



# FREE Cedar Mill News

Volume 22, Issue 9 September 2024

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## Garden & Nature

### Treekeepers of Washington County programs

We work to protect and advocate for trees in urban unincorporated Washington County. Don't miss our upcoming events! All of them are free. [Visit the Treekeepers website](#) to learn more.

### Tree Talk Webinar: The Surprising Benefits of Trees—improved health and reduced crime

Wednesday, September 18, 6:30-8 pm, [Zoom link](#), free

Urban trees provide a wide



range of benefits from the intuitive—providing shade, for example—to the surprising: improved human health and reduced crime. This talk will summarize these findings and show that trees are an under-appreciated, but essen-

tial, part of our public-health and public-safety infrastructure. Dr. Donovan, our speaker, received his PhD in forest economics. He has worked as an economist for the USDA Forest Service in Alaska and Oregon. His primary research focus is quantifying the benefits of urban trees.

### Tree Walk: Westside Regional Trail

Sunday, September 8, 10 am, exact location after registration, [register here](#), free

This rolling (some sections are steep) out-and-back, paved walk is approximately 4.5 miles. We'll walk to the southern terminus of the Westside Trail in Barrows Park, walk north to SW Nora Rd., and then turn and go back the way we came. Well-behaved dogs are okay. Space is limited and registration is required. For more information about the trail, visit the [westside regional trail webpage](#).

### Treekeepers All-Member Picnic

Sunday, September 15, 11:30-1:30 pm, Raleigh Park, 3500 SW 78th Ave., Portland, [register here](#), free

Let's get together! You, your family and friends are invited to our Treekeepers picnic. Bring a bag lunch for yourselves but drinks, watermelon and desserts are on us. Come learn more about our

*Continued on page 8*

## Cedar Mill Cider Festival coming October 6

Sunday, October 6, noon-4 pm, JQA Young House Park, 12050 NW Cornell, free to attend

Bring the family and enjoy free fresh cider, live music, a Cedar Mill history display, bbq lunch, vendors and information booths, and kids' activities at our very own annual celebration of fall and fun.

Live music will be provided by [Whiskey Deaf](#), a bluegrass and roots duet with world renowned fiddle player, Annie Staninec, accompanied by John Kael.

[Flying Barracuda](#) food truck offers bbq sandwiches for lunch, including garlic chicken and pulled pork.



Vendors offer up crafts and food items for sale, and local groups including Cedar Mill Business Association will share information about their activities. Be sure to check out the Genealogical Society's booth to learn how you can explore your roots.

The big History Tent, in front of the JQA Young House, is the place to learn more about our local history, from the Atfalati tribe through the early days of pioneer life. The house was built in the 1860s by the second owner of the lumber mill that gave our community its name. Volunteers are needed to help out with the History Tent, so [get in touch](#) if you're interested in local history.

The event is sponsored by Tualatin Hills Park & Recreation District (THPRD). They will bring the RecMobile to provide kids' activities. They also provide all the infrastructure that turns the park into a festival one day a year!



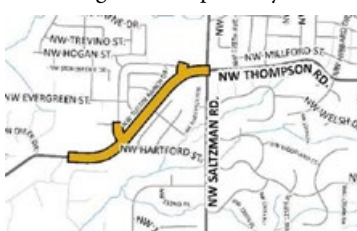
[Bauman's Cider Co.](#) will have hard cider for sale.

Local scouts will operate the cider presses to provide fresh cider for everyone, pressed from apples donated by Market of Choice.

## Road News

### Thompson reopens with lane closures

After being closed to through traffic from July 1-August 25, [Thompson](#) between Saltzman and the western curve has reopened. From August 26, expect day-



time lane closures 8:30-2:30 pm weekdays. Work times have been adjusted to avoid impacts to school drop-off and pick-up.

Closure 2 (when work will begin on the Saltzman end): Dates to be determined (30 days).

### Don't put temporary signs in the right-of-way

If you plan to show your support for a political campaign with a sign this election season, make sure you place it on private property.

Unauthorized temporary signs are not allowed in the public

right-of-way.

State [ORS 368.942](#) and Washington County [RO98-197](#) allow us to remove unauthorized signs in unincorporated Washington County right-of-way without notice. This includes: Political signs; Real Estate signs; Garage sale signs; Signs attached to structures like signposts or utility poles and cabinets

Unauthorized roadside signs can block sight-distance, traffic devices and/or access to sidewalks.

We remove signs as resources allow. The sign content is not a factor in whether we remove it or not. If we remove one of your signs,

you may be able to claim it for up to 30 days. [Learn more.](#)



Like us on Facebook for timely updates

# Cedar Mill Business Roundup

Do you have news or events or know of something that you would like to see covered in the Cedar Mill News? Please write to Virginia Bruce at [info@cedarmillnews.com](mailto:info@cedarmillnews.com)

## Relax with Massage Polarity-Craniosacral bodywork

September special, Tuesdays-Thursdays [book an appointment here](#). Use code CEDARMILLNEWS at checkout for a \$90 first session special discount

Sea Cummins, LMT #11683 RCST® Registered Polarity Educator, offers sessions 90 minutes to two hours for injury recovery or chronic pain treatments. Relax in a neighborhood setting in a cottage office.

All who schedule and receive their treatment in the month of September will receive an energizing vegan-collagen shake to-go. See our Google page for reviews.

## Learn all about CoolSculpting at BodElite

Tuesday, September 17, BodElite Body Contouring, 15160 NW Laidlaw Rd, #100, by appointment only. Call or Text 971.448.9155 to schedule. We're also offering a CoolSculpting VIP Consult Day Thursday, September 19, 9 am-5 pm, by appointment only, free

On September 17, experience CoolSculpting like never before at our special event, where we're unveiling our brand new pricing structure designed to deliver "Transparent Pricing for Transformational Results." For the first time ever, we're offering patient-friendly fixed pricing that guarantees the results you've been dreaming of!

You'll learn about our guar-

anteed results—our new pricing ensures you achieve your body contouring goals with no surprises; exclusive offerings of lunch; a special gift for every RSVP; and an additional gift for those who purchase a treatment package on the day of the event.

And learn about our expert care: BodElite is Oregon's premier body contouring clinic, specializing 100% in body transformations. Our expertise and dedication to excellence make us the best in the business. Don't miss this unique opportunity to transform your body and boost your confidence. This is an event unlike anything we've ever done before, and spaces are filling up fast! Reserve your spot today and discover why BodElite is the ultimate destination for body contouring.



## Join us at GVB for our annual Farm Dinner

Saturday, September 28, 1520 NW Bethany Bl.

Golden Valley Brewpub announces a delightful four-course family style meal featuring farm to table dishes crafted with fresh ingredients from our farm in McMinnville.

Call 503-972-1599 for tickets!

## Tips from your local credit union: Time to transition from summer to school!

Back to school season is often frenzied. After a relaxing summer, you're thrown into a new routine. There are open houses to attend, teacher meetings, sports and after school activities, and the dreaded homework time, all of which take a while to get used to. Here are some tips that'll make the back to school

rush feel just a little more calm.

Shared calendar. If you're a family with multiple people scheduled for multiple activities, a shared calendar is non-negotiable. It can be managed however you'd like. Some people like a written calendar in the kitchen that everyone can see, others manage via Google calendars or an app. Whatever it is, make sure that everyone is on the same page with who has to be where on what night.

Meal plan. Another thing to work out while you are planning your schedule is meals. Once you see what your week looks like, you may decide to meal prep on Sunday to have a fridge full of food for the week, or it may be a week of pulling things out of the freezer. Whatever you decide, it's helpful to have a plan going into the week so you don't get completely derailed with last minute food-making duties.

Have a designated space for homework. Parents know how difficult it can be for kids to go from playtime to study time. Having a dedicated study space at home can definitely help. Ideally, this should be a quiet spot conducive to productivity. Avoid setting up a desk in an area where they can easily be distracted by the TV, loud noises, or other family members.

Designate some screen time rules. If you got a little lax this summer with the screen time, know you aren't alone. If you want to make sure to set some rules into place for the school year though, you should start getting into that routine now. Talk to your kids about whatever boundaries you want them to follow before it becomes a fight.

We hope you'll find these tips from all of us at Sunset Credit Union helpful as we transition to the new school year. Sunset Credit Union is a full service, not-for-profit financial institution serving anyone who lives, works, worships or attends school in Washington County. You can learn more about us by [visiting our website](#), and can easily join the credit union by [clicking here](#).

## Fall festivities at Cornell Farm

8212 SW Barnes Road

Annual Scarecrow Contest open to submissions September to October 2

Use your imagination to craft

the most creative scarecrow, then send us a photo for a chance to win up to a \$300 Nursery gift card. One entry per household—family collaboration is highly encouraged!



Our pumpkin patch will arrive in late September—a perfect activity for kids and adults of all ages, complete with photo opportunities and autumn treats at the Cafe! Make memories this fall as you choose the perfect pumpkin and explore our extensive nursery on a historic family farm.

## Autumn Wreath Workshop Sunday, September 22

The \$125 registration fee includes all the materials and guidance needed to make an amazing Fall wreath, plus two glasses of wine per person and light refreshments.

## Fall Fair of the Oregon Potters' Association

Friday-Sunday, October 4-6

We're excited to host the fair. Browse handmade ceramics from 43 incredible local artisans! More information [available here](#).

## The best news for the real estate market in 15 months!

by Jan Dempsey, Windermere

The average rate on a 30-year mortgage eased this week to its lowest level in 15 months, welcome relief for home buyers navigating a housing market that remains out of reach for many Americans. The rate fell to 6.46%. A year ago, the rate averaged 7.23%. Mortgage rates are expected to continue trending lower overall this year, as [signs of waning inflation](#) and [a cooling job market](#) have raised expectations that the [Federal Reserve will cut its benchmark interest rate](#) at its policy meeting in September, which would be the first such easing in four years. Sam Khater, Freddie Mac's chief economist, suggests "rates will gently slope downward through the end of the year." With a 23-year

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## CPO News

### CPO 1 September meeting canceled

The presidential debate is scheduled for September 10, the same night as the regular CPO 1 meeting, and we know many of our members will want to watch that. Please join us on October 8. We will be hearing pros and cons about Measure 118 (the "Oregon Rebate") on the November ballot, and have a presentation on the Sheriff's Office mental health programs.

### Neighborhood meeting

A meeting was held on September 3 to discuss a proposed six-lot development on a 1.22 acre property on Alpenglow Way. The property's address is 10260 NW Leahy but if developed, the lots would be accessed from Alpenglow. The existing house on Leahy will remain. The owner, Vince Biggi, is being represented by NW Engineering.

### Dale Street development approved

A hearing was held in July to consider the application for a seven-unit townhouse development at the south end of Dale Street. On August 26, the decision was published to approve the development. Protection and enhancement of the adjacent wetland area was included in the conditions of approval.

### Bethany Village Oktoberfest

Saturday, September 7, 1-6 pm,  
4720 NW Bethany Boulevard

Join us for Oktoberfest at Bethany Village! Get ready for an afternoon of German antics and family-friendly fun with live music from Z Muskmakers, mouthwatering German cuisine, a big beer tent, kids' activities, and lots of local vendors. Don't miss out - it'll be wunderbar!

[Learn more on our website.](#)

### Unwrapping the Vote-by-Mail Process

What really happens to your ballot once you put in a drop box or send it through the mail? How can you be sure that your ballot is handled properly? Let's unwrap the vote-by-mail process and give you a behind the scenes look at the election cycle. Click on the video to view it on [Washington County's YouTube page](#)

### Ask WCSO--9 pm Routine

Washington County Sheriff's Office reminds us that we still have some long summer days ahead of us, but it's never too early to make a plan for how you can keep your property safe! The 9PM Routine is a campaign aimed to help community members protect their homes and property. Every night at 9PM (or as is it becomes darker out), we encourage you to review these steps: lock your vehicle and keep valuables out of sight; lock windows, doors, garages, sheds, and gates every night and whenever you leave your home; lock up bikes and other valuable items; light up by keeping a well-maintained yard and well-lit exterior of your home to deter burglars from feeling hidden; wear bright and/or reflective clothes when out at night, making sure to carry a flashlight or other illuminating device; if you have a security camera, make sure it is on and working, same goes with alarms; bring in all valuables from your car every time you get out of your vehicle, including the garage opener; keep packages secure by scheduling deliveries when you are home, otherwise, have them sent to your work, have a trusted neighbor pick them up, or use a service like Amazon Locker; identity and mark all your valuables with a unique identifier such as your driver license in case something is stolen as this makes it difficult for thieves to resell. Remember to call 911 for emergencies of 503-629-0111 for non-emergencies. We are here to help!

Ask WCSO is produced by the Washington County Sheriff's Office.

### GiGi's Playhouse Grand Opening

Saturday, September 28, 1-4 pm,  
8583 SW Apple Way, Portland,  
97225, free

Come celebrate the Grand Opening of GiGi's Playhouse, a Down syndrome achievement center! The ribbon cutting ceremony will be at 1 pm with an open house walk through following until 4 pm. The center will provide free therapeutic, educational, and career service training for individuals with Down syndrome and similar challenges. All group programs are inclusive and we encourage everyone of similar ages to participate. Check out the [calendar on the website](#) for more information.

### Reclaiming Hope Ranch Serving Foster and Adopted Kids

We are a mentor-based program designed to give kids who have a history in foster care and adoption a place to be who they are. We are located in Hillsboro.

Two trained adults spend 90 minutes with each individual child in a safe and encouraging environment. Our goal is to celebrate kids who have a history in foster care and adoption. We provide 2:1 mentor-based relationships to allow the child to see their individual gifts, value, and worth. We implement intentional support through different ranch activities so that healing is invited, belonging is established, and hope is given.

For further information, contact [reclaiminghoperanch@gmail.com](mailto:reclaiminghoperanch@gmail.com).

### Alpha: A Conversation about Faith

Thursdays, September  
26-November 21, 6:30-8:30 pm,  
12208 NW Cornell Rd, free

Cedar Mill Bible Church is hosting Alpha, an open and informal conversation about life, spirituality, and the person of Jesus without judgment or pressure.

### OSU Extension 4-H and Washington County Archery Open House

Saturday, October 5, 10-2 pm, 801 NE 34th Ave, Hillsboro (Washington County Fairgrounds Westside Commons), free

This FREE event is for families with youth ages 5 - 18. Try your hand at archery, sign up for a beginner 4-H STEP (Short Term Education Program) class, and meet with our 4-H clubs and other youth community partners here in Washington County, Oregon! Learn more at <https://extension.oregonstate.edu/4h/washington/events/2024-4-h-open-house>

### Learn about advertising in Cedar Mill News



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Join us at our next meeting—second Tuesday of each month at noon—learn more on our website!  
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*Let's Break the 'cycle'!*  
**SEPTEMBER 19, 2024**  
**9:00 AM - 5:00 PM**

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**Arts & Entertainment**

**Give it a Whirl! Free classes and a fundraiser dance at Leedy Grange!**

Saturday, September 21, noon-10 pm, Leedy Grange Hall, 835 NW Saltzman Road

Community comes together at Leedy Grange Hall! Join us for a day of free activities for all ages and abilities with our talented members, including swing, social and salsa dance classes, early music education activities, adapted movement and dance, line and folk dancing, crafts and scouting activities, martial arts and more!

The day's activities will culminate with a fundraiser dance open to the community—all ages and abilities are invited to join! Only \$10 adults, \$5 students, kids under 10 are free. Proceeds from the dance benefit social education through art and movement for local elementary schools. Since it's also National Dance Day, go to Leedy's website and find the link to learn the dance of the day: The Shim Sham—then join us for a flash mob session right before the dance!

For details and schedule information [visit our website](#), or contact us at [LeedyGrangeRentals@gmail.com](mailto:LeedyGrangeRentals@gmail.com), or text 971-226-1119. Come visit our table at the Cedar Mill Farmers Market on Saturday, September 14th.

**September events at The Reser**

12625 SW Crescent St.

The Reser includes a 550-seat theater, art gallery, rehearsal, workshop and meeting spaces, lobby, outdoor plaza and adjacent parking structure. Explore their innovative offerings in the performing arts: theater, music, dance, and more. Events this month include: Thursday, 26, [Live Wire with Luke Burbank](#); Saturday, 28, [Squirrel Nut Zippers](#), and Sunday, 29, [Tai-koProject: Benzaiten](#). For further details and updates, visit [The Reser's website](#).

**Village Gallery September News**

For more details about classes and events please visit the [VGA website](#).

**ArtChat and New Members' Show**

Sunday: September 8, 3-5 pm



Come meet the Featured Artists, the Big and Bold Artist, and see the new show! All invited; refreshments provided.

The show runs September 3-October 6, Tuesday-Sunday, 11 am-5 pm

Come celebrate VGA's newest



members' art. There is wonderful variety and a great opportunity to talk with others about art.

Big and Bold Painting: Chris Kondrat: "Hallucinations: The first layer of this work was organic shapes drawn on tinfoil which had ink on the back, a simplified print process. You can see the black and red ink throughout the painting. Next layer is watercolor on various parts of the shapes. Lastly there are a few collaged shapes. The mushrooms gave me the idea for the title."

Featured 3-D Fine Art Crafts Artist: Carolyn Adams: Book Purses. "While I draw and paint a bit, I generally think of myself as a folk artist, because I enjoy creating art from everyday objects. I'm a poet and I love the written word. Books have always felt like treasures to me. So I create book purses to use the structure of a book in an unusual way, while still referencing and paying homage to the book as a repository of art itself."

**Free Workshop: Illuminated Letters with Susan Pfahl**

Saturday, September 14, 1-3:30 pm, free but registration required to hold your spot, max 8 students

Illuminated letters were popular in the Middle Ages when there was no light other than daylight, candlelight or fire light. They were made to catch the available light to gain the attention of the reader.

Students can create their own illuminated letter, or use a pre-drawn letter from the instructor, size 4" x 6". These letters can be decorated with gold or silver paint and other colors to create a small work of art. All materials included. When you register please say which letter you would like to make.

**Children's Art Classes, VGA Instructional Team**

Thursdays in September, 3:45-5:15 pm, ages 7-11 yrs, max 8 students, \$70

Join an exciting class learning a variety of art forms! A team of rotating instructors provides a chance to explore a variety of media and approaches while building artistic concepts and skills. All supplies included. Projects include: Gelli Plate Printing, Printmaking, Celtic Animals, and Weaving. Sign up soon!

**Children's Ceramics Workshop: Fall Luminaries with Rose Rutherford-Ha**

Saturdays, September 28 & October 12, 11 am-1 pm, ages 5-12 yrs, max 8 students; \$60, plus \$20 materials fee

When the sessions are over you will have 1-2 small luminaries to brighten up your fall nights. Day one will be learning ceramic construction and carving techniques to form your luminaries. Day two (two weeks later) is reserved for glazing and finishing your masterpieces. Work will be picked up at VGA one week after the session is over (exact date TBA at first session).

**Adult Classes**

**Autumn Wreath with Jeannine Bamberg**

Thursday, Sept 26, 7-8:30 pm, max 10 students, \$30

Come and create this delightful pinecone wreath just in time for the Autumn season. If you prefer Springtime, feel free to use pastel colors. Most materials are supplied.



Please bring a glue gun and glue sticks.

**Teen/Adult Ceramics Workshop with Rose Rutherford-Ha**

Saturdays, September 28 and October 12, 1:30-4 pm, ages 13 and

up, \$75, plus \$25 materials fee, max 8 students

When the session is over you will have 2-3 small luminaries to brighten up your fall nights. Day one will be spent learning ceramic techniques such as slab and coil construction. Day two (two weeks later) is reserved for glazing and finishing your masterpieces. Work will be picked up at VGA one week after the session is over (exact date TBA at first session).

The VGA mission is to: ignite the joy of learning, creating, and appreciating art in our community. We support professional and emerging artists by providing high quality affordable art education to children and adults as well as providing venues for sharing their work. Village Gallery of Arts is a non-profit (501c3) organization, receives no taxpayer money, and is staffed entirely by member volunteers.

**Suicide can be prevented.**

By Alex Trilling, Executive Director, Cedar Hills Hospital

September marks Suicide Prevention Awareness Month. Unfortunately, our region continues to experience an increase in the number of individuals who need support and care. A recent study shows the majority of adults (94%) believe that suicide can be prevented, at least some of the time, and 96% of adults in the U.S. would take action if someone close to them was thinking about suicide.

There is hope. We are listening. As a behavioral healthcare provider here in Washington County, Oregon, our team at Cedar Hills Hospital & Outpatient Services is dedicated to #BeThere in a manner that promotes connectedness. Culturally relevant services, evidence-based treatments and support are available.

It is imperative that we equip our community with hope, resilience and the tools to feel empowered. People needing help can contact: 988, the National Suicide Prevention Lifeline that provides 24/7 confidential support. Text, chat or call today. Trained crisis counselors are ready to serve.

The Veterans Crisis Line for U.S. Military Veterans, call 988, press 1. Trevor Lifeline, the only national 24/7 lifeline for LGBTQ youth, at 1-866-488-7386.

You can help save a life. #BeThere #SPM24

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**Saturdays, 9 am-2 pm**  
**Through October 19**  
**Safeway parking lot**  
**Northwest corner of Murray & Cornell**

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**Park News**

**THPRD Park News**

**Apply for THPRD Advisory Committees or Budget Committee**

The Tualatin Hills Park & Recreation District is encouraging community members to apply for openings on the district's three Advisory Committees and Budget Committee. Applications are available at <https://www.surveymonkey.com/r/7XM6RSN>. The deadline to submit applications is Monday, October 21.

Advisory Committee volunteers review plans, provide feedback, and take part in lively discussions about district programs, facilities and parks. We have openings on the Nature & Trails, Parks & Facilities, and Equity & Engagement committees.

Nature & Trails Advisory Committee: Share your enthusiasm and expertise for natural resource management, environmental education, wildlife, and trail development and use. This committee meets once a month, typically the third Wednesday of the month at 6:30 pm.

Parks & Facilities Advisory Committee: Focus on park design, helping making spaces accessible to everyone, community gardens, dog parks, athletic facilities, and historic properties. This committee meets once a month, typically the third Wednesday of the month at 6 pm.

Equity & Engagement Advisory Committee: Advise on ways to improve equity and inclusion at THPRD, both internally and publicly, through the programs, events and facilities we provide to the public. This committee has a broadened focus on equity and inclusion (formerly Programs & Events Advisory Committee) in support of THPRD's values. This committee meets once a month, typically the third Tuesday of the month at 6:30 pm.

Budget Committee: The Budget Committee is responsible for providing public oversight of budget preparations, recommending changes to the proposed budget, and supplying information to the public about district business and operations. The Budget Committee meets at least three times per year to 1) review the current year budget and operating results; 2) discuss the proposed budget for the upcoming year; and 3) approve the budget to be considered for adoption by the Board of Directors. Other meetings may be scheduled as the committee deems necessary.

People of all backgrounds and experience levels are encouraged to apply. These positions are critical to represent the broad perspectives of district patrons.

**Fall Preschool Programs!**

Tualatin Hills Park & Recreation District's nine-month preschool programs are starting this fall.

Spaces are still available in the Nature Kids Owls, Jump Start at Cedar Hills Recreation Center,

Shallots, Vidalias at Fanno Farmers, and the Bilingual Spanish Preschool at Conestoga Recreation and Aquatic Center. Find out more at <https://www.thprd.org/activities/preschool-programs>.

September events near Cedar Mill from THPRD

**Patron Appreciation Week shows appreciation to supporters**

Monday to Saturday, September 9-September 14, all day, Cedar Hills Recreation Center, [1640 Southwest Park Way](#), free

It's time to celebrate YOU. We will be taking the week to thank you for your support of Cedar Hills Recreation Center. Raffle prizes and more will be available.

**Welcoming week is approaching!**

Friday to Sunday, September 13-September 22, all day, various facilities, free

Welcoming Week is a series of nation-wide events led by [Welcoming America](#). The nonprofit is leading a movement of inclusive communities becoming more prosperous by ensuring everyone belongs.

THPRD is part of the Welcoming Network and are a Welcoming Week partner. Please join THPRD, the City of Beaverton and many other organizations in celebrating and honoring immigrant & refugee communities and support the creation of welcoming and inclusive spaces where we can all collaborate and grow! You can learn more about Welcoming Week at the [event webpage](#).

**Zumba from around the world**

Tuesday, September 17, 6-7:30 pm, Cedar Hills Recreation Center, [1640 Southwest Park Way](#), free

Your favorite free fitness fiesta is coming back! Mark your calendar, grab your friends, and get ready to shake, shimmy, and sweat the night away! Join THPRD for an exhilarating evening celebration of culture through ZUMBA! Please visit the

[event webpage](#) for more details.

### Volunteer for Jackie Husen Park National Lands Day gardening

Saturday, September 28, 9-11 am, Jackie Husen Park, 10955 NW Reeves St., Portland, free

Help us spruce up the Community Garden at Jackie Husen Park! Volunteers will help weed and mulch, as needed. Please bring a reusable water bottle to drink throughout the day. Extra tools and gloves will be available. The garden is located next to the parking lot on SW Bonnie Brae Street. To register, please visit the event page on the [THPRD website](#).

### Viva Village Events

Viva Village is a Beaverton-area grassroots organization of members and volunteers who focus on enhancing and expanding the ways we can age well. We provide connections, programs, volunteer services, and referrals so members can lead engaged, healthy lives. For more information visit <https://vivavillage.clubexpress.com/>. Please RSVP for all events by contacting [vivavillageor@gmail.com](mailto:vivavillageor@gmail.com) or 503-746-5082. Links for zoom meetings will be sent to those who RSVP. Members-only events are listed on the website and in the web version of [The News](#).

Viva Village events open to the public:

#### Women's Coffee (in person)

Wednesdays, September 4, 11, 18, 25, 10 am-12 pm, New Seasons Cedar Hills, 3495 SW Cedar Hills Boulevard

Coffee and conversation. RSVP recommended.

#### Online Age Cafe

Friday, September 6, 11-12 pm, Zoom

Small group conversations exploring topics of interest to older adults. Interesting new topics each session. Topic: Awe. "Without awe, life becomes routine...try to be surprised by something every day. Try to surprise at least one person every day." – Mihalyi Csikszentmihalyi. Co-hosted by Viva Village, Beaverton City Library, and Washington County DAVS. Virtual meeting only in September. Register for the Zoom link.

#### Beaverton Celebration Parade

Saturday, September 7, 10-12 pm

Watch Viva Village and our spectacular Viva Village parade entry. This year features a vintage Jeep and a 1960 Mini Cooper and we will be playing music from the 50's and 60's. (Viva Villages: Check the Viva Village Calendar for details). RSVP to take part in this fun morning.

#### Online Viva Village 101

Saturday, September 14, 10-11:30 am

An informational session for prospective members, volunteers, or anyone interested in Viva Village. Register on the website or contact the office for the Zoom link.

#### Viva Village Forum

Monday, September 16, 2-3:30 pm, United Methodist Church Wesley, 12555 SW 4th St, Beaverton 97005, free

Topic: First Responders—What To Expect. What happens when first responders arrive at the scene? Colin O'Reardon of Tualatin Valley Fire & Rescue (TVFR) will talk to us about what to expect: the mandatory protocols, how your Advance Directive and POLST affect your care, and what medical interventions are used in a near-death situation. Refreshments served. RSVP recommended. Register on our website or contact the Viva Village office.

#### Men's Coffee Break

Monday, September 23, 10-11:30 am, Market of Choice Cedar Mill (mezzanine), 250 NW Lost Springs Terrace

Conversation and coffee. RSVP recommended.

#### Online Viva Village Book Club

Tuesday, September 24, 1-2:30 pm

Selection: The Warmth of Other Suns: The Epic Story of America's Great Migration by Isabel Wilkerson. RSVP for the zoom link.

#### Viva Village at the Elsie Stuhr Health and Wellness Fair

Saturday, September 28, 9-12:30 pm

Stop by our Viva Village table and say "hello," then pursue the many resources available in our community. Come and enjoy.

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Garden, continued from page 1

projects, meet our board members, and connect with other Treekeepers supporters. Please sign up so we know how to plan!

### Ivy Pull: Raleigh Park Elementary

Sunday, September 15, 1:30 pm-3:30 pm., Raleigh Park Elementary, 3670 SW 78th Ave., Portland, free

Save the sequoia grove by helping remove the ivy and other invasive plants that threaten to overwhelm the trees. This event is open to all ages. Come and go any time. Please bring gloves and pruners if you have them, as well as water and snacks. For more information, contact Betsy at [betchap@hotmail.com](mailto:betchap@hotmail.com). Attend our Treekeepers picnic beforehand in nearby Raleigh Park!

### Tree Walk: Fanno Creek

Saturday, September 21, 9:45-11:30 am, Garden Home Community Library, 7475 Southwest Oleson Road, Portland, [register here](#), free

Walk along the Fanno Creek Trail while identifying and learning about trees with Garden Home's Barb Stroud. This event is in partnership with the Garden Home Community Library. Space is limited and registration is required.

### Tree Walk: Rood Bridge Park

Sunday, September 29, 10 am, Rood Bridge Park, 4000 SE Rood Bridge Rd, Hillsboro, [register here](#), free

We will walk about two miles on paved and dirt/gravel trails through wetlands and wooded areas around Rock Creek and the Tualatin River. It's mostly flat but can be a bit steep in places. Some trails can be closed due to flooding if it's been raining. Please come dressed for the weather. Following the walk, we plan to picnic at one of the shelters if you want to bring your own lunch and join us!

### Cedar Mill Garden Club

Meets the third Wednesday of each month, 10 am-12 pm in members' homes.

The Cedar Mill Garden Club is a member of both the State & National Federation of Garden Clubs. We welcome new members with any level of gardening experience. We learn from each other. For more information, please contact Cathy Ramsey: [cathyramsey308@gmail.com](mailto:cathyramsey308@gmail.com) or 503-866-4222.

### Washington County Master Gardener Association events

There are ample opportunities to advance your gardening knowledge and skills right here in Washington County. OSU Extension Master Gardener volunteers and the Washington County Master Gardener Association (WCMGA) offer a lineup of classes, lectures and family friendly events year round. All events and details can be found on the [WCMGA events calendar](#):

#### Getting Wild: Seven Steps to Increasing Biodiversity in Your Yard Webinar

Tuesday, September 3, 7-8 pm, Zoom, free, pre-registration required

Join the Washington County Master Gardeners and speaker Lynn Kunstman for a webinar on increasing biodiversity in your yard. Plant choice matters and choosing native plants help to restore and ensure vital ecosystem services in our landscapes. This presentation will address seven steps you can take to create healthy, productive gardens and help save pollinators and birds. Please visit the [event page](#) for registration.

#### Introduction to Nature Journaling

Saturday, September 21, 10-12 pm, The Gazebo at the WCMGA Learning Garden at Jenkins Estate, 8005 SW Grabhorn Rd., Beaverton, adults and children(10-17) w/adult, no registration required, free

Join Washington County Master Gardeners for an introduction to nature journaling led

by OSU Extension MG Volunteer, Mary Hewitt and Artist, Terri Rottman. You'll take

home your first entry and the inspiration and knowledge you need to start your own journey of discovery. Bring your own journal, pens, and pencils to class or use provided

Materials. No experience needed. Please visit the [event page](#) for more information.

#### Putting the Garden to Bed

Saturday, September 28, 9-11 am, PCC Rock Creek Campus, Building 4(Room 103),17705 NW Springville Rd, Portland, no registration required, free

Join Washington County Master Gardeners Lisa Hansen and Sue Ryburn for a free class on Putting the Garden to Bed. We will share tips on planting trees and shrubs in the fall, preparing vegetable and fruit gardens for winter and techniques to protect the soil. For more information and maps to our gardens, visit our [garden webpage](#). Please visit the [event page](#) for more information.

#### Virtual Training for Guided Beaver Surveys with The Wetlands Conservancy

Sunday, September 8, 10-11:30 am, virtual, [register here](#), free

Learn to identify and log the signs of beaver presence and residence throughout Washington County and the Tualatin River Watershed. Become a community scientist to help The Wetlands Conservancy gather data on our local urban beaver populations! Once trained, there is no obligation to participate in surveys. Come to learn, and then decide if you want to join us out in the wetland. Surveys will take place Thursday, Friday, Saturday and Sunday mornings throughout September and October. Registration is required and spots are limited.



### Westview students offer data science instruction

The NorthWest Data Science Collective (NWDSC) is a non-profit organization, created by a team of Westview High students, dedicated to democratizing data science education for underserved communities. Established in 2022 and based in Portland, Oregon, NWDSC targets low-income and minority students, providing them with free, virtual educational programs in programming, machine learning, and statistical applications. The courses focus on interactive and hands-on learning, culminating in capstone projects where students apply their skills to real-world problems.

NWDSC has a significant reach, having impacted over 100 students from local middle and elementary schools through more than 60 hours of instructional content. The organization's efforts are supported by a dedicated team of tutors who facilitate the learning process and provide mentorship. The initiative aims to bridge the education gap in data science, empowering students with the knowledge and skills necessary to succeed in the tech industry.

The organization's programs are designed to be inclusive and accessible, ensuring that all students, regardless of their background, have the opportunity to learn and grow in the field of data science. By removing financial and geographical barriers, NWDSC enables students to pursue their interests in technology and data, fostering a diverse and inclusive community of future data scientists.

NWDSC's impact extends beyond just education; it also aims to create a supportive and collaborative learning environment. This approach not only helps students develop technical skills but also builds their confidence and fosters a sense of belonging in the tech community. Through its comprehensive educational programs and community-building efforts, NWDSC is making a meaningful difference in the lives of many students, helping to create a more equitable and inclusive future in the field of data science.

For more information, visit [NorthWest Data Science Collective](#).

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## VA awards over \$16 million in grants to help homeless and at-risk Oregon Veterans and their families

The U.S. Department of Veterans Affairs announced it will award \$16 million in grants to help homeless and at-risk Oregon Veterans — along with an additional \$10.3 million to benefit Veterans from Oregon and surrounding states — through the [Supportive Services for Veteran Families](#) and [Homeless Providers Grant and Per Diem](#) programs. A total of \$806.4 million will be awarded through the two programs nationally.

Supportive Services for Veteran Families: Through the SSVF program, VA is awarding 239 grants nationally totaling approximately \$797.5 million to community organizations that help rapidly rehouse Veterans and their families, prevent the imminent loss of Veterans' homes, or identify more suitable housing situations.

Grant and Per Diem Program: Through the GPD program, VA will award 14 grants nationally totaling approximately \$8.9 million to community organizations that provide Veterans with transitional housing and case management — including connecting eligible Veterans to VA benefits, community-based services, and permanent housing. These special need grants will fund approximately 105 transitional housing beds to support special populations of homeless Veterans including women, elderly, terminally ill, chronically mentally ill, or those who care for minor dependents.

Ending Veteran homelessness is a top priority of VA and the Biden-Harris Administration. The number of Veterans experiencing homelessness fell by 4.5% between 2020 to 2023 and has dropped 52% overall since 2010. These grants also build upon the significant progress to end Veteran homelessness, including progress towards VA's fiscal year 2024 goal to [house 41,000 more homeless Veterans](#). In 2023, VA placed more than [46,500 homeless Veterans into permanent housing](#), exceeding the goal set for 2023 by nearly 23%.

"We're making real progress in reducing Veteran homelessness, but there is much more work to do," said VA Secretary Denis McDonough. "These grants allow VA, alongside community

partners, to provide more housing and wraparound services to more homeless and at-risk Veterans than ever before."

These efforts are built upon the evidence-based "[Housing First](#)" approach, which prioritizes housing Veterans, followed by providing them the wraparound support to stay housed, including health care, job training, legal and education assistance, and more.

These new grant awards come just a week after the U.S. Department of Housing and Urban Development (HUD) and VA [announced policy changes](#) that will help more Veterans receive housing assistance under the HUD-VA Supportive Housing (HUD-VASH) program. The changes include requiring public housing agencies that administer HUD-VASH to set initial income eligibility at 80% of area median income and excluding Veterans' disability benefits when determining income eligibility — both of which are expected to increase the number of Veterans eligible for housing assistance.

For more information about VA's comprehensive efforts to end Veteran homelessness, visit [VA.gov/homeless](#). To learn more about the Grant and Per Diem program or view the full list of grantees, visit the [Grant and Per Diem website](#). To learn more about the Supportive Services for Veteran Families program or view the full list of grantees, visit the [Supportive Services for Veteran Families website](#).

If you are a Veteran who is experiencing homelessness or at risk for homelessness, call the National Call Center for Homeless Veterans at 877-4AID-VET (877-424-3838). Visit the [VA Homeless Programs website](#) to learn about housing initiatives and other programs for Veterans exiting homelessness.

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*Business News, continued from page 2*  
high of 7.79% in October, the average rate on a 30-year mortgage has mostly hovered around 7% this year—more than double what it was just three years ago. But this month, the average rate has made its biggest downshift in more than a year.

The recent pullback in mortgage rates overall has sparked a pickup in applications for [home refinancing loans](#), which are 23% higher than a month ago, according to the Mortgage Bankers Association. Applications for home purchase loans have lagged, however. To generate buyer demand, rates likely will need to decline another percentage point. The higher rates, which can add hundreds of dollars a month in costs for borrowers, have kept many would-be homebuyers on the sidelines, extending the nation's housing slump into its third year. Owners with a below 3% interest rate aren't willing to give up their low rate to move, often choosing to remodel to get what they want.

Most economists expect the average rate on a 30-year home loan to remain above 6% this year. That may not be enough for many prospective homebuyers in the face of record-high home prices and a shortage of properties for sale in many markets.

With almost 40 years as a realtor, I have vast experience with buyers and sellers, first time buyers, or move up buyers and sellers. It would be my pleasure to meet with you, to learn your plans, and to help you navigate this transition. This is a very complicated real estate market, I would love to help you understand it. Reach me by phone at 503-706-6358 or email me at [jdempsey@windermere.com](mailto:jdempsey@windermere.com)

**"Lincoln Town Hall"**

Tuesday, September 10, Doors Open at 6:45 pm, Tualatin Heritage Center 8700 SW Sweek Drive Tualatin, OR 97062, Suggestion Donation \$5 at the Door

The Beaverton Historical Society is excited to present Stephen Holgate and his one man show on Abraham Lincoln.

"The Lincoln Town Hall" is essentially a press conference with Abraham Lincoln, set in the White House toward the end of the Civil War. Stephen will present a roughly 30-minute opening statement, speaking as Lincoln about his early career, slavery and the war, and reading from a number of Lincoln's best known speeches -- essentially Abe Lincoln's Greatest Hits. The audience members take on the role of journalists and can ask questions of Lincoln as long as they don't touch on anything occurring after the end of the Civil War. Total running time of the program can vary, depending on the number of questions, but is usually about 45 minutes.

Steve Holgate, a Tigard native, has been acting for more than 50 years. He has been presenting his one-man show on Abraham Lincoln for 25 years. In addition to his theatrical experience, Holgate served as a staffer for the United States Congress and the Oregon State Senate before joining the Foreign Service in 1984 and serving in embassies in Paris, Madagascar, Morocco, Mexico and Sri Lanka as well as Washington, D.C. Holgate has also published five novels to highly positive reviews. [stephenholgatewrite.com](http://stephenholgatewrite.com). There will be artifacts on display. Mark your calendars!

**Karate for Wellness**

Friday, September 13 - Friday, October 18, 11-11:45 am, 11640 SW Park Way, \$51 (in district), \$62.75 (out of district)

Embrace the art of karate at any age! This class offers a welcoming and supportive environment for those 55 and older. Join us for a journey where you will enhance your flexibility, improve your balance, sharpen self-awareness and bolster confidence! Come join us! No uniform needed. Class # is CH22226.

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## Library News

[Abbreviations: CML is [Cedar Mill Library](#), 1080 NW Saltzman Rd.; BLA is Bethany Library Annex, 4888 NW Bethany Blvd, Suite K-2; BL is [Bethany Library](#), 15325 NW Central Drive, Suite J-8y]

Cedar Mill and Bethany Community Libraries (CMBCL) invite you to find event calendars, storytime schedules, and more on the [Library website](#). [Ed. Note: the entire CMBCL submission is in the online version of [Cedar Mill News](#). The print/PDF version is shortened and leaves out many repeating classes.]

[Visit this page](#) to read the latest newsletter and sign up to get it in your inbox. For more information, call (503) 644-0043, visit the website [library.cedarmill.org](#); or email us: [askuscml@wccls.org](mailto:askuscml@wccls.org)

### Multiple Age Groups



Cedar Mill Library in the '70s

## 50th Anniversary Celebration

Saturday, September 14, 9:30 am-1 pm, CML, All Ages

Celebrate the founding of the library in 1974 with displays, refreshments, a marching band, a community art project, and special sales from Second Edition Resale and the libraries' Book Sale.

### Celebrate at Bethany Library

Saturday, September 14, 10:30 am-12 pm, BL, All Ages

Celebrate Cedar Mill Library's 50th Anniversary! Enjoy a cupcake and learn more about the library's unique history and association membership.

## Community Art Project

Saturday, September 14, 11 am-1 pm, CML, All Ages

Decorate and personalize a version of our mascot, Wisner the Owl, to be displayed in the children's area later this year.

### Kids

### Grab and Go Crafts

Friday, September 6, Library hours,

### CML & BL

Pick up craft supplies at either library. Crafts are available on a first-come, first-served basis while supplies last. One per child, please.

### LEGO Free Play

Saturday, September 21, 10:30 am-12 pm, CML, Ages 5+

Drop in and build with LEGOs.

## Storytimes Fall Session

September 7-October 19

Learn more at [Library.Cedarmill.org/Storytime](#).

### Babytime

Wednesdays, 11:30 am-12 pm, CML, Ages 0-12 months

### Toddler Storytime

Tuesdays & Thursdays, 10:30-11 am, CML & BLA, 12-36 months

### Preschool Storytime

Wednesdays, 10:30-11 am CML & BLA, Ages 3+

### Family Storytime

Saturday, September 7, 10:30-11 am, CML, Ages 2+

World Language Storytimes:

### Korean Storytime

Sunday, September 8, 10:30-11 am, BLA, Ages 2-6

### Mandarin Storytime

Monday, September 9, 10:30-11 am, BLA, Ages 2-6

### Spanish Storytime

Saturdays, September 14, 10:30-11 am, CML, Ages 2-6

Find more fun for kids at [library.cedarmill.org/events/kids](#).

### Teens & Tweens

## Teen Crafternoon: Beetlejuice Sandworm Sock Puppet

Thursday, September 5, 4:30-6:30 pm, BLA, Ages 11-18, Registration Required

Say his name three times and... well, you know what happens. Celebrate the upcoming release of Beetlejuice Beetlejuice with an adorably creepy sand-worm sock puppet. All materials provided.

### Chaotic Crusaders Club: D&D for Teens

Saturdays, September 14 & October 12, 1-3 pm, CML, Ages 11-18, Registration Required

Join us for a game of Dungeons & Dragons 5th edition. New and experienced players welcome!

## Teen Game Night: Super Smash Tourney

Friday, September 27, 6-8 pm, BLA, Ages 10-18, Registration Required

Compete in our Super Smash Bros. Ultimate Tournament. Meet your friends and play Switch, Wii, and Gamecube games together.

Visit [library.cedarmill.org/teens](#) to find resources for teens and tweens.

### Adults

## How to Choose a New Computer

Wednesday, September 4, 10:30-11:45 am, CML, Adults, Registration Required

This informational session addresses some of the most common questions surrounding how to choose a new computer.

## English for Speakers of Other Languages, Intermediate

Every Thursday, 3-5 pm, CML, Adults

Discuss themes, grammar and vocabulary from the provided textbook. Hosted by Good-will Industries.



## Renter's Rights Workshop

Thursday, September 5, 6-7:30 pm, CML, Adults

Community Alliance of Tenants (CAT) will explain rights that renters have and available resources.

## Technology Open Lab

Thursdays, Sep 5, Sep 19, 1-3 pm, CML, Adults

Get started with basic computer skills and practice with laptops, tablets or cellphones. Bring your own device or use one of our laptops.

## Spanish Conversation Hour

Wednesday, Sep 11, 6:30-7:30 pm, CML, Adults

Chat and improve your Spanish language skills through facilitated conversation.

## Avid Adventurers Alliance: D&D for Adults

Saturdays, September 14, 1-3

pm, CML, Ages 19+, Registration Required

Join us for a game of Dungeons & Dragons 5th edition. New and experienced players welcome!

## Writers' Mill Free Writing Workshop

Sunday, September 15, 1-3 pm, Cedar Mill Library 1080 NW Saltzman Rd and Zoom, free

Nancy Linnon - teacher, writer, editor and coach - returns to the Writers' Mill on Sunday September 15th with another inspiring, encouraging, and entertaining workshop. If you've ever dreamed of writing, this is your chance to exercise those words and get them on a page. Find out more from our website at [portlandwritersmill.org](#) or from your friendly librarian.

## Medicare 101

Wednesday, September 18, 1 :30-2:30 pm, CML, Adults

Health Plans in Oregon explain the basics of Medicare.

## DIY Cork Craft

Thursday, September 19, 6-7:30 pm, BLA, Adults

Make decorative crafts from wine corks.

## Birding Basics: Discovering Common Backyard Birds

Wednesday, September 25, 6:30-7:30 pm, CML, Adults

Learn to attract and identify local birds with Seymore Gulls, author of Backyard Birds West.

## Owl Book Group

Friday, September 27, 10:30 am-12 pm, CML, Adults & Older Teens

We will be reading "Spying on the South," by Tony Horowitz.

## Voices in Verse

Saturday, September 28, 10:30 am-12 pm, Zoom, Adults, Registration Required

Share your own poetry or listen to others' favorites.

## Singing the Same Song: Aging and Intergenerational Friendship

Saturday, September 28, 11 am-12:30 pm, BLA, Adults

Discuss where our ideas on aging come from and how they affect our relationships.

Learn more about library groups and events for adults at [library.cedarmill.org/adults](#). Questions? Write [askuscml@wccls.org](mailto:askuscml@wccls.org) and visit our events website



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