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# WATTS NEWS

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Happy Mother's Day!

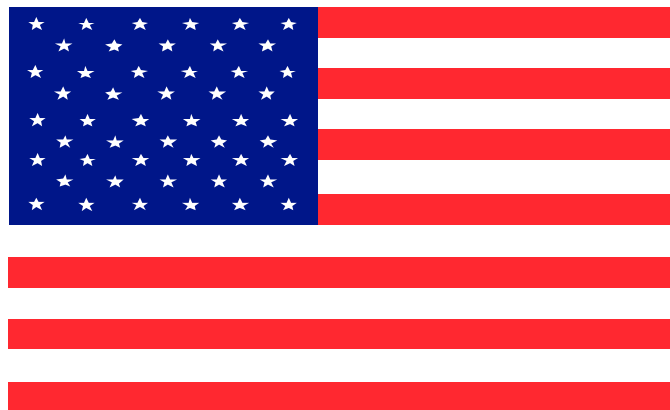
*Don't forget  
Mother's Day  
Sunday, May 14<sup>th</sup>!*



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# Memorial Day

May 29, 2006



# ASSOCIATES SPORTS NEWS

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## **Paul McClain – BPA Associates Member, MS 150 Cycle Team Member, and Sufferer of MS**

I've worked at BPA for fifteen years now. Being a regulatory economics type, I never really looked at the medical issues of neurological diseases. Then several years ago, I had to watch my Mother die of Lou Gehrigs Disease. Now fast forward 13 years, and the effects of a sedentary life was setting in and I was given strong advice from my doctor and coffee buddy, Fev Pratt, to get active. Then one day in early 2004, I got a wake up call. I started to feel numbness in my toes and then eventually throughout my right leg.

I thought I had tweaked a nerve doing Pilates or biking. Things got worse and I started crashing my bike and falling down while walking. I felt like there was a hole that someone had forgot to fill in or something. Going down stairs became events of daring the fates. I was also losing my ability to drive. Try driving when you cannot feel the gas or brake pedal and you don't have control over where the foot is heading. I tried driving with the left foot, but that was not very effective. In addition to the balance problems and numbness, fatigue levels were increasing. A walk across a room was enough to make me want to sit down and rest. So after I got to the point of not being able to ride, drive or walk very well, I decided to seek the advice of a doctor. MRI tests showed I had MS. This is not something you want to hear, but then at least it explains the symptoms. Of course, there were lots of fun steroids treatments and the latest in MS therapies.

During one of my many visits to the doctor's office, I saw an article on the MS 150 Cycle ride. It described how it was a national two-day bicycle event that raises money for MS research and assistance for people with MS. I talked with my doctor about doing this ride in 2005 and he said "Go For It!". His message to me was that I should never let MS stop me from being as active as possible. So I joined an MS 150 Cycle Team and was told to raise lots of money. I reached out to many of my co-workers and friends here at BPA and realized that no matter what the stresses or issues that were pressing at the workplace, they generously gave to this cause. I also heard stories from some about friends and relatives that also suffer from MS. Many were sad and often telling me that there were very courageous people fighting this disease. At the time I was not telling people of my MS and felt that I was doing just fine. Denial is a sometimes a comforting place to be when you are facing something like MS. It has a way of sneaking up on you and saying, "Remember Me?" At times I experience a bit more numbness and fatigue that I work hard to manage, and for the most part am successful. My riding may be not as powerful as last year, but I keep hearing the recommendation of my doctor telling me to "Go For it" and am gearing up for another push to ride the Oregon MS 150. He reminds me that I have cranked 8,800 miles since being diagnosed and I should not back down. The push is on for the many miles of training and the all important fundraising. My first attempt was a success with the Federal Employees Associates Group making a generous donation to the National MS Society. My team will proudly have the Associates logo placed on our jersey along with all the other sponsors. To all those who donated last year, well your donations were important to this fight and are being used to fund research for finding cures. And yes I will be asking you again to be generous. What I found out this year is that children and young teens are being hit with MS. The result is that children with dreams are facing a disease that is robbing them of their mobility, vision, balance and ability to enjoy life in the fullness they deserve. So this year I am riding to say lets draw a line in the sand on this disease.

# ASSOCIATES SPORTS NEWS con't



## BPA Associates Men's Basketball Team

Pictured from Left to Right, Gerald "Buzz" Cobell, Shawn Barndt, Doug Alexander, Dean Harmon, John Skidmore, Geoff Harmon. Not pictured: John Hairston, Andre McGuire

2006 Record: 9-6 **WAY TO GO!**



## BPA 2006 Vancouver Half Marathon Running Team, January 2006

Pictured from left to right: Khai Tran, Berhanu Tesema, Henry Tieu, Kyle Kohne and Viet Duong



## BPA Associates Men's Softball Team:

Pictured from Left to Right, *Back Row:* Josh Jenkins, Steve Wilkie, Scott Bettin, Paul Ratkovic, Ken Kane, Eric Fickes, Charles Morton *Front Row:* Don Davey, Erich Orth, Joe Bebee, Jose Rojas

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# 8<sup>th</sup> Annual Thailand Trip

October 31 – November 19, 2006

The package includes:

- Round trip airfare from PDX and all transfers and fees except the Thailand departure tax of 500 Baht (approx \$12.50 U.S.).
- All transportation and tours on a large air-conditioned tour bus with English speaking guide - many stops for shopping included.
- Air-Conditioned Hotels with swimming pools and an American breakfast included every morning.
- Two full days of tours in Bangkok - a visit to the famous weekend market and a visit to Chinatown.
- Three nights at the beautiful River Kwai Resort Village. Excellent upgraded rooms in the river wing. A ride on the Death Railway over the Bridge on the River Kwai, a visit to the war museum, and a ride on a long tail boat.
- Airfare from Bangkok to Chang Mai to visit the hill tribe people and shop the famous night market for many hill tribe crafts.
- Elephant ride through the jungle.
- Rafting trip on the Ping River.
- Thai dance show plus dinner.
- Visit to the factory stores.
- Airfare from Chang Mai to Krabi to tour many islands and have time to swim and snorkel.
- Airfare from Krabi back to Bangkok for that last bit of shopping.
- Return home.
- You may extend your stay if you wish.

Health, Life, and Liability Insurance will be provided while on tour.  
There is a discount for 2 or more couples booking at the same time.

If you are interested or have questions, contact:

**Richard Beaver at (360) 713-2657**  
**Or visit us at [www.asianvacations.net](http://www.asianvacations.net)**

## ASSOCIATES FOUNDATION MAKES GENEROUS DONATIONS!

The following donations were made from nominations received from Associates' Members:

The Children's Club	\$1,300
Clackamas County CASA	\$ 500
Educate Ya	\$ 500
Maybelle Clark McDonald Center	\$1,300
Operation Nightwatch	\$1,300
<b>TOTAL AMOUNT AWARDED:</b>	<b>\$4,900 WOW!</b>

*The Associates Foundation Board would like to thank the Associates members that submitted nominations. Special thanks to all employees for your continued support of fundraising activities during the year that make it possible for the Associates Foundations to make donations to local charities such as these. If you have any questions, please contact Cherie Long, Associates Foundation President, at 503-230-3147 or [cslong@bpa.gov](mailto:cslong@bpa.gov).*

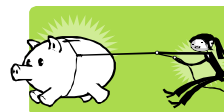
### Pacific NW Federal Credit Union is proud to offer lectures on . . . "Women and Investing"

May 17, 2006 Van Mall; II Park Place  
TPP; 1st floor conference room  
11:30 am - 12:30pm

May 18, 2006 BPA HQ; Room 110  
11:30am - 12:30pm

May 24, 2006 Ross Complex/TTC  
Room 302  
11:45am - 12:30pm

Contact: Melissa Waters at [MelissaW@pnwfcu.org](mailto:MelissaW@pnwfcu.org)



**SAVE UP TO 10% AND GET TICKETS BEFORE THEY  
GO ON SALE TO THE PUBLIC!**



Limited time offer for **WICKED...WICKED** Producers reserve the right to  
discontinue this special offer at any time!

**SEPTEMBER 7<sup>TH</sup> @ 2 pm and 15<sup>TH</sup> @ 7:30, 2006**

Long before Dorothy drops in, two other girls meet in the Land of Oz. **WICKED** tells the story of their remarkable odyssey, how these two unlikely friends grow to become the Wicked Witch of the West and Glinda the Good Witch.



**JUNE 23<sup>RD</sup> AND 25<sup>TH</sup>, 2006**

Broadway's Tony Award<sup>®</sup>-winning musical comedy phenomenon takes you back to 1962 Baltimore, as 16-year-old Tracy Turnblad sets out to dance her way onto TV's most popular show. It's the winner of eight 2003 Tony Awards<sup>®</sup>, including Best Musical.

To order, log on to <http://www.broadwayacrossamerica.com/groupsales>

**PASSWORD: bpabroadway** -Or- call (503) 295-3509

Associates Group Event Chair: Cherie Long, 503-230-3147



## *Federal Employees Golf Association*

Member of the Oregon Golf Association

Club #23-097

[www.golffusion.com/federalempleeegsa](http://www.golffusion.com/federalempleeegsa)

The Federal Employees Golf Association (FEGA) is an Associate Club (Club without real estate). Our membership consists of Federal employees, retirees and contractors of Federal agencies located in the Portland, OR and Vancouver, WA area. FEGA was created to develop and maintain the support of the game of golf and to foster and encourage good fellowship and the spirit of sportsmanship. FEGA is sponsored by The Associates. Any person that is eligible to be a member of The Associates, and their family members, are eligible to join FEGA.

FEGA members play golf courses in Portland, Vancouver and surrounding areas. Our season extends from mid-February through late September. Most of our "tournaments" cover a 4-week period, allowing members ample of time to play their round and post their score. We also have several Block-time tournament events where members play the same course on the same day. These are particularly fun events because we play different formats (Scramble, Chapman, etc.) in 2 and 4 person team competition with special awards for superior play. Our season-finale Sweepstakes tournament is one of these Block-time events. FEGA is a member of the Oregon Golf Association, through which we establish official USGA handicaps.

Currently FEGA has about 175 members. If you are eligible to join FEGA and want to join the fun, please contact Curt Wilkins (360-418-2295) to "get the ball rolling."

Our season-opening event was a 2 person Chapman/Scramble at Green Mountain Golf Course in Vancouver on February 11. The Craig Daeda/Dave Babbitt team shot a net 64 to win the A Flight and the Mike Conners/Dave Penk team shot a net 67 to win the B Flight.

We have also completed 2 of our "4-week" tournaments:

1. Three Rivers (Kelso, WA), low gross scores were:  
Flight A – Terry Esvelt, 71; Flight B – Tom Blankenship, 84; Flight C – Mike Buckingham, 89; Flight D – Randy Gorman, 95. KP (closest to the pin) award: Bob Hoffman, Derrick Creecy, Rick Hall, Mike Newcomer, Terry Esvelt and Chuck Williams.
2. Heron Lakes – Great Blue, low gross scores were:  
Flight A – Rick Hall, 80; Flight B – Bill Young, 89; Flight C – Milt Fyre, 91; Flight D – Dave Penk, Dale Prill (tie), 105. KP award: Kent Fredrickson.

Upcoming events in addition to the ongoing "4-week" events: Block-time tournament at The Reserve, South Course on Thursday, May 4, and Block-time tournament at Broadmoor Golf Course on Friday, June 23.

More results are available at the FEGA website: [www.golffusion.com/federalempleeegsa](http://www.golffusion.com/federalempleeegsa)

**REAL ESTATE**

**Hobsonville Hideaway** - Secluded. 3 bdrm home on Tillamook Bay shoreline access, fantastic views, birds, tidal changes. Sleeps 10, NO SMOKING OR PETS \$95 per night. *Call Chris 503-644-4816.*

**Quality Ocean View Rental**

Brand new beach home in Arch Cape (4 mi. S of Cannon Beach). Sleeps 6, 3 bdrm, 3 bth, LR w/ wood stove, game room w/air hockey and Nintendo 64. NO PETS, NO SMOKING. \$120 per night winter, \$135 per night spring/fall, \$150 per night summer - 2 night minimum. *Call Bob & Diane, 503-203-1790.*

**Sunriver Get-A-Way** - Spring and Summer Sun! 3 bdrm, 2 bath, w/Hot tub offers an atmosphere of relaxation and comfort. The home sleeps 8. NO PETS, NO SMOKING, email:www.sunriver-direct.com/ reding or *360-944-0804.*

**HOME FURNISHINGS**

**Baby Grand Piano** - \$2,200 OBO; **Oak L-Shaped Desk**, \$170, 32"x63"x77" *call 503-452-0230.*

**Wicker Dressers** - 2 natural colored wicker dressers: one w/6 drawers, one w/3 drawers. Decorative iron fram with balls on the ends (n osharp edges), built in handles. \$15 each. **Gold Antique Lamp** - works great, glass ball base has raised filigree pattern \$45 - *call 503-245-1797*

**AUTOMOTIVE**

Studded Snow Tires and Rims - almost never used 175/70 R13 82Q M+S, \$120, *call 503452-0230*



**MISCELLANEOUS**

**Moving Waterfall Picture** - MINT Condition! A stream meanders under the old bridge into a waterfall past leafy green trees. Gold intricate frame. Plug in; w/on/off switch on chord, \$45 OBO. **Miller Indoor Eggshell Paint** Brand new, never opened, excellent quality! Sienna Sand beige color, popular current neutral Miller color. Can covers apr. 400 sq. ft. Paid \$23; sell for \$15. **Glass Chess Set** New in original Styrofoam packing box! Etched glass squares w/moveable glass pieces. **26 Spools of Striped Ribbon** Excellent thicker quality ribbon, may be grosgrain. 2 & 3-inch widths, includes hanging rod. Approx. 100+ yards \$15 OBO. **Antique Matchbox Collection** 49 Matchbooks, plus 36 newer matchbooks from OR/WA/Hawaii/Orleans/Maine. Keep them as-is or decoupage/collage them for cool art. \$12 OBO **Sand Dollars:** 35 unbroken sand dollars, full size, plus another 12 with chips, all for \$8 **Antique Lithographs, Set** Two ladies at the height of fashion. By Jules David. "Le Echo on Monitienr De La Mode", litho numbered #569. And "Le Moneteurde De La Mode", litho numbered #385. Make offer. All items have email pics avail. *Call 503-245-1791 regarding any of the above items.*

**SPORTING GOODS**

**Hot Springs Hot Tub** - \$1,500 and **Pool Table**, 4' x 7', \$375, *call 503-452-0230*

**Women's Size 8 Ice Skates** - like new! white with new laces, \$20. Can e-mail a picture. *Call 503-245-1791*

**THANK YOU**

Thank you to the Associates for sponsoring our sports team!

- Men's Basketball Team**
- MS 150 Cycle Team**
- FEGA Golf**
- Women's Softball Team**
- Men's Softball Team**
- Ross Bowling League**

## ASSOCIATES OFFICERS

President, Brad Ellis                      Vice President, Alicia Mendenhall  
Internet:Brad\_Ellis@r1.fws.gov    Internet: aamendenhall@bpa.gov

Secretary, Geri Kozicki                      Treasurer, Steve Cramer  
Internet: gakoziicki@bpa.gov    Internet: smcramer@bpa.gov

Associates Membership: Debby Brown  
Internet:dbbrown@bpa.gov

Retirees' membership: Barb Shafer  
Internet:bjshafer@bpa.gov

Editor: Kirsten Kler                      Ads: Connie Whitlow  
Internet: kmkler@bpa.gov    Internet:crwhitlow@bpa.gov

**All news information should be sent to  
WATTS NEWS EDITOR  
P.O. Box 3621 (B155), Portland, OR 97208**

## Submit Classified Ads ONLY TO:

**Connie Whitlow - PGM-5,  
503-230-4240**

AD Requests should include:  
Contact information: Full  
Name; routing and extension.  
State Ad Category; Run Ad  
timeframe (30 days, 1 week,  
etc); Actual ads should contain  
home phone number only, no  
work numbers or office routings  
in advertisement please.

Classified Ads are **free**. Ads  
are limited to 200 characters/  
spaces (not counting name/  
phone number). **Classified  
AD DEADLINE: 22ND  
OF EACH MONTH**

**WATTS NEWS**  
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