

Highlands Highlights



King City Highlands Homeowners Association (503) 684-8294

DECEMBER 2019

HOA Board Highlights

Submitted by Mike Dahlstrom, President

King City Highlands HOA Community Members elected two new Board Members at the 2019 HOA Annual Meeting on Thursday, November 21st. Cherie Stanley and Mark Braverman were elected for two-year terms to join current Board Members Judy Baese, Dave Platt, and Mike Dahlstrom to make up the 2020 Board of Directors.

Owners representing 62 properties (both houses and condos) attended; another 114 provided proxy ballots, to make a total of 176 properties represented to hold the Meeting. We thank Steve Hall for his service as President and Tom Chown in his role as Secretary during the past year.

Immediately following the Annual Meeting, the new HOA Board selected

officers for one-year terms. Mike Dahlstrom assumes the role of President, Judy Baese as Secretary, and Cherie Stanley will be the new Treasurer. Dave Platt and Mark Braverman are Directors-at-Large. As Board Members, we serve the Community and our mission is to preserve and enhance property values with all that entails. Please plan on attending upcoming Board Meetings and making your voice heard.

Please make note on your calendars, that due to the upcoming Holidays, the December HOA Board Meeting will be on *Thursday, December 19th, with a trial time change to 3:00 p.m. for Town Hall, and 3:30 p.m. for the Board Meeting.*



HOA Board Highlights & Annual Art & Craft Faire	1
Condo News	2-3
HOA Committee Reports	4
Special Events	5
Activities 2019-2020	6-7
Announcements	8
Community Information	9-10
'Tis The Season	11
Items of Interest & Sponsors	12-13
Sponsors	14-15
Highlands Calendar	16



Regular Office Hours:

Monday 9 am – Noon
 Wednesday 9 am – Noon
 Thursday 1 - 4 pm

Office Closed

**Dec. 24th—the 27th
 And New Year's Day**

Office E-mail:

office@kchighlandshoa.com

Community E-mail:

Hinet@kchighlandshoa.com

Website:

www.highlands55.org

Art & Craft Faire/Cookie Bar

Submitted by Nancy Crandell

**THE KC HIGHLANDS ART & CRAFT FAIRE IS HERE !
 DECEMBER 7th—10 A.M. to 4 P.M.**



Remind all your family, friends, and neighbors to come shop an assortment of beautiful handcrafted items—there will be something for everyone still on your Holiday shopping list—you may even find something for yourself!



The atmosphere will be very festive, with the Clubhouse decorated for the Holiday season, a glowing fire in the meeting room fireplace, and Christmas music filling the air. All this will certainly keep you in the Holiday spirit.



The Cookie Bar's aroma will entice you to try, and purchase, assorted cookie treats made by our Highlands Residents. The proceeds from purchases all benefit *The Good Neighbor Center, Bethlehem House of Bread, and the Tigard/Tualatin Caring Closet.*

[Cookie bakers and "wanna-be's"— see information on page 8.]

We have the "Toy Box" again! You are invited to donate new, unwrapped toys to benefit and be delivered to children in need.

**The KC Highlands Art and Craft Faire/
 Cookie Bar is fun! – Come join us!!**



For more information, call Nancy Crandell at (503) 746-6701.

[Art & Craft Vendors— please see informational note on page 8.]

Condo News



Condo Board Highlights

Submitted by Ed Salzman, Chair, Highland Park Board of Directors

The monthly meeting of the Condo Owners Association (COA) Board was held Thursday, November 14th.

Looking for Board Candidates — 'Tis the season to be merry, and it is also the season to get ready -- for the Condo Owners Association's (COA) annual "changing of the guard." In February, the terms of two current Board Members—Penny Pershey and Ed Salzman—will end, and neither of them intends to be a candidate for another term. In an effort to recruit new Board Members, a Nominating Committee has been formed, and it is led by Penny Pershey and Shel Siegel. Hopefully, this Committee will present two or more candidates for consideration at the February COA Annual Meeting.

If any Condo Owner is considering and/or willing to join the Association's policy-making body, please contact Penny (503-430-0490), Shel (503-430-1506), or Ed Salzman (503-372-9646). Any one of the three can explain the duties and responsibilities of Board Members. We have many new Owners in the Community, and Board service is an excellent way to learn about the projects and responsibilities of the Association.

At last January's Board Meeting, attorney Jason Grosz explained in detail why it is so important that Condo Owners volunteer to serve on the Board. He reported that the Community would face dire consequences, including the possibility of significantly increased assessments, without a properly functioning Board of Directors.

Looking for Committee Volunteers — In addition to filling Board vacancies, the COA also needs more volunteers for its Committees, notably Landscape, and Finance/Maintenance/Reserve. It is also an excellent way to learn about the projects and functions of our Community and Association. Zoe Allen, who is currently Chair of both Committees, has served notice that she intends to give up these leadership posts next year. However, she is willing to Chair a Finance/Reserve Committee if it is split off from Maintenance.



The New Bylaw — prohibiting smoking inside COA Units officially went into effect October 29th, in spite of "Murphy's Law" (anything that can go wrong will go wrong) taking place.

The formal document was first rejected by the Association's lawyer in early October because the notary had failed to fill out one section. Once completed by the notary, the document was mailed to the lawyer, but he never received it. The process was started all over again, and the document was sent certified mail this time. It was supposed to reach the lawyer on October 28th, but it was delayed. It was finally recorded with Washington County and became official on October 29th.

This means that new Owners who purchase their units after October 28, 2019 are not allowed smoking inside their Units. There is no restriction on those residing in the Community who purchased before October 29, 2019.

December Meeting Schedules — The usual Holiday season meeting schedule will be observed again this year, with no meetings (both Board of Directors and Committees) scheduled in December. The next COA Board Meeting will be held on January 9, 2020, and Committee meetings will also resume in January. The Annual Meeting of Condo Owners will be on February 13th.

Our Condo Garbage Bins — have been Invaded! Sometime in the second week of November, several bins were overloaded with construction materials and other refuse. It is believed that the materials were brought into the Condo area by outsiders seeking a free solution to an overload of junk. **Residents are requested to keep an eye out for these invaders and attempt to identify them.**

New Entryway Carpets? — may be needed. The carpet cleaners reported some of the carpets are in bad shape and need replacing. This is a scheduled reserve expenditure and the decision whether to proceed will be made by the Board next year.



From Johnny Carson...
"The worst gift is a fruitcake. There is only one fruitcake in the entire world, and people keep sending it to each other."
AND
"Mail your packages early so the Post Office can lose them in time for Christmas."



Condo News



Condo Landscape Committee

Submitted by Zoe Allen



Since we are finished with the various landscape/drainage/irrigation projects for 2019, the Committee Meeting for November was cancelled. There are no further projects planned for this year.

Our Brightview representative Jean Jung is reviewing bids she has submitted previously and working on a couple new things. She was told there is no rush since we will not be spending any more money on landscape work in 2019 unless there is an emergency.

Please remember to put up your wreaths on the garage lights—it makes the whole community look so beautiful and festive during the Holidays.

As there generally is not a meeting in the month of December, **the next Committee Meeting will be January 14, 2020 at 10:30 a.m. in the Clubhouse Card Room.**

Please come join us. We always welcome and need additional volunteers.



Jot It Down...

First, note your calendars: there is no COA Board Meeting In December. **The next meeting will be in January 2020—on the 2nd Thursday, as usual.**



Second, it's not too soon to be thinking about being a candidate, or have someone in mind, for the 2020 Board of Directors. There will be two open positions—both two-year terms—for the new Board. They will be elected and announced at the Highland Park Condo Owners Association Annual Meeting on February 13th.

Annual Holiday Wreaths...

Every year, from the day after Thanksgiving and through the New Year Holiday, Condo Residents are encouraged to hang artificial wreaths on the garage buildings' lights between the garage doors. They should be simple, the same approximate size (@ 18-20 inches in diameter, depending on how you measure the branches sticking out!), and green with a red bow attached, so as to match all the other wreaths. Be sure you get one with a center hole big enough to go over the light fixture so as to hang it from the connecting arm to the garage siding.



For new Residents, your seller may have left you one, or may not have. In any case, for those who don't have wreaths, you may work it out among your building neighbors to share the cost, or purchase one yourself. You can get inexpensive, good deals on wreaths and bows at stores such as Michaels.

Admittedly, it's hard to focus much attention on this if you've just moved in and are still getting settled, but this tradition of sharing in the Holiday spirit is heart-warming. Seeing all the wreaths on garage building lights between garage doors throughout the whole Community is an awesome sight!



Reminder: Outside Hose Spigots...

Since our buildings' entryway carpet cleaning is done, **the water to the outside hose spigots needs to be turned off now** by Owners with a turnoff valve inside their unit. This protects those faucets from freezing up and possibly freezing the water pipe inside the building when there's a period of very cold winter weather.

If you don't know if your unit has a turn-off valve for this and/or if you're new to Highland Park and don't know what to do, you can check with a neighbor or Shel Siegel. Somebody should be able to help you locate and turn off the valves. Also, there is information on the Condo bulletin board at the Clubhouse.



HOA Committee Reports



Clubhouse Interiors Committee

Submitted by Jo Hendrickson



We have compiled our list and have submitted an 'Invitation to Bid' to contractors for the Clubhouse restrooms' renovation. The project will start after the first of the year and hopefully be completed by the end of March. The Ladies' restroom will be renovated first. The Men's restroom will become a Unisex restroom for the duration of the Women's reno. Signs will be in place and a temporary lock will be installed on the Men's door. More to come later.

The Clubhouse has once again been transformed into the splendor of the Holidays. We hope everyone will take time to visit the Clubhouse and enjoy all the beautiful decorations that were put up by this Committee and friends.

We extend our wishes to everyone in KC Highlands for a joyous Christmas Season!

Clubhouse Interiors Committee:

Jo Hendrickson, Chair; Linda Lucero, Kathy Bodyfelt, Lawanda Hallam, Helen Scofield, Joyce Biglione, Bobbi Siegel, and Don Gates.



Architecture/Landscape Committee

Submitted by Rob Mustard

It's the beginning of December, which means that fall is already two-thirds over! Our deciduous trees have finally given up most of their leaves, including those "decorative" Bradford Pear trees. There's a Vine Maple, though, on the south side of the Condos that's still tenaciously hanging on. Our "rainy season" so far has been pretty dry, and maybe contributed to the seemingly early, sudden onset of fall. The days got shorter, but we did have a lot of nice sunny days, and fall color.

As we come to the end of the calendar year—and the HOA's fiscal year—the ALC tends to run out of projects. What's left includes removal of a few more diseased trees (the Sugar Maples are showing their age and susceptibility to fungal infection). There's also some concrete replacement to be done, including a couple of panels along the Peachvale-to-Wimbledon walking path. Highlanders may have noticed some broken panels on the sidewalk along 131st Avenue, where the new median strips and signage were constructed by King City. Sometime during that project, several sidewalk panels were broken. After contacting the King City municipal offices, they agreed to arrange and pay for replacement. Thank you, King City!

As we look toward 2020, the ALC is going to be focused on two main initiatives: improving the efficiency of our irrigation system and renovating several landscape spaces around the Highlands property. First, the ALC will continue mapping our current irrigation system. We're also working with our landscaper to install components that will automatically notify us of leaks, and perhaps upgrade our controllers to be sensitive to upcoming weather forecasts, not just what's happened in the recent past. We'll continue to keep an eye on the spray nozzles, too, to make sure the water is going where we want.

Second, ALC Members have drawn up a list of 16 or so spaces around the Highlands Community that need some freshening up. In some cases, where we've removed invasive English ivy and dead shrubs, we have nothing but bare dirt. In other spots, there are gnarls of old roots where trees were removed, but the roots were never ground out. We are working with a landscape designer to make a plan for some of those spaces, and also help us to refine guidelines for planting (PNW-native plants, boulders and other aesthetic features). Stay tuned for further developments!

Library Whisperings

The Library Committee would like to remind Residents that we have lots of books in our non-fiction section. These books are organized in different categories. Be sure to check out the selections in biographies, history/politics, cooking, inspirational, travel, and more! There is even a section for Presidents.



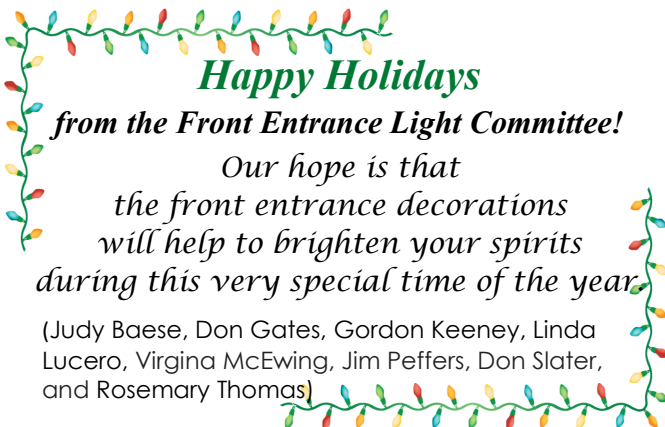
The Library also has a very nice selection of "coffee table" books. These are beautifully illustrated and perfect for any coffee table, especially for guests during the Holidays.

Happy Holidays

from the Front Entrance Light Committee!

Our hope is that the front entrance decorations will help to brighten your spirits during this very special time of the year.

(Judy Baese, Don Gates, Gordon Keeney, Linda Lucero, Virginia McEwing, Jim Peffers, Don Slater, and Rosemary Thomas)



Special Events



December Special Event — Annual Highlands Christmas Dinner!

Submitted by Gary Melott

We just want to remind you that the annual **Highlands Christmas Dinner is Wednesday evening, December 11th.**



By the time you read this, the dinner will be sold out—we will be serving about 100 Highlanders, family, and friends!

As you arrive, we're sure you will be awed by our beautifully decorated Clubhouse all dressed out in Holiday decor. Dinner is being catered by Kam and Kam Catering, serving your choice of either Turkey or Salmon with all the trimmings.

The round tables will be used for the dinner, and as with other special events, there will be no reserved seating at tables.



During the evening, we will enjoy wonderful entertainment by the *Dickens Carolers* outfitted in beautiful period costumes. We will also be giving out Door Prizes!



Social Hour starts at 5:15 p.m.
Dinner will be served at 6:00 p.m.



Looking forward to a great evening!

On behalf of the Special Events we thank you for your support for this event.



*'O Christmas tree,
O Christmas tree,
How lovely are thy branches.*

*Your boughs so green
in summertime
Stay bravely green
in wintertime*

*O tannenbaum,
O Christmas tree
How lovely are thy branches.*

—written by
Ernst Anschütz in 1824

The Annual Halloween Potluck Party

Submitted by Jo Hendrickson

The Annual Halloween Party hosted by the Clubhouse Interiors Committee was a great success! As usual, our Highlands Residents came through with wonderful, tasty food that was enjoyed by all. It was fun seeing so many creative costumes. Gary was a super "emcee" for the costume judging—decided by "audience" applause. Winner of the best 'Guy' costume was 'Knight' Mike Albright. The Combs' granddaughter Addie, a Pokemon character Eevee, was thrilled to win best 'Gal' costume! And winner for the best pumpkin was Sandy Bergeron, who said she'd never carved one before—go Sandy! Thanks to all for coming out to a great party.



More great costumes!



The pumpkin winner!



Introducing the men's line-up for judging...



Ladies in costume having fun!



'Guy' costume winner
Mike Albright



'Gal' costume winner,
5-yr-old Addie

Pictures: Jo Hendrickson,
Cheryl Viale,
Sandy Bergeron,
& Pat Combs

Activities



HOLIDAY NOTICE !



Due to the Christmas and New Year Holidays:

The Clubhouse Office will be closed from December 24th through the 27th, and again on New Year's Day.

Please look on our Highlands Calendar and check with your group regarding **activity schedules** during the two Holiday weeks.

Poker Anyone?

Submitted by Sandy Bergeron



We are short a few players due to snowbirds "flying south" and players going on vacation or moving into assisted living places. We have a lot of fun and laugh a lot at our poker games.

What can you lose? Your whole \$4.25 buy in? It hasn't happened yet to any of our players. Going to a movie costs more than that. Our **Wednesday evening game lasts from 7 p.m. to 9:15 p.m.** You're home well before the 10 o'clock news. Come and try us out—we do have a good time!

"Unless we make Christmas an occasion to share our blessings, all the snow in Alaska won't make it white."



—Bing Crosby



Coloring Can Improve Your Day!

NOT a class!... It's simply a great opportunity to relax, have fun, "unwind" for awhile, socialize, and get in a creative mood with a group of neighbors and friends (women AND men!).

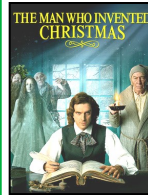
You don't need supplies to begin—there are simple coloring pages, as well as varied colored pencils, available to share. Feel free to bring your own supplies if you have them.

We meet every Friday morning at 10:30 a.m. for about 1-1/2 to 2 hours in the Clubhouse Boardroom. We're a friendly group—come and de-stress from the Holiday hustle and bustle—and you don't even have to color inside the lines!

Movie Night

Submitted by Nancy Crandell

FOR DECEMBER, THERE WILL BE JUST ONE MOVIE NIGHT—the 2nd FRIDAY AT 7 P.M.



December 13th— Come and share **"THE MAN WHO INVENTED CHRISTMAS."** In 1843 London, Charles Dickens finds himself in financial trouble with flagging sales of his last three novels. Desperate for a hit, he must self-publish his masterful tale "A Christmas Carol" which forever changes the Holiday season.

The redemption of Mr. Scrooge and innocent love of Tiny Tim lifts the focus of the Holiday and will reawaken us amid the hustle and bustle. This is the story behind the famous tale.

Bible Study

Submitted by Ron & Anna Willis

December is upon us and Christmas is just around the corner. In fact, you have a little over three weeks—that is, 24 days to be exact—to complete your shopping. That aside, this is a wonderful time of the year to gather with family, friends, church, and bible study groups to celebrate the birth of Jesus Christ. It's important to remember that He is truly the 'reason for the season.' Our speakers for the month are familiar faces to our Highlands Bible Study group:



December 3rd—Ron Willis – For those who may not know – my wife, Anna, and I moved to KC Highlands one year ago, and I accepted the responsibility of giving direction to the monthly Bible Study in January this year. I look forward to sharing in keeping with the Christmas Theme, a message titled, "Three Gifts That You Will Not Return."

December 17th—Chaplain Dave McElheran will once again delight us with his speaking and musical talents as he leads in a time of praise and worship along with an encouraging message from God's Word. Chaplain Dave encourages all to participate, so plan to sing along with him. We invite all here in our Highlands Community to join us for a wonderful time of celebrating the Christmas story of our Savior's Birth.

The Bible Study is scheduled on the first and third Tuesday's each month, starting at 7:00 p.m. It includes worship and a Christ-centered message and concludes at 8:00 p.m. with a time of fellowship and refreshments.

Please join us in December!

Events and Activities — Into 2020!



New Year's Eve Party

Come join in for a fun evening with your Highlands friends and neighbors as we welcome 2020!

When: Tuesday, December 31st
7:30 p.m. - Midnight... but feel free to come and go as you please.

Where: Highlands Clubhouse

Dress: Casual

Activities: Board games, Pool, Mahjong, Dominoes, laughter, and of course plenty of food—we have too many good cooks in our neighborhood!

Bring your favorite beverage and an appetizer, snack, or dessert to share.

Looking forward to seeing you!

Denette Peffers

Questions? Reply to Giabean1012@gmail.com
(503) 318-3984

Book Club

Submitted by Judy Sutton

NO BOOK CLUB MEETING SCHEDULED FOR DECEMBER.

Our first meeting in the new year will be **Wednesday, January 15th** at 1:30 p.m., and we will meet every other month. We will begin with a non-fiction in January, a fiction in March, and continue alternating between non-fiction and fiction in May, July, September and November. Look for information on monthly book selections in January's *Highlights* or on the Book Club's bulletin board located in our Library. We would love to have new members. Winter is a great time to curl up next to a warm fire and read a good book!



For more information call Judy Sutton at (503) 639-1752.

Parade and Potluck

Submitted by Nancy Crandell



On New Year's morning—January 1, 2020—we will once again enjoy our annual Potluck Breakfast as we watch the beautiful *Tournament of Roses Parade* from Pasadena, California, together, on our big screen TV.

Bring something 'breakfasty' to share. Parade festivities start around 8:00 a.m., but you can come whenever you wish. PJ's and 'blankies' are acceptable, and comfort is the word for the morning. It's so much more fun to share the experience with friends, AND once again, Ed has promised pancakes!

Questions—call Nancy Crandell (503) 746-6701.

Q: Why did Santa bring 22 reindeer

to Walmart?
A: Because what he wanted to buy cost around 20 bucks, but just in case it was more, he brought some extra doe.



High Diners Update

Submitted by Pat Combs



It's a good thing we're skipping this one!!

We'll be back next month, after the Holidays, to resume outings. Look for announcements in the *Highlights* and on Hi-Net; and definitely expect more events in 2020!

Suggestions are always welcome— please e-mail or call with any questions and/or ideas.

Pat Combs
(971) 371-2188 combsfamily11@gmail.com

Highlands Travelers

Submitted by Barbara Nelson



There is no travel presentation scheduled in December since we are all busy getting ready for the Holidays. At my age, I can only concentrate on one thing at a time! I hope you all can attend some of the *Highlands Travelers* meetings in 2020—we have some excellent speakers lined up. After 30+ years as a travel agent and owner, I have traveled many places and hope I can share with you my love and knowledge of travel. Watch for new and exciting travel news! Please contact me with any suggestions or requests at bjnels@comcast.net or (503) 709-6117.

The best thing about this time of year is watching the people who make homemade Christmas gifts start to really panic.



Announcements

Pearl Harbor Day

Saturday, December 7th is Pearl Harbor Day and the Clubhouse flag will be flown at half mast. This is to honor and remember the 2,403 service members and civilians who lost their lives 78 years ago.



When we recall Holidays' past, we usually find that the simplest things—not the great occasions—give off the greatest glow of happiness."

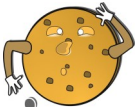
—Bob Hope



Oh, What Fun it is to Bake— Cookies!



Submitted by Denny Peffers



Attention bakers! The KC Highlands Cookie Bar fundraiser and Art & Craft Faire on December 7th is fast approaching.

Time to support our local charities and show off those delectable and festive cookie bakes that you are most proud of. Donations from Cookie Bar proceeds will be distributed to *The Good Neighbor Center, Bethlehem House of Bread, and the Tigard/Tualatin Caring Closet.*

The **Cookie Bar** was a great success last year thanks to your cookie contributions. Please consider baking two to three dozen cookies this year as a donation.

Reminders:

- ◆ The sign-up sheet on the Clubhouse bulletin board lets everyone know what cookies are coming. Please label gluten-free donations.
- ◆ Bring your delicious baked cookies to the Clubhouse kitchen any time Friday 12/6 and before 10 a.m. Saturday 12/7.
- ◆ Holiday cookies are fun, but all cookie types will do just fine—this isn't the Great British Baking Show!
- ◆ Remember to label your containers if you want them back, and pick them up as soon as possible after the event.



Thank you in advance!

Any questions? Please contact Joyce Biglione, Chairperson, at (503) 992-6028.

Note to Art & Craft Faire Vendors:



Our set-up time starts at 2 p.m. on Friday, December 6th.

Bring any racks that need to sit on the floor so we can allow space.

Remember: bring bags for customers and a "sack lunch" for yourself—cookies all day, probably not a good idea!

KC Highlands Community Owners—Annual Dues Payments

Submitted by Mike Dahlstrom, Treasurer

It's that time of year when you've received your annual dues assessment from Community Management Inc. (CMI), our HOA management company. With increases in costs to keep our Community the beautiful and desirable place we call home, the annual dues required an increase of \$40 for the year (about \$3.33 per month). Although none of us want to increase our costs, it is necessary to maintain the quality of our Community and our property values. You also have seen that CMI is offering an online payment approach as an option to sending them a check. You have choices regarding how you choose to pay.



IF you are paying by check, please take note that the Clubhouse office WILL NOT accept your checks or unstamped envelopes to mail those checks to CMI. This is the property Owner's responsibility and there have been past instances of those checks being left at the Clubhouse Office with expectations that staff will take care of them. In two recent instances, property Owners had to pay late fees because staff wasn't in the Office. Neither staff nor the HOA can assume that liability, so *please* mail your payment to ensure its timely delivery.



Community Information



Condos Neighborhood Watch

Submitted by Sandy Bergeron



Condos Neighborhood Watch meeting was great as usual. A lot of show and tell items for your enlightenment and enjoyment. Another no-show by yet another Garage Door Repair Company. I will keep plugging away at our lock problems. In the meantime, cover your garage door emergency lock with a cover plate and pop the garage circuit breaker after dark or when away from home for any length of time for added garage safety. There was a lot of input from different Condo Residents about their experience with garage door repairmen—what they had done and the cost.

I need your garage door repair experiences—good or bad, so I have more input for my research. E-mail or text me at my contact info below. You're not able to leave a voice message on that cell number at this time.

There were a lot of handouts regarding emergency preparedness to give away thanks to Lucianne, but we ran out of the helpful "Map Your Neighborhood" booklets. Approval was given at the Condo Board Meeting to purchase enough to give one to each Condo Unit.

Many Building Captains are having small pod group meetings for support, information, or just a cup of coffee or face to face so you recognize your pod Captains and neighbors the next time you see them.

We still need more Captains.—my ultimate goal is to have a Captain per entryway. Having Co-Captains are another possibility. Try us—you'll like us.

Sandy Bergeron
 Condos Neighborhood Watch Coordinator
 Hm: (503) 624-7896
 Cell: (971) 255-3690 (text)
sandber31638@gmail.com

Don't Forget Our Hummingbirds!

Now that our flowers are done for the season, our Hummers depend on us even more. These high energy birds need a special diet high in sugar, especially in these winter months—remember they need fresh nectar every week.

NAME TAGS...

Submitted by Quila Bowlés



It's great that the new "permanent" name tags (in plastic holders!) are being used for Special Events at the Clubhouse.

At the end of an Event, please REMEMBER to always take it off and leave it at the Clubhouse (containers are provided), so you'll have it for the next time.

If you don't have a name tag and want one:

At the Clubhouse, there is a clipboard with a form attached on the cabinet shelf (where the name tag containers are) in the information hallway. Please place your name and information on the form and a name tag will be made for you.

...making recalling names easier, especially for Newbies!"



CPO4K Meetings

CPO4K will be Submitted by Mike Dahlstrom meeting on December 16th at 7 p.m. at the Clubhouse, and welcomes your Washington County Commissioner, Roy Rogers, to talk about what he is doing in our district and updates on the Board of Commissioners' work. Commissioner Rogers is always interested in what you have to say about our Community and needs. Please come for a valuable discussion.

Meetings are usually held on the fourth Monday of the month. The first meeting in 2020 will be **Monday, January 27th.**

Plan to attend—be informed!

Stay Safe...

It's dark outside now during evening activities and events. If you're walking to or from the Clubhouse building, walking your dog, or just taking a short walk after dark,



**Remember—
take your flashlight!**



"There has to be at least one day of the year to remind us that we're here for something else besides ourselves."

—Eric Severeid

Community Information

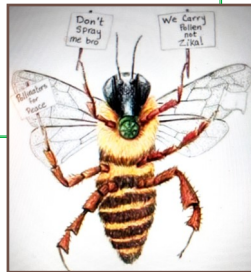


Did You Know?

If you have a business you would like to advertise here, it's as simple as giving us your business card, as long as it can be scanned. Cost is only \$10 per issue for the card size ad!

Call or come in and see Mabel Weber at the Clubhouse during office hours.

All the flowers we like are done and the weather is getting too cold to fly. We normally would "bee" dormant 'til spring; instead we've taken up "our cause" in protest!



A Sweet Fact...

Tootsie Rolls were the first individually wrapped penny candy in the U.S.

~Author Unknown



From Tigard High's Service Club...

Would you like your Christmas lights put up and taken down for you? Tigard High's Service Club would love to help! Last year, we put up lights for 42 homes; this year, we are aiming for 50.

Tigard High's Service Club would like to help seniors this year with the following things: technology, dog walking, and yard work (fundraiser).

Please call Jay Leet at (503) 989-7077 or Fred Holtz at THS, (503) 431-5448.



The most precious gift you can give someone is the gift of your TIME and ATTENTION.



From King City Community News

Submitted by Dave Platt

Cold Winter Weather...

As the winter months approach, it's essential to understand the risks that cold exposure can pose for older adults and those with chronic medical conditions. Older adults can lose body heat quickly, and changes in the aging body can make it harder to recognize a drop in body temperature. The result can be a serious condition called *hypothermia*.



Hypothermia—a dangerous drop in core body temperature can occur when it's cold inside/outside, and the body is unable to produce the heat it needs to function. Even a relatively short exposure to cold can result in *hypothermia*. Older adults are vulnerable to it because their bodies' response to cold can be diminished by chronic medical conditions and by the use of some medicines, including over-the-counter cold remedies. For an older person, a body temperature of 95°F or lower can cause many health problems, such as heart rhythm disturbances, kidney problems, liver damage, or worse.

Warning signs of *hypothermia* include slowed/slurred speech, sleepiness/confusion, shivering or stiffness in arms and legs; poor control over body movements; slow reactions, weak pulse, or a core body temperature of 95°F or lower. If someone has the warning signs, call 9-1-1 right away and help move them to a warmer place.

The National Institute on Aging (NIA) has some tips to avoid some of the dangers and prevent *hypothermia*:

- ◆ When going outside in the cold, wear a hat, scarf, and gloves or mittens to prevent loss of body heat through your head and hands. Wear several layers of loose clothing to help trap warm air between.
- ◆ Let others know when you're planning to spend time outdoors and carry a fully-charged cell phone.
- ◆ Make sure your home is warm enough. Set your thermostat to at least 68 to 70°F. Even mildly cool homes with temperatures from 60 to 65°F can lead to hypothermia in older adults.
- ◆ At home, wear long underwear under your clothes, and socks and slippers. Use a blanket or afghan to keep legs and shoulders warm, and wear a hat or cap if you feel cold.

The NIA has free information about *hypothermia* in a brochure, "Stay Safe in Cold Weather." You can find this and other publications on the NIA website or order free copies by calling NIA's number, 1-800-222-2225.

'Tis The Season...



Holiday Colors...



Why are red and green the traditional Holiday colors, and when were they first used to signify the Holidays?

Red and green might be best known for their association with Christmas, but as it turns out, they were first linked to a different holiday: *Winter Solstice*. Centuries ago, ancient Celtic people believed that holly plants brought beauty and good fortune in the middle of winter. As such, they'd regularly outfit their homes with the red and green plants to promote a prosperous New Year.

Over time, the Celtic habit of putting up red and green holly transformed into hanging red and green decorations. Thus, the idea of decking the halls with the merry colors became a passed-down, well-known tradition across the world.

Movie Picks: Can't Miss Holiday Classics...

Parade picked 14 yuletide touchstones that everyone needs to see at least once!



1. It's a Wonderful Life
2. Miracle on 34th Steet
3. A Christmas Story
4. The Bishop's Wife
5. Christmas in Connecticut
6. Meet Me in St. Louis
7. The Shop Around the Corner
8. A Charlie Brown Christmas
9. National Lampoon's Christmas Vacation
10. A Christmas Carol aka Scrooge
11. White Christmas
12. Elf
13. Love Actually
14. The Nightmare Before Christmas

—Samuel H. Murrian, *Parade*, Nov. 2019

Are red and green religious Christmas colors?

While many people flock to the colors each year solely out of habit and style sense, some Christians believe the red berries represent Jesus' blood, and the spiky holly leaves are said to embody the crown of thorns that encircled his head on the cross.

Who made Holiday colors red and green in modern history?

You're likely assuming the only answers are Jesus and the ancient Celts, but, get this: Another big reason why red and green are such a major part of the Holidays is thanks to—wait for it—Coca-Cola!



In 1931, the cola company hired Haddon Sundblom, a Michigan-born illustrator, to bring Santa (not someone dressed up as Santa) to life in magazine ads. The result was a jolly, bearded man decked in red and white (his outfit closely matching Coca-Cola's red shade), surrounded by verbiage bordered in green. Sundblom's ads—which showed Santa drinking Coke, delivering presents, and interacting with children—ran from 1931 to 1964. Although there were many illustrators and cartoonists who drew Santa before these ads ran (like Thomas Nast of *Harper's Weekly*), these were the images that changed the way Americans imagined Santa and Christmas as a whole.

"It solidified in our collective imaginations of the red of Santa's robes with the green of fir trees and holly and poinsettias that we already had in our minds. This particular shade of red and green came to signify Christmas,"

—co-author, *Secret Language of Color*, Arielle Eckstut tells [NPR](#)



Some Tree Facts...

...that the Christmas carol "O Christmas Tree" comes directly from the German song called "O Tannenbaum."

"O Tannenbaum" was written in 1824 by Ernst Anschütz. It literally means "O Fir Tree" and is not about Christmas, but about how the evergreen is a symbol of hope and constancy.



Items of Interest & Sponsors



STEPS FOR WINTERIZING YOUR HOME

Winter is upon us and it's time to prepare for the cold. Winter storms can devastate your home. Rain, wind, snow, and ice are potential dangers, but taking these steps can make it safer and may even save you money. If you haven't already, implement key changes now and you'll be happy you did.

1. Check your heating system(s) and have them serviced. It's a good idea to have these checked at least once a year.
2. Inspect pipes for cracks and leaks; have them repaired as soon as possible. Insulate exposed pipes and seal cracks to prevent them from bursting.
3. Know the location of the main water shutoff valve. If your pipes freeze, the quicker you shut off the water, the better chance you have of preventing them from bursting, which causes major damage.
4. Check smoke and carbon monoxide detectors to make sure they're working. According to the Insurance Information Institute, fires and carbon monoxide poisoning increase during the winter.
5. Remove leaves and other debris from gutters so that rain/melting snow flows freely. This prevents backed up gutters and water seeping into your house.
6. Trim trees and remove dead branches. Storms can cause weak trees and tree limbs to fall, damaging your car or home.
7. To keep your energy bill low and home free of mold, caulk openings and install weather stripping around windows and doors to prevent cold air/moisture from entering.
8. Stock up on emergency items. Be sure you have flashlights, a portable radio, extra batteries, necessary medications, water and food for family and pets, a can opener, first-aid supplies, etc.

www.oregon.aaa.com



Revisiting An Old Myth: Sleeping Off the Turkey

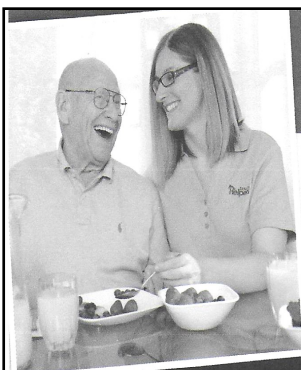
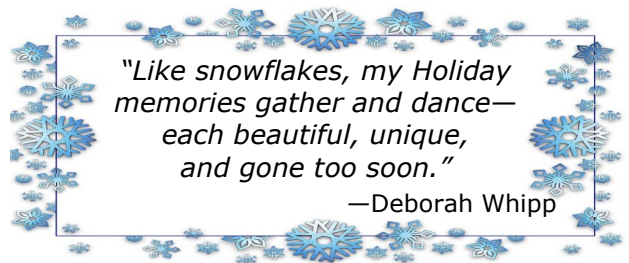
For most of us, Holiday dinners mean turkey, stuffing, family, and naps. Naps—in particular—are key after eating a big meal. There was a time when turkey was to blame for the sleepiness. Turkey contains tryptophan, an amino acid that makes up serotonin, which is converted into melatonin, all making the brain sleepy. The myth was that turkey has such a large amount of tryptophan that it's directly to blame for the nap.

We now know that's not entirely true. Usually a big Holiday meal also includes lots of carbs like stuffing, potatoes, and bread. These then push the release of insulin, which subsequently blocks amino acids from entering the blood-brain barrier—except tryptophan. Tryptophan gets a free pass, thus triggering the conversion process into melatonin.

Also keep in mind, tryptophan is found in many different kinds of food. Cheddar cheese has more than turkey—gram for gram.

All this being said, the point is, the brain has countless processes that rely on countless factors. So, just enjoy that Holiday turkey and well-deserved nap!

--from OHSU Brain Institute



SeniorHelpers.com

Bonded and insured.

There's no place like home.

We help you stay there.

Call Senior Helpers for expertly trained caregivers for in-home care as well as dementia and Parkinson's.

503-892-1189



Care and comfort at a moment's notice

We wish you...



Editor: Quila Bowlés
Editor retains the right to edit and make copy corrections as needed.

Proofreaders:
Susan Keltner,
Connie Armstrong, and
Mary Simpson

Advertising:
Mabel Weber

Items of Interest & Sponsors...



Oh Deer, Look Out!



From October through December, there is a dramatic increase in deer population movement and as a result, more animal collisions occur in this period than any other time of the year!

While any animal on the road can be dangerous, according to the Insurance Institute of Highway Safety, there are 1.5+ million deer-vehicle collisions each year, resulting in 150 human deaths and thousands of injuries. Animals are unpredictable, but there are actions you can take to help prevent an accident or reduce the damage from a collision.

Tips to Avoid an Animal Collision:

- ◆ Keep your eyes moving across the road for signs of animals. While an animal will dart in front of you, one might also run into the side of your car.
- ◆ Be attentive in early morning and evening. Many animals are most active at 5-8 a.m. and 5-8 p.m.
- ◆ At night, use high beams when there's no oncoming traffic. This helps spot animals sooner.
- ◆ Slow down and watch for more deer—they rarely travel alone; if you see one, more will be nearby.
- ◆ Honk your horn with one long blast; it may frighten large animals away from your vehicle. Devices such as deer whistles/reflectors—don't help.
- ◆ Use brakes if impact is imminent. Stay in your lane. Swerving away from animals can confuse them so they don't know which way to run, and can put you facing oncoming vehicles or in a ditch.
- ◆ Always wear a seatbelt. Chances of getting injured is always much higher when not wearing it.
- ◆ Don't go near a wounded animal—it is unpredictable. If it's in the road and/or blocking traffic, call the police!

—oregon.aaa.com/2019



We always get each other ironic gifts, but my brother killed it this year.



PASSAGES REALTY
Courtesy, Respect, Results

Serving Sellers &
Buyers in the
Highlands since 2011



Merry Christmas
& HAPPY NEW YEAR

Wishing you and your family a joyful holiday season.

Planning a move in 2020? I am just a phone call away!



Kris Simpson
Oregon Principal Broker
Owner
503-367-5817
Kris@PassagesRealty.com





A Reminder About: THE FOUR STAGES OF LIFE!

- You believe in Santa Claus.
- You don't believe in Santa Claus.
- You ARE Santa Claus.
- You look like Santa Claus!



Highlands Handyman LLC
503.887.8869
highlandshandyman01@gmail.com

Your neighborhood resident handyman

Ron Nixon, Owner

<ul style="list-style-type: none"> • Grab Bar and Hand Rail installation • Pressure Washing • Box Kit Assembly • Interior/Exterior Painting <i>(Brush & Roller only)</i> 	<ul style="list-style-type: none"> • Minor Plumbing • Minor Electrical • Deck Resurfacing • Pre-home Sale Cleanup and Repair
--	--

Licensed CCB# 21567 • Bonded • Insured
A Veteran Owned Business

Sponsors...



YOUR NEIGHBORHOOD REAL ESTATE RESOURCE

Happy Holidays

Karen's Client Reviews

KAREN I can't begin to thank you for all your help, patience, and understanding. So, thank you again **KAREN** for everything. You're pretty special.

Paul W.

KAREN, you have a selfless heart. It is reflected in your approach as a sales professional. Kind regards.

Pat B.

KAREN: Thank you so much for taking such good care of my elderly parents Art and Doreen.

Alex Hames

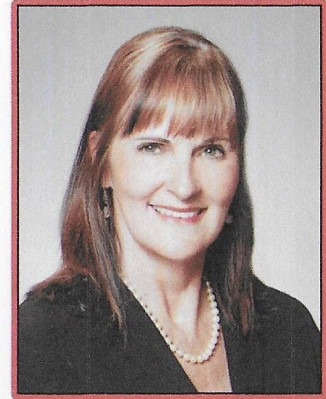
Dear **KAREN:** It was a pleasure working with you on the sale of the house. Your calm reserved professionalism has been very much appreciated.

Christina and Duane L.

Your Trusted Local Real Estate Professional

Karen Harris

Oregon Licensed Real Estate Broker with Ken Miller and Associates



503-608-0883
karen.harris@live.com

When you know someone that is thinking of or planning on moving please give me a call

KING CITY SENIOR VILLAGE

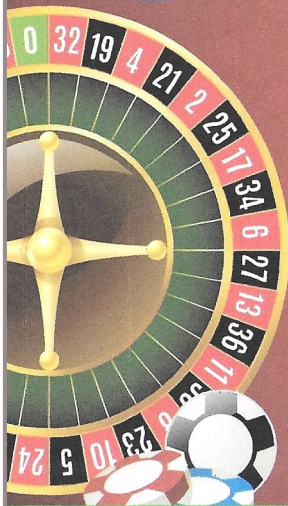


Join King City Senior Village in bringing in the new year 2020 at our

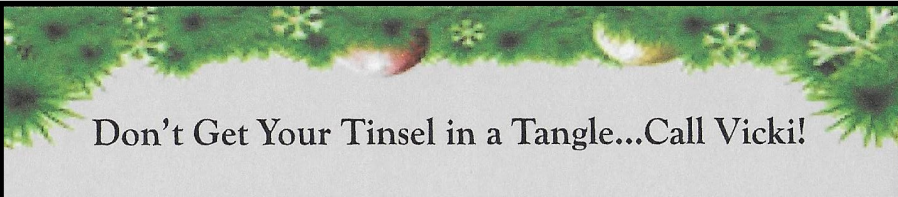
NEW YEAR'S EVE *Casino* NIGHT

TUESDAY, DECEMBER 31ST 6 – 9 P.M.

Heavy Hors d'oeuvres, Beer, Wine & Champagne
\$1,000 of play money • Black Jack • Roulette • Craps • Door Prizes
Raffle Prizes • \$15/person • Space limited. RSVP to (503) 684-1008



Sponsors...



Don't Get Your Tinsel in a Tangle...Call Vicki!

Vicki Miller's job is all about goals.

A Realtor® since 2004, she knows that beginning with the end in mind is key to a successful home sale. So that's what she helps you do.

First, Vicki listens to what you want to accomplish through your home sale. Then she puts together a marketing plan to help you achieve it. Vicki also likes to meet and talk with you on a regular basis to update you on progress, feedback on showings and new neighborhood listings.

The way Vicki sees it, the goal is important, but so is the journey. And if she has anything to say about it, both are going to be very worthwhile experiences for you.

vicki.kenmillerassociates.com

503-730-0870

Oregon Licensed Real Estate Principal Broker



DECEMBER 2019



Market Update

December 2019

Recent Home Sales in Highlands

Type	Address	Bed	Bath	sq.ft.	Selling Price	\$/sq.ft.	Sales Date
CONDO	16354 SW 130TH TER #75	2	2	1336	\$246,000	\$184	Aug-19
HOUSE	16263 SW 129TH TER	3	2	2059	\$466,000	\$226	Aug-19
HOUSE	16311 SW 129TH TER	3	2	1654	\$390,000	\$235	Aug-19
HOUSE	16086 SW WIMBLEDON CT	2	2	1700	\$415,000	\$244	Sep-19
HOUSE	16117 SW REFECTORY PL	3	2	1624	\$415,000	\$255	Oct-19
HOUSE	12641 SW OVERGAARD ST	2	2	1304	\$388,000	\$297	Nov-19
HOUSE	16032 SW 130TH TER	2	2	1466	\$401,000	\$273	Nov-19
HOUSE	12554 SW PEACHVALE ST	2	2	1696	\$429,000	\$252	Nov-19



11725 SW Queen Elizabeth St. #A
King City OR 97224

503-639-0630

Realtor Open House

**1st Sunday of
Every Month
1 - 4pm**

Invite your friends and family to
tour multiple properties For Sale

September Portland Residential Highlights: According to the Regional Multiple Listing Service pending and closed sales saw gains this month in the Portland metro area, compared with September 2018. Pending sales (2,686) rose 8.7% over the 2,471 offers accepted in September 2018, falling 8.3% short of the 2,929 offers accepted last month in August 2019. Closed sales (2,377) fared similarly, rising 4.6% from the 2,272 closings recorded last year in September 2018 but showing cooling of 18.1% compared with the 2,901 closings recorded last month in August 2019. New listings, at 3,470, decreased 3.8% from September 2018 (3,606) and 7.6% from August 2019 (3,757). Inventory increased slightly to 2.8 months this September, while total market time rose by four days to land at 52 days. **Year to Date Summary:** Activity is a bit cooler so far in 2019 compared with 2018. Pending sales (24,126) are down 0.1%, new listings (33,981) are down 1.3%, and closed sales (22,398) are down 2.5%. **Average and Median Sale Prices:** Comparing 2019 to 2018 through September, the average sale price has increased 1.1% from \$453,800 to \$458,900. In the same comparison, the median sale price has increased 2.5% from \$400,000 to \$410,000. More local sales activity is available at KenMillerAssociates.com

Find out why Ken Miller Associates are the most respected Oregon Licensed Real Estate Brokers for buying and selling in the active 55+ Highlands, Summerfield and King City neighborhoods of Oregon.

Curious about how much your home would sell for? Call us!

Statistical information obtained from public sources not guaranteed and should be verified.

KC Highlands Calendar



DECEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	10 Zumba Exercise 2 Dominoes	9 Walking Aerobics 10 Coffee Hour 1 Bridge 7 Bible Study	10:30 A/L Comm. Meeting 2 Dominoes 2 Mahjong 7 Mixed Poker	10 Zumba Exercise 7 Hand & Foot	9 Walking Aerobics 10:30 Coloring 1 Needle Arts 2 Craft Faire Set-Up 5 Happy Hour	10-4 Art & Craft Faire Pearl Harbor Day
8	9	10	11	12	13	14
	10 Zumba Exercise 2 Dominoes	9 Walking Aerobics 10 Coffee Hour 1 Bridge	2 Dominoes 2 Mahjong 5:15 Christmas Dinner	9:30-4 Sewing Group 10 Zumba Exercise 7 Hand & Foot	9 Walking Aerobics 10:30 Coloring 1 Needle Arts 2:30 Library Committee Meeting 5 Happy Hour 7 Movie Night	
15	16	17	18	19	20	21
	10 Zumba Exercise 2 Dominoes 7 CPO4K Meeting	9 Walking Aerobics 10 Coffee Hour 1 Bridge 7 Bible Study	2 Dominoes 2 Mahjong 7 Mixed Poker	10 Zumba Exercise 3:00 Town Hall 3:30 HOA Board Meeting 7 Hand & Foot	9 Walking Aerobics 10:30 Coloring 1 Needle Arts 5 Happy Hour	
22	23	24	25	26	27	28
 Hanukkah Begins at Sundown	10 Zumba Exercise 2 Dominoes	Private Event 3 - 10pm		10 Zumba Exercise	9 Walking Aerobics 10:30 Coloring 1 Needle Arts 5 Happy Hour	
29	30	31	 Clubhouse Office Hours: Mondays, Wednesdays 9 – 12 and Thursdays 1 – 4. For changes: Please check the calendar on the Clubhouse front door window or watch for updates on Hi-Net.			
	10 Zumba Exercise 2 Dominoes	1 Bridge 7:30 - Midnight New Year's Eve Party				