E-Water Bills

We are excited to announce that we are launching e-bills! Water customers will be able to view their statements online, but unfortunately payment is not able to be submitted directly through the statement view. That is our next goal! For the time being, you can always make a payment through the website www.cityofnp.org. Click the red button that says “Pay Online” and you will be directed to the payment portal.

To set up e-bills visit https://northplains.moonlightbpo.com/default.aspx

First time users will need to register. Enter your name and account number exactly as it appears on your water statement.

Once registered go to your profile and select “send e-mail” under Delivery Method. You will receive an e-mail to the e-mail address you provided during registration once the new water statements are ready, typically around the 1st of each month.

Library News

Bells of the cascades and carol singers – what smashing fun!
The library would like to give a big thank you shout out to all the volunteers, staff and members of the public who made the carol singer’s event such a big hit. The event (that occurred on the 9th of December) left us all with a strong sense of community and good will to all men! Next year we aim to repeat this event in combination with the holiday Jingle!

Quilt of the month

The quilt on display for December is scheduled to be Birth of Stars created by West Side Quilters Guild member Sharon Kennedy. The quilt on display for January is scheduled to be the pattern Starry Pines (A Kimberly Elimo pattern).

In library art display

In December the fine line drawings of Francis Ahn will still be on display. These remarkable images lead the eye on an incredible journey of light and dark contrasting patterns.

In January and February we will be pleased to host the fine Illustrations and photography of Steffan Lucas.

Craft Guild Meeting.

Join our informal group of knitters, and quilters from 6 p.m. until 8 p.m. on the first Wednesday evening of each month. Anyone interested in gathering for camaraderie as you work on your individual projects is welcome to do so at the library. Bring your yarn or cloth and needles (or other craft projects) and expect to make new friends and share ideas. This is intended to be an informal get-together of crafters not a formal class. Contact the library for more details.
**Book Babies Storytimes.**
Babies 0-12 months are invited to hear stories, enjoy finger plays, and share songs and rhymes with Early Childhood Specialist Lauren every Wednesday at 10:30 a.m. in the children’s section of the library.

**Storytimes.**
Children ages 0-6 are invited to participate every Wednesday at 11:30 a.m. in the children’s section of the library.

December 21. A visit with Santa!
December 28. Let’s visit Australia with Mr. Will.
January 4. Storytime with Miss Marion.
January 11. Turtles storytime with Barbara.

**Tutoring assistance**
Math and Science tutoring help is available during the school year. Volunteer Aaron or Stacie will be available for half-hour segments each Saturday morning, from 10 a.m. until 10:30 a.m. and from 10:30 a.m. until 11 a.m. Half-hour segments will additionally be available from 6 p.m. until 6:30 p.m. and from 6:30 until 7 p.m. on Tuesday evenings. The tutors will provide help with math from an elementary school level through calculus. In science help will be provided from an elementary school level through college level. Call the library at (503) 647-5051 to book a free tutoring session.

**First Friday Flick.**
Join us at the Jessie Mays Community Hall on the First Friday of each month for a free showing of a PG-rated movie. **January 6 at 6 p.m.**

**Finding Dory**
Dory (Ellen DeGeneres) is a wide-eyed, blue tang fish who suffers from memory loss every 10 seconds or so. The one thing she can remember is that she somehow became separated from her parents as a child. With help from her friends Nemo and Marlin, Dory embarks on an epic adventure to find them. Her journey brings her to the Marine Life Institute, a conservatory that houses diverse ocean species. Dory now knows that her family reunion will only happen if she can save mom and dad from captivity.

**Annual Library Craft Fair**
The annual Craft Fair will be held in the Library from December 1 until December 24. Proceeds will be used to purchase new books.
Say Hello to the Cloud Library
On January 26 2017 from 7 p.m. until 8 p.m. it’s time to say hi to the WCCLS cloud library. The Library Director will give a presentation on what the cloud library is, how to install it on your devices and how to use it to get free e-books and audio books using your library card. He will also help members of the public who bring their own mobile devices get up and running with the cloud library.

Library Book Club.
New members are always welcome to join in the monthly discussions. The group meets regularly once a month, usually on the last Wednesday of each month at 7 p.m. at the North Plains Public Library. On December 28 the selection will be Fortune Smiles by Adam Johnson. In six masterly stories, Johnson delves deep into love and loss, natural disasters, the influence of technology, and how the political shapes the personal. Unnerving, riveting, and written with a timeless quality, these stories confirm Johnson as one of America’s greatest writers and an indispensable guide to our new century, (review data from goodreads.com). In January the book club will vote on a new slate of books for the new year.

Friends of the Library.
Our supportive Friends group usually meets on the second Monday of each month in the Library at 7 p.m. New members are invited to attend. There will be a general meeting of the Friends on January 9 2017.

SAVE THE DATES: KEY DATES FOR LATER IN THE YEAR
Why I Walked 444 Miles to Make a Memory – February 21 2017
Andra Watkins New York Times bestselling memoir Not Without My Father is about making memories, about turning I wish I had into I’m glad I did.

Andra’s presentation challenges audiences to evaluate their relationships. She gives attendees concrete ideas and strategies to leave inspired to make a memory of their own. In a one-hour, high-energy performance, Andra shows everyone, whatever their phase of life, how to make memories that matter.

Those were the good old days...
A Short Story
By Melvin Van Domelen
Mountaingaile, OR

Recently several friends have suggested I do an article about Walter Tschanz, a local legend. I have been hesitant to do this because of a story by Mitch Ward in an early edition of his Beacon newspaper, January 2009. Mitch did some research and covered Walt’s life. The difference between Mitch and I being I grew up with “Little Walt”.

Walter was a dwarf born to normal size Swiss parents, Chris and Lizzie, who were also parents to 6 foot tall Fritz, Walt’s older brother. Walter stood 4 foot, 2 inches tall with his shoes on and no wind blowing.

Older cousins of mine told of Walt riding his tricycle the long mile to the one-room Mountaingdale School in the early 1930’s. Later on he used a horse for transportation and could keep the horse in a stable next to the school ground.

Pictured is Walter seated on a bench in a 1934 photo of students at the Mountaingdale School. The Tonnisen brothers, Norman and Martin, are by his side.

One of my early memories of Walter was at a Sunday school held at the Mountaingdale School house. Not much of a problem over church and state in those days. The people from the Lutheran Church at Schefflin figured they didn’t need to go to Africa or South America to do mission work because the folks at Mountaingdale needed all the help they could get.

I had received a new pocket knife for Christmas and was showing it off to Walt. The sharp blade folded up and slashed my thumb. Walter grabbed my hand, held it under a faucet and wrapped it up with his handkerchief, telling me “It will be all right Mickey. It will be all right.” Many of the local folk still call me Mick or Mickey. I still have that scar today.

Walter told me he always thought well of my sister, Betty Jean, because she would sit with him on the bus taking them to Banks High School.

I can still see “Little Walt” walking past our house, heading for North Plains. He had a rolling gait with synchronized arm swings, just plodding along. People have questioned me, “Wouldn’t someone give him a
ride?” Walt had probably received a lift to the Mountaindale Store. But, you have to remember in early days one could walk for well over a half-hour, or more, and never see a car.

Walter was always around to help harvest the cannery crops. Strawberries, prunes, beans, etc. I have heard he was not much of a berry picker although he was down there close to the work. My brother, Dale, and I rented a prune orchard for several years. Walt was there scampering around like a spider, throwing those prunes in the box. Pole beans presented a problem for him. He could only pick the bottom half.

Walt worked in the Portland shipyards during World War II. He was valued for his small size because he could get into tight spaces where no one else could. He had a ride from the shipyards that left him off at the corner of Mountaindale Road and Corey Road. This was still a distance of a half mile from his home. I’m told Walt’s father Chris would sometimes meet Walter and carry him home on his shoulders. Chris Tschanz was a tough man.

During his adult years Walt liked to spend time in the North Plains taverns. Fights broke out in these places all of the time. Someone would pick Walt up and put him on the bar so he wouldn’t get trampled. Walter would run up and down the bar, swinging his arms, the only way he could reach anyone.

Clyde Potthoff, a regular at our Senior Center, used to play shuffleboard with Walt. Clyde says Walt’s arms were too short for him to stand behind the board. He would stand off to the side on the base of the board and side-arm that puck. Walt was a good player, he had the advantage of playing at eye level.

I attended the graveside service for Walter Tschanz at the Helvetia cemetery in mid-August 2008. He had lived to be 86 years old, much longer than it had been predicted he would survive. There was a large gathering of his friends there that day, for once you knew Walt, you would always remember him.

The couple that had cared for Walter in his last days were at the cemetery. They made the announcement that Walt wanted it known that he had, indeed, been anointed with oil. A young lady played the accordion and sang songs in the Swiss language. It was a fitting farewell to an unforgettable friend, “Little Walter Tschanz”.

**News from the North Plains Senior Center**

**NEWS & NOTES FROM THE SENIOR CENTER**

To all days here and after,  
May they be filled with fond memories,  
Happiness and laughter.

The North Plains Senior Center wishes you a Happy New Year!

**SENIOR CENTER JANUARY CLOSURES**—Monday, January 2nd (observed New Year’s Day) and Monday, January 16th, Martin Luther King, Jr. Day.

**LUCKY WINNER?** Wednesday, January 4th, each person playing Bingo will receive a ticket for a drawing. Just put the proper half into the bowl and at the end of the evening we’ll draw the winner who will get their entry fee, first card, and a complete meal for free the following month (February).

**MUSIC MONDAY**—D.T. & Country will play Monday, January 9th during lunch from 11:00 to 1:30.

**CRAB FEED**—The 9th annual crab feed will be Saturday, January 21st. Prices will be the same as last year—$35 for steak or crab; $40 for both. We are in need of auction items. If you can help out, please let us know. For tickets, stop by the senior center or call 503-647-5666. Proceeds benefit the North Plains Senior Center and Meals on Wheels program. We will be looking for sponsors for this year’s crab feed, if you are interested in helping to sponsor this event, please call the center and ask for Angie or Patti.

**MEMBERSHIP MEETING**—January 23rd at 12:15. Members please plan to attend.

**TAX TIME IS COMING**—AARP will once again be at the Center to review taxes. Half-days beginning January 26th. We’ll begin taking reservations the end of January. You need not be a senior to have your taxes done.

**VOLUNTEERS NEEDED**—The North Plains Meals on Wheels program is always looking for volunteers. We need drivers to take meals to homebound senior
citizens, as well as kitchen help (prep, serve, & cleanup) Monday-Friday every week. You can pick which days and hours fit your schedule.

**JANUARY CALENDAR**

**Music at the Center**—D.T. & Country will play at lunch the second Monday, January 9th from 11:00 to 1:30.  
**Bingo**—Wednesday, January 4, 6:00 p.m.  
**Bunco**—January 12th and 26th; 1:00 p.m.

**January Calendar**

01/02  **City Offices Closed**
01/03  **City Council Meeting** 7 p.m. at North Plains Senior Center, 31450 NW Commercial Street
01/06  **First Friday Flick** 6 p.m. at Jessie Mays
01/11  **Planning Commission** 7 p.m. at North Plains Senior Center
01/12  **Food Pantry** 5:30 p.m. at the Yellow House, 31311 NW Commercial St
01/14  **Super Saturday** 1 p.m. at Jessie Mays
01/16  **City Offices Closed**
01/16  **Lego Palooza** 11 a.m. at Jessie Mays
01/17  **City Council Meeting** 7 p.m. at North Plains Senior Center
01/21  **Annual Crab Feed** 3 p.m. at Jessie Mays
01/25  **Parks Board** 6 p.m. at City Hall
01/27  **Food Pantry** 5:30 p.m. at the Yellow House

**Listen to Your Heart During the Holidays**

With the holiday season in full swing, it’s natural to be thinking about family and what the New Year may bring. Heart health may not be near the top of your list as you start to make your resolutions and personal goals for 2017.

Chest pain, shortness of breath or discomfort in your arms, back or jaw can easily be attributed to the stress and strain of the season and not recognized as signs of an oncoming heart attack.

This time of year can be a particularly dangerous time to ignore these signs and delay treatment.

An American Heart Association study stated, “The number of cardiac deaths is higher on Dec. 25 than on any other day of the year, second highest on Dec. 26, and third highest on Jan. 1.” In the 2004 national study, researchers at the University of California, San Diego, and Tufts University School of Medicine studied 53 million U.S. death certificates from 1973 to 2001 and found an overall increase of 5 percent more heart-related deaths during the holiday season.

A number of factors can contribute to a higher rate of cardiac deaths during the holidays, but one thing is certain, delaying treatment and ignoring the signs and symptoms can be deadly.

Tualatin Valley Fire & Rescue encourages you to call 911 immediately if you or a family member experiences the following symptoms:

- Chest discomfort in the center of the chest that lasts for more than a few minutes or goes away and returns. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Upper body discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath before, during, or after discomforts.
- Other signs, including breaking out in a cold sweat, nausea or lightheadedness.
- Our highly trained paramedics can diagnose if a heart is failing and start treatment on the scene. Calling 911 right away will connect you with trained call-takers who will immediately dispatch emergency responders. Visit [www.tvfr.com](http://www.tvfr.com) to learn more.

**Tips for a heart-healthy New Year**

As you and your family make your resolutions, TVF&R encourages you to make this a heart-healthy 2017.

Don’t let the stresses of shopping, traveling, cooking and cleaning during the holidays keep you from carving out time to take care of yourself — that includes a good night’s rest.

Go into the New Year with a plan to start each day with a healthy breakfast.

If you know you will be attending a festive feast with friends in the evening, plan on eating a lighter lunch and healthy snack before you go so that you don’t arrive hungry. Choose to eat less and savor each bite. If you plan to host a party, challenge yourself to offer a delicious heart-healthy menu.

In the spirit of the season of new beginnings, invite others to enjoy physical activities with you. Exercise is good for your heart and a great way to relieve stress.
GREENSPACE LOTS AVAILABLE
Secure Yours Now!
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THESE LOTS STARTING AT $379,950
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WWW.SUNSETTERRACE.NET
See Agent for Lot Availability and Pricing

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Jessica Kindrick
Realtor
971.255.8174
jessica@crandallgroup.com

ACROSS
1 The birth of Jesus
5 Below 32 degrees Fahrenheit
6 Holds seven candles
7 A type of winter man
8 Holds eight candles
10 A celebration
   commemorating the re-
   dedication of the holy
   temple.
11 The longest day of the year

DOWN
2 Man in a red suit
3 The red nosed
   reindeer
4 A four sided spinning top
6 A celebration of African
   heritage and culture.
7 Frozen precipitation
9 Frozen dew

8 9 4 1
6 7 1 9 3
2
7 1
6 4 6 1
9
2 5
7 3 1
Pumpkin Ridge Champions Grille
Open 8am—3pm Daily
Call 503-647-2509 for Reservations & Holiday Parties

-APPETIZERS-
Drummmies & Wings 12
Wings and Drummmies tossed in
Thai curry sauce, Jamaican jerk or Franks sauce

PRETZEL BITES 10 OV
Served with queso dip and mustard sauce

GHOST CHIPS 7 OV
Served with queso dip

CHAMPIONS NACHOS 13
Seasoned ground beef, queso sauce, cheese blend, black beans, olives, green onions,
Tomato, avocado, sour cream

SOUP DU JOUR
Bowl 5.5 Cup 4
STEAK AND ALE CHILI
Bowl 6.5 Cup 5

-BREAKFAST-
BANANA CHOCOLATE PEANUT BUTTER PANCAKES 10
OR
BUTTERMILK PANCAKES 7
Served with 5 sausage links

BREAKfast of Champions 11.50
Choice of Bacon, sausage or ham, two eggs any style, hashbrowns and toast

CHAMPIONS Kick'n Country Omelet 10
Sausage, onions, jalapenos, cheese blend, country gravy, hashbrowns

CLASSIC Eggs Benedict 12
Two poached eggs atop grilled ham and english muffins drizzled

HOUSE MADE hollandaise sauce, hashbrowns

SUNRISE Clubhouse Sandwich 11
Choice of bread, ham, bacon, fried egg, cheddar, lettuce, tomato, mayo, hashbrowns

Sante Fe Scramble 10.5
Green chilies, black beans, red peppers, green onions, seasoned ground beef,

CHEESE BLEND, SALSA and HASHBROWNS

-SALADS-
BUTTERMILK WEDGE Chef 12
Roma tomato, cucumber, egg, cheddar, ham, and turkey, tarragon buttermilk dressing.

CHAMPIONS Crispy Chicken Salad 11.5
Romaine lettuce, tossed in a honey mustard, topped with cheddar, tomato,

CRISPY CHICKEN SANDWICH 13
Tempura battered chicken breast, cheddar, bacon, lettuce, tomato,

SHAVED RED ONIONS, secret sauce, served on a Ciabatta roll

CLUBHOUSE 12
Choice of bread, mayo, lettuce, tomato, shaved red onions, turkey, swiss, bacon

BARG'S BBQ Pork 12.5
Root beer braised pulled pork, sweet & tangy BBQ sauce red cabbage slaw,
Served on a grilled brioche

CHAMPIONS Ultimate Grilled Cheese 10
Grilled sourdough bread with cheddar, swiss, bacon and grilled tomato

CHAMPIONS Burger 12
1/2 Ib Fulton beef patty, topped with cheddar, lettuce, tomato,
Peppercorn crusted onions, mayo served on a grilled pub bun

CAJUN Chicken Wrap 11.5
Grilled chicken breast, bacon, lettuce, tomato, olive, cheese blend,
Chipotle Ranch in a soft grilled tortilla

GF - Gluten free "V"-Vegan "OV"-Oatmeal/Vegetarian
Our Culinary experts will gladly work with you with any Dietary Restrictions. Source our Ingredients Index
*Consulting raw or undercooked foods, poultry, shellfish, or eggs may increase your risk for food borne illness