. Baby buggy
33. Agile Old World viverrine
34. Ancient Peruvian
36. Think (over)
37. Being
38. Marsh plant
42. Take up the cause
43. Writing liquid
45. Criminal
47. Blaze
48. Hermit
49. Scintillas
51. It comes from a hen
52. Earthquake
54. Observed
56. Small island
57. Immediately
58. Apiary
59. Air force heroes
62. Not in



**RED CROSS  
BLOOD DRIVE**

**34600 Cape Kiwanda Drive  
Pacific City - OR 97135**

**June 22, 2018 / 12 Noon—5 PM**

To schedule your appointment  
or for more information  
**1-800-RED-CROSS**

Or visit [www.redcrossblood.org](http://www.redcrossblood.org)  
sponsor code: **pacificcity**





**NESTUCCA RURAL FIRE PROTECTION DISTRICT  
(NRFPD)**

**VOLUNTEERS NEEDED to help provide  
EMERGENCY SERVICES. Training and  
equipment will be provided.**

**The NRFPD is currently accepting applications. Apply  
on line: [www.nrfpd.com](http://www.nrfpd.com)**

**For further information contact:  
Brian Jones, Battalion Chief ■ 503-392-3313**

# Kiawanda Kapers



## JUNE 2018

- 1 Avette Gaiser
- 2 Samantha Knopf
- 8 Mary Siler
- 8 Cindy Neal
- 9 Terry Goss
- 14 Diana Briscoe
- 16 Darleen Logan
- 16 Marcella Radke
- 17 Rita Spring
- 17 Diana Briscoe
- 24 Scott Culprit
- 24 Ghisleli Ramirez



We would love to get your birthday and anniversary dates on our list. If you know of anyone who should no longer be on our list, please let me know. ~ Shirley

- Email [kiawandakapers@yahoo.com](mailto:kiawandakapers@yahoo.com) or [shaley04@netzero.net](mailto:shaley04@netzero.net)
  - Stop by the Center at 34600 Cape Kiwanda Drive
  - Call 503-965-7900
- OUR BIRTHDAY AND ANNIVERSARY LISTS ARE OUTDATED!!

~ Please email me ~ [shaley04@netzero.net](mailto:shaley04@netzero.net) to get on the "Birthday & Anniversary list!" We need your names and dates!!  
Be a part of our newsletter! Shirley

## In other news...

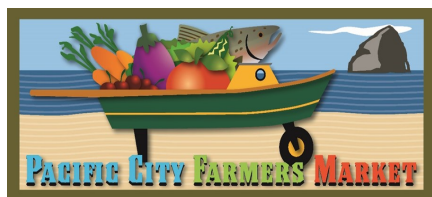
**June 2—NEHALEM BAY CRAB DERBY: 9 AM—5 PM:** Top prize \$1,000—Entry Fee \$10—Food—Vendors—Raffles—Music  
Contact Kelly Brighton Marina—503-368-5745 for further information.

**June 9—12 NOON: BLESSING OF THE FLEET:** Just north of the dory ramp on the beach at Cape Kiwanda, the captains of the dory fleet and their families will pause to remember those lost at sea and say a prayer for the season ahead.

**June 9—(FREE) FINANCIAL EDUCATION WORKSHOP (Pre-registration is required)**  
(Tillamook CARE office—2310 First Street) 8:30 AM—4:30 PM: Teaches budgeting, saving, goal setting, credit management and improving overall financial health.

**June 16—YAPPY DAYS:** Father's Day weekend—10 AM—4 PM! Celebrate and raise money for the local animal shelter at Yappy Days! The street fair will be located across the street from the beach and will feature vendors, face painting for the kids, a doggy kissing booth, a pet costume contest, doggy dip stations, a puppy prize walk, silent auction, raffle and much more.

**June 28—August 2, 2018: NO FEAR FLY FISHING—CED 1101** Thursdays, 5:30—7 PM  
Tillamook Bay CC Room 204—\$45 • Contact Melani Gregory at 503-842-8222 x1320 or [melanigregory@tillamookbaycc.edu](mailto:melanigregory@tillamookbaycc.edu) for questions or to register.



**MUSIC AT PACIFIC CITY FARMERS MARKET**  
Every Sunday from June 17—Sept 30

**STILL TAKING APPLICATIONS!**

- June 17—Sonya and Fred
- June 24—ZUHG
- July 1—Daniel Cecil
- July 8—Belly Dancers
- July 15—Sonya and Fred

- July 22—Eric Sappington
- July 29—Rhythm Method (Drumming)

**Where:**

Library Grounds  
Corner of Camp St & Brooten Rd  
For further info:  
Dawn Beyer—541-450-0656 or  
[pacificcityfarmermarket@gmail.com](mailto:pacificcityfarmermarket@gmail.com)

★  
Go to [www.kiawanda.com](http://www.kiawanda.com) for full schedule through September.



**Nestucca Valley  
Presbyterian Church**



35305 Brooten Road  
Pacific City

**June 12th & 26th  
2018  
4:00—6:00 PM**

Serving qualified  
households  
within Nestucca Valley  
School District  
boundaries

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

**South County  
Food Pantry**

**Beaver Church**  
24425 Bunn Creek  
Beaver

Tue~10 AM—Noon  
Thurs~4:30—6 PM

**Beaver  
Community Church  
& Thrift Store**  
503.398.2803





# Kiawanda Kapers

## SUDOKU SOLUTION #1499

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

## CROSSWORD SOLUTION ~ May 4 2018

S	H	E	E	T		A	S	P	S		S	L	U	G	
E	A	R	L	Y		W	I	L	E		Y	I	P	E	
C	H	I	M	P	A	N	Z	E	E		N	A	P	E	
T	A	S	S	E	L		Z	A	P		O	N	E	S	
				S	T	I	L	T		S	N	A	R	E	
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## June 2018 Observances & Fun Facts

June 2018 is Observed as	Men's Health Month
June Birthstone	LGBT Pride Monrh
June Flower	Alexandrite, Pearl Moonstone
Astrological Sign	Rose
	Gemini (till 20th) & Cancer ((21st → )



## New Pastry Shop & More in Town!

MegPies is run by owner Casey Hein and manager Kassey Liebenow. Casey opened MegPies to honor her daughter and other family members she has lost.

**NEW AD**

Our focus is on unique food that you cannot find in Pacific City. Here you will find:

- ✓ Banana splits, cookie bowls, milkshakes, pies, and a variety of other treats!
- ✓ The upstairs is centered around kid entertainment with a free air hockey table, Xbox 360 and a Marvel comic lounge.
- ✓ This summer more arcade games will be added as well as summer movie nights. This is a place where adults and kids can have fun.
- ✓ We offer breakfast, lunch and dinner.
- ✓ We do catering, birthday parties, custom cakes, fresh donuts and much more!
- ✓ And . . . we have an outside patio!

Together we try to provide the best food and give people a little taste of heaven in every bite.

Casey & Kassey

thank  
YOU

FOR YOUR SUPPORT!

Kiawanda Community Center

Staff & Volunteers



**WE NEED  
SUB VOLUNTEERS  
MON—FRI**

For more information or to apply, contact:

Tillamook County Transportation District  
3600 Third Street, Suite A  
Tillamook, OR 97141  
503-815-8283



e-newsletter



Requests continue to come in asking to receive the full .pdf colorized Kiawanda Kapers newsletter direct to their Inboxes. Our list is growing and that is what we want to see happen.

**Sign Up Now**

Email: shaley04@netzero.net



**START MAKING A READER  
TODAY!**



**SMART needs more  
reading volunteers to help  
us read with all of the  
Kindergarten students at Nestucca  
Valley Elementary.**

[www.getSMARToregon.org](http://www.getSMARToregon.org) or

call 503-391-8423.



# Kiawanda Kapers



**We need weekend Event Volunteers!**

**PLEASE CALL DEBRA AT KCC 509-279-3409**

**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 there 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



## 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



- Starts promptly at 7 PM
- Doors open at 6 PM
- Games are over about 9:15 PM

## Expanded Bingo

- ✓ Three (3) additional Early Bird games for \$1.00—Starts at 6 pm



**Kelly Benson & Susie Wenrick**

**Tuesdays & Thursdays**  
8:30—10 A.M.

**\$5.00 Class!**



**Call KCC 503-965-7900 to sign up!**

## BUSINESS DIRECTORY

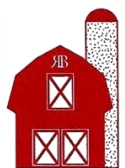
NAME	PHONE NO.
BJs Fabrics & Quilts	503-392-6195
Caliber Home Loans	541-508-5089
Cape Kiwanda RV Resort	503-965-6230
Citi-zen Dispensary	503-483-1187
Coast Life	503.483.1190
Foot & Nail Care	503-965-7900
Grateful Bread	503-965-7337
Healing Waters Bible Church	503-392-3001
Headlands Coastal Lodge/Spa	503-483-3000
Hillside Place—Senior Living	541-994-8028
Los Caporales	503-965-6999
MegPies <sup>NEW</sup>	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
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 Red Barn	503-392-3973
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



## The Red Barn

*Flea Mart & RV Park*

**IS FOR SALE!**



Nancy Altman has run her ad in the Kapers for at least the 2 1/2 years I've been Kapers Editor and now she's in the market to sell it.

This is an 8.47 acre property located in Cloverdale, OR on the Oregon Coast. Property contains a 3230 sq ft retail barn with a 3230 sq ft upper level, 3 br-2 bath residence, 20 RV hookups and a large metal work shed. This property has views of the lake and the valley . . . And much more.

For further information, contact:  
**Christina Corallino—Taylor & Taylor Realty**  
Cell: 503-964-3306  
c.corallinopc@gmail.com

# Kiawanda Kapers

## Business and Service Directory

**Los Caporales**  
[www.facebook.com/LosCapInPC](http://www.facebook.com/LosCapInPC)  
 Mexican Food ■ Seafood ■ Cocktails!

**OPEN**  
 MON 12-7 PM  
 WED-THUR 11 AM-8 PM  
 FRI 11 AM-9 PM

**OPEN**  
 SAT 12-9 PM  
 SUN 12-7 PM

**CLOSED TUES**

35025 Brooten Road ■ Pacific City, OR 97135  
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 Across the street from the beach  
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 Email: [capekiwanda@oregoncoast.com](mailto:capekiwanda@oregoncoast.com)  
[www.capediwanadrvpark.com](http://www.capediwanadrvpark.com)




**PACIFIC CITY  
 MINI STORAGE  
 RV & BOAT STORAGE**  
[kunzkastle@gmail.com](mailto:kunzkastle@gmail.com)

**34825 BROOTEN ROAD**  
**PO BOX 308 • PACIFIC CITY, OR 97135**

**BARB KUNZ**  
**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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 Owner Stacy Ramos





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 Gallery of Fine Art**  
 Featuring  
 Local and Northwest Artists

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 Pacific City, OR 97135  
 (503) 965-7181



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 Independent Consultant (9763)  
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[www.G-H.THRIVELIFE.COM](http://www.G-H.THRIVELIFE.COM)  
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 quick, and tasty.



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 BIBLE CHURCH**  
 PASTOR BLAKE TEBECK  
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 Sunday School at 9:30 AM  
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 Cloverdale, OR 97112




**The Rusty Cow**  
 Antiques, Gifts & Soda Factory

Debbie Hale  
 Owner  
 503-910-2835  
 34385 Highway 101 S  
 Cloverdale, OR 97112  
[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:  
**503-965-7900**



**Raines Resort**

Cabins on the Big Nestucca  
 503-965-6371 — June Bolden  
 Pacific City, OR 97135  
 Come listen to the Rain God Laughing




**SEA VIEW  
 VACATION RENTALS**

Ocean Front Homes  
 & Cozy Cottages

Peggy Howard  
 P.O. Box 1049  
 Pacific City, OR 97135  
 503-965-7888

<http://www.seaview4u.com> email: [rentals@seaview4u.com](mailto:rentals@seaview4u.com)



**Monkey Business 101**  
 38005 Hwy 101  
 Cloverdale, OR 97112

**Barbara Brown—503.392.4021**  
 YOUR PLANT AND TREE SOURCE  
[www.monkeybusiness101-nursery.com/](http://www.monkeybusiness101-nursery.com/)



**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: 10:45 A.M.  
 Bible Study: Wed. 6:30 P.M.



**Michael's**  
 Appliance Service Inc.  
 Lincoln City, Oregon

REPAIR ON ALL BRANDS • Kitchen, Laundry & Refrigeration

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 "Professional Service is our Specialty"

CCB#185590





# Kiawanda Kapers

## Business and Service Directory

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### Citi-Zen Dispensary



503-483-1187

6305 Pacific Ave  
Pacific City, OR 97112

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



**True Value®**

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34995 River Ave  
Pacific City, OR 97135-9100

Phone: 503.965.6295  
Fax: 503.965.6633

### The Red Barn

Flea Mart & RV Park

33920 Hwy. 101 S.  
PO Box 64  
Cloverdale, OR 97112  
(503) 392-3973

**FOR SALE**

**Nancy Riley**  
e-mail: [altmansredbarn@embarqmail.com](mailto:altmansredbarn@embarqmail.com)



**Open:** Wed—Mon ■ **Closed:** Tue

### Grateful Bread

Bakery & Restaurant  
Drive thru Espresso



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Pacific City, OR 97135  
503-965-7337

Breakfast • Lunch • Dinner • Catering

Michael & Rebecca Mullin



[www.TheLoanConsultant.com](http://www.TheLoanConsultant.com)

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Michael Mullin, Branch Manager—NMLS# 11911  
Rebecca Mullin, Production Assistant—NMLS# 1499315

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Cheryl Trent, Manager



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Pacific City, Oregon 97135  
Phone: 503.965.7013

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We accept donations of clean useable items. If you have any questions, please give us a call.  
WE SUPPORT THE WINKELMAN LIBRARY BUILDING.



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Sports Bar

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Cell: (503) 842-0165  
E-Mail: [rob@sp-n-g.com](mailto:rob@sp-n-g.com)

Sportsman's Pub-N-Grub  
34975 Brooten Road  
Mailing: PO Box 697  
Pacific City, OR 97135

### Hillside Place

Senior Living

Joy Wilson  
Community Relations Manager

1400 SE 19th Street | 541-994-8028  
Lincoln City, OR 97367 | 541-992-1207 (C)

[jwilson@enlivant.com](mailto:jwilson@enlivant.com) [enlivant.com](http://enlivant.com)



### Oregon Coast Bank

Common Sense. Uncommon Service.

 [oregoncoastbank.com](http://oregoncoastbank.com) 

Pacific City Office: 35490 Airport Way • 503-965-6600

503-392-6195 ■ 877-690-5267

### BJ's Fabrics & Quilts

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Cloverdale, OR 97112  
OPEN 10-5 DAILY





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[INFO@HEADLANDSLODGE.COM](mailto:INFO@HEADLANDSLODGE.COM) | 503.483.3000

33000 Cape Kiwanda Dr. | PO BOX 189  
Pacific City, OR. 97135

### ST. JOSEPH'S CATHOLIC CHURCH



34560 Parkway Dr.  
PO Box 9  
Cloverdale, OR 97112

Father Jerry Quintal

MASS TIMES:  
Saturday 5:30 PM  
Sunday 9:30 AM

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>NWSDS</b> <b>CLATSOP &amp; TILLAMOOK</b> <b>COUNTIES</b> <b>JUNE 2018</b>	 <b>SUNDAY, JUNE 17, 2018</b>		A suggested donation of \$3.00 is requested from seniors <b>60 and older.</b> Seniors under 60 must pay \$6.75  1% Milk Served with All Meals	<b>Spinach Strata</b> Capri Blend Vegetables Spinach Romaine Salad Cracked Wheat Roll Lemon Pudding  1
<b>Salisbury Steak w/Gravy</b> Whipped Potatoes Country Trio Vegetables French Roll Peaches  4	<b>Curried Chkn Rice Salad</b> over Spinach Romaine Vegetable Soup French Roll Frosted Orange Cake  5	<b>Roast Pork Loin w/Gravy</b> Mashed Potatoes w/Gravy Mixed Vegetables French Roll Bread Pudding w/Raisins  6	<b>Turkey Salad</b> <b>Sandwich Half</b> on Wheat Bread Lentil Soup Marinated Zucchini Salad Peanut Butter Bar  7	<b>Vegetable Lasagna</b> <b>w/Zucchini</b> Broccoli Cuts Tossed Salad French Roll Frosted Spice Cake  8
<b>Chicken a la King</b> Rice Green Peas Copper Penny Salad Butterscotch Pudding  11	<b>Kielbasa Sausage</b> on a Bun Yellow Mustard Baked Beans Coleslaw Spiced Peaches  12	<b>Slice Roast Turkey/Gravy</b> Whipped Sweet Potatoes Steamed Spinach Whole Wheat Bread Pineapple Crisp  13	<b>Chkn Garden Mini Salad</b> over Spinach Romaine Cream of Broccoli Soup Whole Wheat Roll Golden Fruit Cup  14	<b>Beef Patty w/Country Gvy</b> Whipped Potatoes Capri Blend Vegetables Whole Wheat Roll Lemon Whip  15
<b>Waikiki Chicken</b> Rice Whole Kernel Corn Green Beans Sunflower Seed Roll Peach Cobbler  18	<b>Chef Salad w/</b> <b>Ham/Egg/Cheese</b> Green Split Pea Soup Carrot Raisin Salad Sunflower Seed Roll Vanilla Pudding  19	<b>Macaroni &amp; Cheese</b> Escalloped Tomatoes Normandy Blend Vegt Whole Wheat Roll Apple Crisp  20	<b>BBQ Pork Sandwich</b> on a Bun Potato Chowder Spinach Romaine Salad Mixed Fruit  21	<b>Meatloaf w/Creole Sauce</b> Lyonnaise Potatoes Italian Blend Vegetables Whole Wheat Roll Hermit Bar  22
<b>Hmstyle Pork Patty w/Gvy</b> Mashed Potatoes w/Gravy Scandinavian Blend Vegt Squash Roll Fresh Orange  25	<b>Santa Fe Chicken</b> <b>Mini Salad</b> over Spinach Romaine Pinto Bean Soup Squash Roll Chocolate Pudding  26	<b>Apple Turkey Meatballs</b> <b>w/Cider Glz/Penne Pasta</b> Italian Blend Vegetables Spinach Romaine Salad Garlic Roll Rhubarb Cobbler  27	<b>Ham Salad Sandwich Half</b> on Wheat Bread Shredded Lettuce Corn Chowder Marinated Zucchini Salad Birthday Cake  28	<b>BBQ Chicken</b> Baked Beans Mixed Vegetables Garlic Roll Spiced Apples  29