



MEET HERB ZACHOW

Let me introduce you to Herb Zachow. He went church shopping in 1986, attended Tualatin Presbyterian

Church and has been a member since. He has served as an elder (at a previous church) and was treasurer at TPC for approximately 10 years. Herb was also a member of both TPC building committees. He occasionally serves as a liturgist.

Herb was born in Kansas City, Missouri, and raised in Pennsylvania. He is a graduate of the University of Delaware (The Fighting Blue Hens), became a chemical engineer and worked for Atlantic Richfield (ARCO) retiring in 1985. ARCO is now a part of British Petroleum.

One asks what did you do at Atlantic Richfield? In his almost 36 year career, Herb had many diverse jobs including refinery operation and management, crude oil acquisition and product distribution, finance, project evaluation, and project management oversight of very large construction projects. He has been to Sweden, Italy, Germany, Saudi Arabia, Kuwait, Iran, Iraq, Syria, Algeria, Indonesia, Lebanon, Australia and Mexico for business reasons. Herb was never in any position longer than four years. Many men join the Navy to see the world, not Herb; he joined Atlantic Richfield and really saw the world.

What does Herb do in his spare time? Almost any activity on the water (canoeing, white water rafting and kayaking), hiking, gardening and attending classical music concerts. After a four-week family canoeing adventure he returned to the office with a full beard. Shortly after the office opened his boss called and asked Herb if he was clean shaven. No, Herb replied. His boss told him not to return to work until the beard was gone. Guess who shaved his beard! Ah, those were different times. His current beard is a souvenir of summiting Mt Hood.



A favorite family vacationing place is an inholding in Denali National Park. A climb up the 2000 foot plus ridge behind the lodge provides a beautiful view of the mountain, Denali, Wonder Lake, and the river draining the glacier. The hike is considered very strenuous by the locals. Herb has completed it each of the four times he has been there. On the 2014 hike he was joined by his two daughters and their husbands making it a very special time.



Herb and his lovely wife, Nancy, have been married 61 years. They have two adult daughters. Their younger daughter lived in Newberg and operated an equestrian facility, Windsong Farm, for 30 years. Herb was the builder, handyman, bookkeeper and occasionally shoveler at the farm. The business was closed and she has moved to the Seattle area. Their older daughter is a physician at the VA Hospital in Miami, FL. She practices in the spinal cord section and also operates the wound care clinic. She often is a keynote speaker at wound-care conferences.

Barbara Harriman, Parish 4

WORSHIP SERVICES

On Palm Sunday, March 29th, the youth and children will process into the Sanctuary waving palm branches as we celebrate Christ's triumphant entrance into Jerusalem. As is TPC's tradition, the service will be followed by a brunch.

Thursday evening, April 2nd, we will gather at 7:00 p.m. for a Maundy Thursday commemorative service of our Lord's last supper with His disciples. This will be followed the next day, with a Good Friday Service at 7:00 p.m., as we remember His ultimate death on the cross.

On Easter Sunday, April 5th, we will celebrate our risen Lord and Savior with great joy; music resounding throughout the Sanctuary, and great rejoicing by all. Hallelujah!!

Joan Nardi, Worship Elder

CHRISTINA'S ATTIC

It's hard to believe Easter is almost here. The Art Team has been hard at work getting ready to transform the sanctuary's desert into a butterfly garden to celebrate the resurrection of our Lord.

Looking forward:

Three new summer art installations/exhibits so

Ordinary Time won't be so ordinary.

TPC Art Camp August, 2015, for children ages 6 through 12. Sign up in May.

HS/College worship art project August, 2015

TPC All Church Art Exhibit September, 2015

Creating in the image of our Creator,
Chris Robertson

PROJECT LINUS IS COMING!

Each first Thursday of the month, beginning **Thursday, April 2nd** from 10 a.m. to 2 p.m. volunteers for **Project Linus** will meet in the Narthex to prepare new blankets for donation. (Blankets are quilted, knitted, crocheted or made from fleece by volunteers.) Join us to sew on labels, fold or tie the blankets so they are ready to be given to children in need.

Recently 323 blankets were given to 20 different groups such as hospitals, CARES NW, children's cancer organizations, special camps, and individual children. Your help and donations are appreci-

ated. For more information, contact Shirley Schultz at 503-625-9810. Or check the website www.projectlinus.org

To sew or knit with our church women, come to Loving Stitches the 2nd and 4th Wednesdays 10 a.m. to noon in the Narthex. For more information, Contact Mary Ortez

(ortez.mary@gmail.com) or 503-672-1993.

ANDREWS'S NEWS

TACO DINNER & SILENT AUCTION

Saturday, April 11 at 5 p.m.

Our youth summer mission team is set! SEVENTEEN of us will head to Walker River, Nevada to serve the Paiute Tribe through Sierra Service Project. To help pay for this journey, we're having our second annual TACO DINNER & SILENT AUCTION on SATURDAY, APRIL 11, 2015 at 5:00 p.m. here at TPC. We will serve tacos and other delicious Mexican-themed foods. There will be live entertainment and a silent auction featuring an assortment of wonderful items. Cost to attend this dinner/auction is \$5 for children (12 and under), \$15 for adults (13 and up), and no more than \$50 for each nuclear family (maximum 6 people). Tickets are on sale TODAY through April 11. We hope to see you there!

READ-A-THON This is the LAST week for our annual elementary Read-a-Thon! Final book counts will be tallied beginning next week. Thanks to all for helping us support our wonderful son and daughter through Compassion International.

WOMEN'S MINISTRY PROGRAM

April 18th - Women's Ministry Brunch

Imagine what life would be like for a girl living in a third-world country without feminine hygiene supplies. Over the course of a year a girl could miss the equivalent of three months of school, or work (income) having to stay home because she lacked supplies. On Saturday, April 18th at the Women's Ministry Brunch Nancy Church will speak about the *Days for Girls International* program and how TPC women can make a difference by providing sustainable feminine hygiene products to girls in impoverished countries.

Brunch starts at 10:30 a.m. at the church. Sign up on the sheet in the narthex to let us know you're coming. Please indicate whether you wish to bring a brunch item, participate in setup, or help with cleanup. Our gathering ends about noon.

FELLOWSHIP NEWS

Do you have a favorite poem or short story? Either a piece by a favorite author or an original work you might like to share? Fellowship is hosting a SPOKEN WORD evening beginning at 7 pm on **Saturday, April 25**. More info to follow.

MISSION COMMITTEE

One Great Hour of Sharing

How fortunate we are to be living in the beautiful Northwest. God's bounty is abundant and breathtaking...the coastline rubbing shoulders with the Pacific, the rivers carrying fresh water throughout the area, and the Cascades rising to force the sun to climb a bit higher in the sky to provide needed light and warmth to the crops in our fertile valleys.

That's not to say that we haven't seen the wrath that Mother Nature can bring to our towns, farms, forests, roads and bridges. The "100-year" flooding at Christmas, 1964, and the eruption of Mt. St Helens in 1980 are two of our recent experiences.

On Easter Sunday we have the opportunity to thank God for our place on this earth, and to help others throughout the country and the world in need of relief from natural disasters. Please join your friends at TPC this Easter with a donation to the One Great Hour of Sharing.

Bob Eddy, Mission Committee Member

Adult Mission Trip(s):

- The first two adult mission trips are on the calendar. The first is a one-day trip to Forest Grove to help construct a home for Habitat for Humanity. The trip is set for the Saturday after Easter, April 11th. Sign-up sheets are in the Narthex; please consider taking part, if you are able. All skill sets are needed.
- We will return to Bend for our second trip this year (and third year in a row). This trip is scheduled for the first week of July, working Monday, Tuesday and Wednesday, July 6th, 7th and 8th. Questions for either trip can be directed to any member of the Mission Committee.

Best Foot Forward: This is a project of the Julia West House and First Presbyterian Church of Portland. It is aimed at providing business apparel to men and women returning to the work force. Dick and Jeni Wiggers recently took some of John Mears' clothing to Best Foot Forward. There is an ongoing need for support and clothing. All business appropriate clothing is gladly accepted. This can include nice polo shirts and Dockers as well as dress shirts and slacks. If you have clothes you are willing to donate, please bring them to the church. The Pelletiers will make sure they are delivered to this worthy cause. Questions can be directed to either Ted or Adele.

Compassion International: We have a successful start with the support of Sarah and Estalin. The committee is posing the question: is this all we are going to do for this type of a program? Our sense is there is strong support within the congregation to develop a stable funding base for this effort and, where appropriate, to grow the program beyond the two youth who are currently supported. We are meeting with groups within the church to discuss and plan how this might work. Watch this space in future newsletters for plans and announcements.

Chip Kyle, Mission Committee Elder

NATHAN KIM

Nathan Kim, Dr. Ron Fabbro's piano student, will play Piano Concerto No. 1 in D-flat major, opus 10 by Prokofiev with the Vancouver Symphony on **Saturday, April 18 at 3 p.m. and Sunday, April 19 at 7 p.m.** Tickets are \$50 for reserved seating, \$35 for general admission, \$30 for seniors and \$10 for students. To buy tickets, or for more information, go to the website:

www.vancouversymphony.org.

NEW SPRING STUDY GROUP OPPORTUNITY

April 19th is the start date for another 7-week book study group. The group will study the "I Am" saying of Jesus. *"The God We Can Know: Exploring the I Am Sayings of Jesus"* is authored by Rob Fuquay, senior pastor at St. Luke's United Methodist Church in Indianapolis. The book provides insight and discovery to Jesus question, "Who do you say I Am?" Short video clips of Holy Land places where Jesus made His "I Am" sayings add meaningful images to the book study.

The group will meet Sunday evenings from 7-8:30 p.m. hosted in Sherwood at the home of Dan and Carolyn Barker. Plan to enjoy refreshments and good conversation by signing up in the narthex on the bulletin board by the kitchen. The book is available through Amazon or The Upper Room Bookstore in digital or paperback.

Weekly Discussion Topics:

Introduction - Knowing the Great "I Am"

I Am the Bread of Life - Knowing God's Satisfaction

I Am the Light of the World - Knowing God's Guidance

I Am the Good Shepherd - Knowing God's Care

I Am the True Vine - Knowing God's Power

I Am the Way, Truth & Life - Knowing God's Way

I Am the Resurrection and the Life - Knowing God's Possibilities

Carolyn Barker

FELLOWSHIP DINNER GROUPS

Fellowship Dinners are groups of 7 to 9 people who meet once a month for four months for a meal and fellowship. The groups usually meet in homes, but they have also met in restaurants, parks and at TPC. The hosts provide the main course and others bring side dishes, dessert, etc. Sometimes games or activities are included. Each group decides the dates and times that work best for all. While most groups meet in the evening for dinner, a brunch/late morning meal has sometimes worked best.

Typically new groups are randomly formed every four months by a computer program designed for that purpose, thus giving everyone the opportunity to get to know more people in the church. **This year, however, the summer session will meet five months, May through September.** We're doing this so that the fall and winter sign-ups occur at more convenient times.

If you haven't participated before, now is an excellent time to begin. New church members find this a great way to become acquainted and long-time members find it helps them meet people they may not have met previously.

Now is the time to sign up for the new round of fellowship dinners that start in May. Current participants in the winter phase are already signed up, and do not need to do anything to continue. (Once a year, in September, we ask everyone to sign up again. However, if you are a current participant

and wish to opt out of the summer phase, let us know by April 19th.) You may sign up or opt out on the sheet on the bulletin board in the narthex or by emailing Rick Crall, Crall @ spiritone . com **by April 19th.** You will receive an email with your group listed about April 23, and the groups will be posted on the Narthex tower on Sunday, April 26.

MARCH SESSION MTG HIGHLIGHTS

Rick Crall, Clerk of Session

Action Items

The Rev. Dr. Dick Wiggers is taking a position as TPC Parish Associate to assist in Pastoral Visits beginning in August, 2015.

Disbursement procedures and fund descriptions were approved.

Summer Youth Mission trip to Walker River Paiute Reservation, NV June 27th to July 5th was approved.

The lease agreement with Tualatin Valley Preschool was renewed for another five years.

Other items of interest

An updated Emergency Procedures document was reviewed

A Fund-raising Policy was reviewed.

March Congregational Meeting Highlights

Ruling elders elected for the class of 2018 were Maureen Wolf (Administration and Finance), Dr. Craig Bowen (Strategic & Long Range Planning), Dr. Cathy Lambeth (Mission). Deacons elected for the class of 2018 were Bob Eddy, Dianne Lemmon, Deborah Lewis and Bonnie Nord.



SPONSORED KIDS: mail from SARAH!

This week we received a letter from Sarah, the Ugandan girl we sponsor through Compassion International. Before Christmas we sent a special gift of \$30 to be used as a Christmas gift for her family. Here is her response:

"Dear Tualatin Presbyterian Church,
It's good for me to say praise God to you.
I am happy because I am going for a youth conference. I hope I will enjoy it.

Thank you for the family gift of 80.500 (in her currency) which I used to buy shoes at 20.000, 2 turkeys at 50.000, and I shared with my family food for Christmas of 10.500. Thank you for showing me love and caring for me.

God bless you.
Sarah Tino"

TREASURES: God saves us, so TRUST GOD!

At our March Treasure Night we continued to learn about trusting God. Mike "Moses" Shiffer shared more stories about how Moses encouraged his people to trust God during their difficult times such as during the passover.

Present: Andrew Perkins, volunteering for the first time, plus 13 Treasures and 15 other volunteers.

Absent: Lauren, the Awdry's popular service dog. The Treasures made it clear that Julian should bring Lauren next month!

For more information about how to get involved with our Treasure Night program (serving developmentally disabled adults), please contact Carolyn Locke clockezoo@gmail.com

Left to right...
Treasure Charlett
Hernandez
and Jackie
Norman



Left to right...
Treasure Cheri
Wittmayer
and Julian
Awdry

WELCOME

New Members

The following new members were blessed during worship in March. Welcome all!

Ken, Julie, Lyric and Taryn Ball
Naomi Batte
Matt, Valerie and Katie Kress
Scott and Katherine MacCluer

ARE YOU INTERESTED IN JOINING TPC?

If yes, let us know! Mark the "Wish to Join This Church" box on the Attendance Registration form that passes down the rows on Sunday morning. Or send an email to office@tpcspirit.org. Or speak with our Membership Coordinator, Jeni Wiggers. However you choose to let us know of your interest, we will get back to you!!!

EXERCISE: IT'S NEVER TOO LATE

You've undoubtedly heard it many times: Exercise improves the health and well-being of people of all ages. Yet there have been very few large, long clinical trials on exercise in older people. Sure, many observational studies have linked exercise with better health in people over 65, though that doesn't prove causation. It may simply be that healthy older folks are more likely to exercise. Moreover, countless small, short intervention studies have shown that exercise can improve specific parameters of healthy aging—such as muscle strength, aerobic capacity, or blood pressure levels—in people in their seventies or eighties. But these don't present the big picture. That's why researchers have been excited about the impressive clinical trial on the benefits of exercise for sedentary older people that was recently published in the *Journal of the American Medical Association*.

The multicenter study involved 1,635 people ages 70 to 89 who were largely sedentary and borderline-frail. That is, at the start they scored low on a standard assessment of physical functioning but were still able to walk a quarter mile in 15 minutes. Half were assigned an exercise program involving supervised group walking on a track (about 150 minutes a week), plus strength, flexibility, and balance training done at home (30 minutes a week). The other half, the control

group, simply attended weekly (then monthly) health education classes, where they did brief upper-body stretches.

Over 2.6 years, on average, the exercisers were 18 percent less likely to experience “major mobility disability”—defined as no longer being able to do that quarter-mile walk—than the control group. And they were 28 percent less likely to experience persistent disability. Those improvements, while not that large, are “clinically relevant,” according to the authors. There were no statistically significant differences in rates of heart attacks, strokes, or other serious adverse events, however.

One strength of the study was that it focused on that large swathe of vulnerable older people on the verge of frailty—with diminished physical abilities, but still able to get around. Another plus is that the exercise was mostly walking and simple home-based workouts. Most of it was done in groups, so the social interaction may also have contributed to the benefits.

From Berkeley Wellness.com

Submitted by Dianne Lemmon, Parish Nurse



APRIL

02—Toni MacHaffie
 02—Jeff Taylor
 02—Heather Cameron
 03—Barbara Allen
 03—Dan Barker
 04—Lynn Scroggin
 04—John Hayhurst
 04—David MacKay
 07—Lyric Ball
 07—Carol Rhodes
 07—Brynne Evers-Hood

08—Ted Lambeth
 08—Jeff Weener
 08—David Whitaker
 12—John Casebeer
 13—Melissa Evers-Hood
 15—Sue Lowry
 16—Katherine MacCluer
 17—Nancy Wilcox
 17—Logan Winslow
 18—Erika Myers
 19—Nancy Church
 19—Robert Beatey
 19—Monica Whitaker

19—Jake Wolf
 21—Sue Ann Peters
 22—Andrew Hall
 22—Connor Carlin
 23—Stu Larsen
 23—Cameron Sweetland
 23—Madgalene James
 24—Ellen VanSchoiack
 24—Rob Wiesenthal
 27—Senthi Senthirajah
 29—Jordan Gage
 30—Stephanie Hoppe

AMAZON SMILE FOUNDATION

Do you purchase items from Amazon? If yes, if you use this link:

<http://smile.amazon.com/ch/93-0967181>

when you make purchases, TPC will receive 1/2% of the price of eligible AmazonSmile purchases. TPC received \$20.71 from the AmazonSmile Foundation as a result of purchases made on AmazonSmile between October 1 and December 31, 2014.

If you have any questions, please sign in to <http://org.amazon.com> and click on the Help tab to see the FAQ topics.



TUALATIN SCHOOL HOUSE PANTRY

The Pantry is still asking for the following items: canned peas, canned tomatoes (sliced/diced/stewed), boxed mac and cheese, canned chili, canned kid pasta, toothpaste, shampoo and bar soap. They can always use paper grocery bags.

2015 FINANCIALS	Actuals	Budget	Dollar Difference
Operating Income Year to Date 2/28/15	\$69,579	\$75,822	(\$6,243)
Operating Expenses Year to Date 2/28/15	\$65,091	\$67,840	\$2,749

TUALATIN PRESBYTERIAN CHURCH CALENDAR

For the latest calendar updates, go to www.tpcspirit.org and click on calendar.

APRIL 2015

Sun	Mon	Tues	Wed	Thu	Fri	Sat
29 8:45 am Adult EDGE 10 am Palm Sunday worship Potluck Brunch and Easter Egg Hunt 5 pm The Awakening	30	31	1 No choir rehearsal	2 7 pm Maundy Thursday worship service Bell Choir rehearsal after worship service	3 7 pm Good Friday worship service Chancel Choir rehearsal after worship service	4
Holy Week						
5 EASTER No Adult EDGE 10:00 Worship Sunday School One Great Hour of Sharing Offering	6	7	8 10 am to noon Loving Stitches 7 pm Choir rehearsal	9 6:45 pm Bell Choir rehearsal 7 pm Building and Grounds committee meeting	10	11 Adult Mission Trip 5 pm Taco Dinner and Silent Auction (Mission trip fundraiser)
12 8:45 am Adult EDGE 10:00 Worship Sunday School 5 pm The Awakening	13 7 pm Deacon meeting 7 pm Finance committee meeting	14 7 pm Mission meeting 7 pm Fellowship meeting	15 7 pm Choir rehearsal	16 6:45 pm Bell Choir rehearsal 7 pm Session Meet	17	18 7:30 am Men's Breakfast 10:30 am Women's Ministry
19 8:45 am Adult EDGE 10:00 Worship Sunday School 5 pm The Awakening	20	21 9 am May newsletter deadline 7 pm Tuesdays Treasures	22 10 am to noon Loving Stitches 7 pm Choir rehearsal	23 6:45 pm Bell Choir rehearsal	24	25 7-9 pm Spoken Word Event
26 8:45 am Adult EDGE 10:00 Worship Sunday School 5 pm The Awakening	27	28	29 7 pm Choir rehearsal	30 6:45 pm Bell Choir rehearsal		



Please continue to turn in your miles for Walk to Jerusalem. Deposit your weekly total in the box outside the office. Thanks.

PASTOR KEN'S SERMONS ON LINE

Each Sunday, John Martin tapes Ken's sermons. If you miss a Sunday, you can catch up on the sermon by going to the church website, tpcspirit.org. Hover over Worship, then click on Sermons from the pull-down menu. Select the date, then start the video by clicking on the arrow on the left side of the screen.



9230 SW Siletz Drive
Tualatin, OR 97062



TUALATIN PRESBYTERIAN CHURCH

9230 SW Siletz Drive, Tualatin, OR 97062

The Rev. Dr. Ken Evers-Hood, Pastor

Phone: 503-692-4160 **Web Address:** www.tpcspirit.org We're also on Facebook.

Worship Service – Sundays at 10:00 a.m.

Parish Associate: The Rev. Charlie Brown

Elders: Dave Backen, John Casebeer, Chip Kyle, Joan Nardi, Judy Nix, Bob Paetsch, Emily Ricker, Kathy Sweetland and Katrina Weener.

Deacons: Julian Awdry, Becky Backen, Dan Barker, Karen Black, Susan Cameron, Russ Carlin, Rebecca Crall, Susan Fee, Barbara Harriman, Barb Kerr, Mary Maleta, Jackie Norman.

Office Manager: Susan Springer

Financial Assistant: Rhoda Friesen

Director of Music Ministries: Dr. David Kelly

Accompanist: Dr. Ron Fabbro

Bell Choir Director: Debbie Ivanov

Director of Youth & Fam. Min.: Andrew Hall

Art Director: Dr. Christina Robertson

Bereavement Committee Chair: Barbara Crall

Blood Drive Coordinator: Scott Cameron

Clerk of Session: Rick Crall

Cookie Coordinator: Myrna Friese

Newsletter Editor: Susan Springer

Parish Nurse: Dianne Lemmon

Prayer Chain: Greg Imus

Treasurer: Jennifer Ayers

Tuesdays Treasures: Carolyn Locke

Webmaster: John Martin

Wedding Coordinator: Stacy Mauer

Office hours may vary; call ahead to confirm.

Monday – Thursday: 9:00 a.m.– 3:00 p.m., Friday – 9:00 a.m. to noon