

Volume 08 Issue 1 January 2008



HOTLINE: 541-548-0440

Nicole's Story

Even as a small child, I remember feeling a lot of fear. So, it isn't any surprise that as a teenager, I wanted to "get drunk". My parents divorced when I was eleven; I rarely saw my Dad and my Mother wasn't emotionally available. So, it felt like I grew up alone—I have two older brothers, who were also "unavailable". While I don't remember alcohol as a family issue, I wasn't surprised when I found out that my Dad was a closet alcoholic.

I started drinking at parties when I was in my teens. While I hated the taste of alcohol, I loved the feeling, and drank to get drunk. I recall my Mother giving me a valium when I was probably 10, for a dance recital – telling me that I might be "nervous".....then, a few years later, she gave me a diet pill, which I loved! I loved the way I was able to focus and get a lot of "stuff done".

I worked full time and went to college. I didn't drink much during that time because I just didn't have time for it. Once I graduated, it didn't take long for me to start drinking. I eventually started selling pharmaceuticals. The physicians I called on would give me boxes of "water pills", which was basically speed. It was a daily way of life for me – speed during the day and drinking at night. After three years I was promoted to a training manager position in the home office. Yipes – I decided to dump my stash before I moved and never use diet pills again.

Booze flowed at our meetings and it was expected that everyone participate. I never drank before "5" but drank every night.

My career in pharmaceuticals was filled with promotions and, unfortunately, lots of drinking. Booze flowed at our meetings and it was expected that everyone participate. I never drank before "5" but drank every night. I learned to live with a hangover, although I hated it, and continued to vow to do something about it. My company did drug testing. I remember that I would usually have a hangover going in for the drug testing, but not be concerned because I "didn't do drugs"!

In my heart of hearts I knew that I was an alcoholic. I had tried attending a few AA meetings, but they were full of smoke and old men. It meant that if I couldn't control my drinking, I might end up with them, so I'd better do a better job of controlling my drinking!

I had two failed marriages (the second one was to an alcoholic) and felt that my career was where I seemed to succeed in life. It felt true for years, however, the fast track I was on started falling apart due to my drinking, my unresolved childhood issues, and finally, the addition of prescribed "over medication" I was given and took.

Continued on Page 2

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Central Oregon Intergroup Office

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Nicole's Story, cont'd.

I was terminated for a reason that was bogus, but the point was, they wanted to clean house, and I was the first to go. I sued and later received a small portion of my lost income. But, that was my first bottom – my whole identity was tied up in my position, now what did I have left? I still didn't even begin to consider that I should stop drinking.

There were more bottoms to follow. I eventually decided that I had a few chances left to change my path in life. And, that if I didn't pick myself up and make that change, I was going to be in a condition worse than I'd ever imagined. I went to an AA meeting, knowing that this was where I belonged. I stayed for three weeks, and then went out again because of certain personalities. I focused on the wrong thing, and this delayed my sobriety. A year later, I returned and have stayed. I knew that I couldn't stop drinking on my own. I knew that AA was the answer along with a belief in my higher power to take away the compulsion to drink.



Today, life is exciting. I'm in the middle of another transition and know that between AA and God, I've got what I need to live life more fully and not be afraid of the unknown.

I didn't think sobriety was so wonderful the first few years. Without alcohol to numb my senses, I had to look at all the destruction I had caused, primarily to myself. I felt so much shame, and it took me a long time to learn to start forgiving myself. I kept going to meetings, working with my sponsor and working the steps. I surrendered to my higher power (which continues to deepen over time), remembering to do the footwork I need in order for God to work in my life. Today, I am beginning to see life in a new light. I can see how life can be lived more fully, if I am solid in my program and my spirituality. I know I'm in a good place when life deals a blow and I don't go into deep depression. I have the tools today. I call my sponsor and other alcoholics, I pray, meditate, and ask God to give me the direction I need to move ahead. Moving "into action" and asking for direction, gives me the hope I need.

Today, life is exciting. I'm in the middle of another transition and know that between AA and God, I've got what I need to live life more fully and not be afraid of the unknown. The promises are coming true for me, but they're happening in God's time and not according to my agenda!

Submitted by Nicole C

What is Central Oregon Intergroup?

Ever wonder what the "Central Oregon Intergroup" or the "Central Office" is? Read below, you may find the answer to your questions.

What does IGR stand for anyway? And what is the "Central Office"?

The Central Oregon Intergroup maintains a central office which functions as a resource center for the AA groups of Central Oregon. Through the listing in the telephone directory, the central office is often where the alcoholic first calls or shows up for AA help. After-hours calls are forwarded to Hotline volunteers, who can direct callers to meetings or arrange for Twelfth-Step calls.

Our Intergroup office also stocks AA literature and other items (coins, cards, bumper stickers, etc.) for sale to groups and individuals. Quarterly meeting schedules are distributed through Intergroup. The Intergroup office is supported through voluntary contributions from its member groups.

Through its various committees, Intergroup coordinates Hotline calls, updates and prints meeting schedules, publishes a monthly newsletter, sponsors potluck speaker meetings, alcathons, campouts, picnics, maintains a website for AArelated information and events, coordinates with other AA service committees and Alanon.

Involvement with the Central Oregon Intergroup provides several opportunities for service work: volunteers to assist staffing the central office, Hotline volunteers, participation on Intergroup committees, serving as Intergroup Representatives for home groups.

The Intergroup Representatives usually meet the fourth Sunday of every month to coordinate with other group reps and bring from or take back to their groups any issues or information of local concern. They also serve on, provide direction and help set policies for the various Intergroup committees.

Submitted by Mikey, Central Office Manager



Conscious Contact	t_Subscription / Add	ress Change Form (Please Print)	
Address:			
City, State, Zip:			
Check () Renewal	() New Subscription	() Address Change	

Subscription Rates: One Year \$10.00 Two Years: \$18.00 Make Checks Payable to: Central Oregon Intergroup and mail to:

Newsletter 754 S.W. 11th Street, Redmond, OR 97756 Check () Renewal () New Subscription () Address Change

STEP ONE

We admitted we were powerless over alcohol - that our lives had become unmanageable

A Personal Journey with Step One

By Kathi C

January - first month of the Gregorian calendar. It was named after Janus, the Roman god of all beginnings.

The 12 Steps of Alcoholics Anonymous *begin* with Step One. We are not limited in sobriety to look at Step One only in the month of January, although for purposes of putting together an article for the Conscious Contact I will put the two together (January and Step One).

Nineteen years, eleven months ago I could not have admitted that my life had become unmanageable or that I was powerless over alcohol. I could not have put the thoughts of my drinking and my life situations together as being related to one another. I simply did not know I had a mental obsession, an allergy of the body and a **CANCER OF THE SOUL**.

I drank for over twenty one years. At first the drinking was experimental. I wanted to see what the entire hubbub was about. I was curious as to what my reaction to alcohol would be. The dizziness, a sense of floating, carefree state of mind and an altered state of being were all part of a powerful hook. I liked it and I wanted more. It was an escape from a violent alcoholic home, worry and concern, fear and feelings of insecurity and low self-worth. Over time the challenges of getting loaded, not getting caught and doing things I wanted to do without care of consequences were sought after on an increasing spiral and became an obsession. I was in control – searching out what, when and with who to partner up with were all up to me.



"Drinking had become the reward, the escape, the best friend, the available companion, and the tool to deal with life and all things that didn't go my way. I had to have alcohol."

Blackouts, hangovers, throwing up, angry/sad friends and family were things that went along with the experiences. Even as bad as those things got, it was not enough to consider not drinking. Drinking had become the reward, the escape, the best friend, the available companion, and the tool to deal with life and all things that didn't go my way. I had to have alcohol.

Years later the thoughts began to filter in, "I don't even like this any more why do I keep doing it", "maybe I do have a problem – NO I don't", "why can't other people drink like I do or at least keep up with me?"

I lost many things; a marriage, a job, sole custody of my sons, my financial security, my self-worth, my joy and happiness in living. I became a liar, a cheat, and a thief.

There is not one of the 10 Commandments that I have not broken. Suicide became a viable option. I do remember praying, "What's the use?" I was at the end of the slender rope I held. When I met the woman who was the sponsor who brought me to my first meeting, we immediately began working the Steps of Alcoholics Anonymous beginning with Step One from the Twelve by Twelve.

I saw that I was powerless and that my life had become unmanageable in ALL areas. I began to see the fatal nature of the disease of alcoholism and where it was taking me. I had truly hit bottom and had no place else to go to find the solution I had been seeking except for the rooms of Alcoholics Anonymous. I became willing, as honest as I could be at the time and I knew that I needed to be open minded.

"The Steps – beginning with Step One – have led me to a life I could not have imagined."

And the journey began. The Steps – beginning with Step One – have led me to a life I could not have imagined. I know that I have a disease. I know that I will always have this disease but that each day I can accept the beautiful GIFT of sobriety and reach out spiritually to continue to grow and maintain the gift. My life has purpose and I have reason to be. Nothing changes if nothing changes and the changes all began with Step One. The Steps of Alcoholics Anonymous have allowed me to change from a liar, a cheat and a thief to a woman of integrity.

When, therefore, we AAs look to the future, we must always ask ourselves if the **spirit** which now binds us together in our common cause will always be stronger than those personal ambitions and desires which tend to drive us apart. . .Though the individual AA is under no human coercion, is at almost perfect personal liberty, we have, nevertheless, achieved a wonderful unity on vital essentials.

For examples, the Twelve Steps of our AA program are not crammed down anybody's throat. They are not sustained by any human authority. Yet we powerfully unite around them because the truth they contain has saved our lives, has opened the door to a new world.

Bill W.

Submitted by Eddie T

January 2008



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Tuesday Night AA Speaker Meeting	2	3	4 CO Spkr mtg Tumalo Spkr mtg	5 Redmond Potluck Speaker Mtg
Central Oregon Tumalo Speake	Speaker Meeting Speaker Meeting r Meeting ck Speaker Meet	7 PM Friday 7 PM Friday	y En	arene Church vironmental Cent owship Hall mond Comm. Ch	er 16 N W k Bruce Av	27th - Bend Cansas - Bend re - Tumalo edar -Redmond
6	7	8	9	10	11 Tumalo Spkr mtg	12
Tumalo Speake	r Meeting	7 PM Frida	y Fel	owship Hall	Bruce Ave	e - Tumalo
13 District 5 GSR Meeting 4 pm	14	15	16 La Pine Potluck Speaker Meeting	17	18 CO Spkr mtg Tumalo Spkr mtg	19
	Speaker Meeting Speaker Meeting		Speaker LaPi Y En	ne Comm. Park vironmental Cent owship Hall	,	Rd La Pine Cansas - Bend
20	21	22 Madras Birthday Meeting	23	24	25 Tumalo Speaker Mtg	26 Intergroup Potluck Speaker Meeting
Madras Birthday Tumalo Speake Intergroup Potl		7:30 PM Tu 7 PM Friday 6-Potluck 7	Fell	l datrick's Church owship Hall oks Hall-TEC	Madison & J Bruce Ave - 469 Wall St	
27 Int Adv Bd Intergroup IGR Meeting	28	29	30	31		
Intergroup Advi Intergroup IGR	,	5:00 PM Sund 5:30 PM Sund		L C-RDM Ponderosa C-RDM Sage Roor	a RM 1253 N W C m 1253 N W C	anal Redmond anal Redmond

The Central Oregon Intergroup Newsletter is a monthly newsletter of the Central Oregon Intergroup Office. It is about, by and for members of Central Oregon Alcoholics Anonymous. Opinions expressed herein are not to be attributed to AA as a whole. Quotations from AA books, pamphlets, or other literature are reprinted with permission of AA and World Services, Inc. Any internet links or other citations are provided as a courtesy only. No specific endorsement is intended or should be inferred.



For more information regarding potlucks, call:

Darla at 541.280.4670 Michelle at 541.382.8999

Redmond Potluck/Speaker Meeting 6 PM Saturday, Jan 5, Redmond Comm. Church 10 & Cedar, Redmond

LaPine Potluck/Speaker Meeting 6 PM Wednesday, Jan 16, LaPine Comm Park Finley Butte Rd, LaPine

Intergroup Potluck/Speaker Meeting 6 PM, Saturday, Jan 26 Brooks Hall, TEC 469 Wall Street, Bend



Please join us for food and fellowship!

February 2008



Sun	Mon	Tue	W	ed	Thu	Fri	Sat
						1Tumalo Spkr mtg	2Redmond Potluck Spkr mtg
Tumalo Speake Redmond Potlu	er Meeting ck Speaker Meeti	7 PM Friday ng 6 PM Saturo	lay		ship Hall and Comm. Churc	Bruce Ave - Tum h 10th & Cedar -	
3	4	5 Tuesday Night AA Speaker Meeting	6		7	8 CO Spkr mtg Tumalo Spkr mtg	9
	Speaker Meeting Speaker Meeting Pr Meeting	7 PM 1st Tuo 7 PM Friday 7 PM Friday	•	Enviro	ne Church nmental Center ship Hall	1270 N E 27th 16 N W Kansas Bruce Ave - Tu	s - Bend
10	11	12	13		14	15 Tumalo Speaker Meeting	16
Tumalo Speake	er Meeting	7 PM Friday		Fellows	ship Hall	Bruce Ave - Tum	alo
17District 5 GSR Meeting 4 pm	18	19 Madras Birthday Meeting	Spe	ine luck eaker eting	21	22 CO Spkr Mtg Tumalo Spkr Mtg	23 Intergroup Potluck Spkr mtg
Central Oregon Tumalo Speake	y Meeting Speaker Meeting Speaker Meeting		sday Speaker	La Pine Environ Fellows	rick's Church Comm. Park mental Center ship Hall Hall-TEC	469 Wall St - Be Madison & J Sts. Finley Butte Rd. 16 N W Kansas - Bruce Ave - Tun 469 Wall St Be	- Madras - La Pine Bend nalo
24 Int Adv Board Intergroup IGR mtg	25	26	27		28	29 Tumalo Speaker Mtg	
Intergroup Adv Intergroup IGR Tumalo Speake		5:00 PM Sund 5:30 PM Sunda 7:00 PM Friday	ay		RDM Sage Room	M 1253 N W Canal 1253 N W Canal Bruce Ave - Tum	Redmond

Tolerance is the ability to sit quietly in a closed meeting and hear everybody in the room say everything you were going to say when your turn came.

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Meeting F.Y.I.

<u>SPRINGRIVER</u>

"Deschutes River AA" Tuesday 6:30 PM Springriver Clubhouse 17200 Milky Way/Solar Dr.

CHRISTMAS VALLEY

"Campfire Meeting" Sunday 7:30 – 9:00 PM 88019 Thorn Street "Dry Oasis Meeting" Friday 7:00 – 8:30 PM Assembly of God Church 60506 Oldlake Road

CRESENT

Tuesday 7:00 PM Baptist Church

LA PINE

"Men's Meeting" Thursdays 5:30 PM Parks & Rec Building

SUNRIVER

All are welcome Wednesday Noon Sunriver Community Church Beaver & Theater Drives

BEND

"Monday & Tuesday 6:30 PM Grace Baptist Church NE Clay & 6th St. Bend 12 & 12 study

REDMOND

"Woman to Woman" Sunday 4:00 PM Redmond Alano Club

MADRAS

Mondays & Wednesdays NOON St. Patrick's Church Madison & J Sts. Madras

PRINEVILLE

Mondays 7 to 8 PM St. Joseph Catholic Church 1st & Main (basement)

"Going to Any Lengths" Monday, 10:00 a.m. Tuesday & Wednesday Noon Rebel's Roost Recovery Center

VOLUNTEER

YOUR SERVICE CAN BENEFIT OTHERS

INTERGROUP OPENINGS

Hotline Shift

Sunday a.m.— Substitute/Fill-in opportunities One year sobriety preferred

CALL Pat R. 420-4741

Elections at January IGR meeting, Sunday, January 27, SCMC-RDM Sage Room, 1253 N W Canal, Redmond; those interested in the following positions **must be present** to be considered for position

Vice Chair, 2 yrs sobriety, 2 yr term Secretary, 2 yrs sobriety, 1 yr term

Call Pat M at 678-5749 for info

NEW MEETINGS

Going to Any Length Monday, 10:00 a.m. at Rebels Roost, Prineville

MEETING CHANGES

As Men See It **START** at 7:00 pm & 1½ hours

24 & Holding—Men's Meeting Mon/Tue 6:30 pm **CANCELLED**



Police in a California city didn't have to go far to find the bank robber they were after. He was still in the mall where the bank he robbed was located--drinking a beer. The stolen money sat on the bar in plain view. He had half a beer left when the cops arrested him.

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January

SOBRIETY MILESTONES

Dave L	01/17/70	38 Years
John H	01/29/02	6 Years
Kay	01/17/91	17 Years
Mike A	01/22/94	14 Years
Trimble C	01/26/69	39 Years
Mike S	01/22/05	2 Years
R	EDMOND REBELS	5
T: D	04 /04 /05	22. ٧
Tim B	01/01/85	23 Years
Larry S	01/02/03	5 Years
Mark P	01/02/07	1 Year
Ryan N	01/04/07	1 Year
Bruce C	01/06/82	26 Years
Jimmy S	01/12/06	2 Years
Jerome	01/17/99	9 Years
David M	01/30/97	11 Years
Steve C	01/31/00	8 Years
ATT	ITUDE ADJUSTME	NT
Bud	01/01/03	5 Years
Lynn L	01/04/03	5 Years
Kim	01/15/07	1 Year
Katen	01/15/07	1 Year
Mark L	01/19/87	21 Years
S	TEPS TO SOBRIET	Y
Barbara C	01/13/93	15 Years
Kathryn R	01/13/93	22 Years
Katili yii K	STEP SISTERS	22 16413
Larry S	01/02/03	5 Years
Neal P	01/04/07	1 Year
Pam N	01/05/07	1 Year
Elizabeth A	01/07/79	29 Years
Kevin K	01/18/06	2 Years
Tom H	01/20/00	8 Years
Doris T	01/22/92	16 Years
P	RIMARY PURPOSI	Ē
Heidi S	01/25/07	1 Year
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	JAI L HANDUK	



TRIVIA PURSUIT QUESTION OF THE MONTH:



Where is the Serenity Prayer generally found, in the Grapevine?

The first person to correctly answer the question gets a gift copy subscription to the Grapevine!!!!! Contact Eddie T at gogo@bendbroadband.com



A DRUNK DECIDES TO GO ICE FISHING, so he gathers his gear and goes walking until he finds a big patch of ice. He heads into the center of the ice and begins to saw a hole. All of a sudden, a loud booming voice comes out of the sky.

"You will find no fish under that ice."

The drunk looks around, but sees no one. He starts sawing again. Once more, the voice speaks.

"As I said before, there are no fish under that ice."

The drunk looks high and low, but can't see a single soul. He picks up the saw and tries one more time to saw a hole. Before he can even start cutting, the huge voice interrupts.

"I have told you three times. There are no fish!"

The drunk is now flustered, and somewhat scared, so he asks the voice, "How do you know there are no fish? Are you God trying to warn me?"

"No," the voice replied. "I am the manager of this hockey rink."

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TREASURER'S REPORT

Treasurer's Report	16-Nov			AVERAGE
Central Oregon Intergroup	to			MONTHLY
2007	15-Dec	-	YTD	BUDGET
INCOME Group Donations	1,718.13		19,668.25	1,639.02
Book & Coin Sales	1,157.60		20,785.42	1,732.12
Newsletter	46.65		313.75	26.15
Potluck	(175.00)		(612.38)	(51.03)
Entertainment	(175.55)		1,500.51	125.04
Interest Income			13.96	1.16
Total Donations and Interest Income	2,747.38	-	41,669.51	3,472.46
EXPENSES				
General Checking				
Rent	245.00		2,695.00	245.00
Advertising	45.32		494.04	41.17
Phone	162.72		1,975.39	164.62
Hotline				
Newsletter	115.00		1,326.80	110.57
Purchases	121.00		6,905.44	575.45
Postage & Office Expense	41.00		67.56	5.63
Management Fee	800.00		9,600.00	800.00
Bank Charges			102.47	8.54
Web Site	-		344.95	28.75
Other/Misc			328.50	27.38
Adjustments	-		(359.80)	(29.98)
Schedules	-		1,494.19	124.52
Electricity	53.92		441.41	36.78
Alano Club Rent	-		30.00	10.00
Total General Checking Expenses	1,583.96	-	25,445.95	2,148.41
			37 1000000	************
Office Account				
Office Supplies	33.97		530.72	44.23
Postage	17.14	-	191.60	15.97
Hotline			-	-
Purchases	315.80		8,671.68	722.64
Computer/Printer	-		1,324.92	-
Web Site	_		125.40	10.45
Donation to GSO	1,000.00		1,000.00	
Other (Corp. Registration)	50.00		628.70	52.39
Total Office Expenses	1,416.91	<u> </u>	12,473.02	845.68
Net Revenue/Month	(253.49)		3,750.54	
		_		
TRANSFERS				
General Checking				
Deposits IN by Office	2,718.53		40,936.19	
Transfers (OUT) to Office	-		(12,254.92)	
Transfers IN from Savings	-		2.21	
Transfers (OUT) to Savings		_	(2,500.00)	
Total General Checking Transfers	2,718.53		26,183.48	
Savings (prudent reserve) Account				
Transfers IN	-		2,500.00	
Transfers (OUT)	12		2.21	
Total Savings Transfers	-	=	2,502.21	
Office Transfers IN			10.054.00	
Transfers (OLIT)	-		12,254.92	
Transfers (OUT) Total Office Transfers		-	(35.00)	
Tom. Office Transiers	-		12,219.92	
Petty Cash				
Transfers IN	-		207.58	
Transfers (OUT)	23.13		69.53	
Total Petty Cash Transfers	23.13	-	277.11	
Cash Reconciliation				
Beginning Balance from 12/15/06				
Treasurer's Book Balance	5,871.47			
Prudent Reserve Account	5,011.75			
Manager's Book Balance	806.22			
Petty Cash	50.00			
Potluck Balance	29.42		2	
Entertainment Balance	3,762.86			
Total Cash on Hand	15,531.72			

DONATING GROUPS	16-Nov	
2007	to	
Group	15-Dec	Year to Date
24 and Alive	90.00	567.00
ABC Group	-	217.00
As Men See It	-	354.50
Attitude Adjustment	350.00	1,855.00
Back to the Big Book	-	315.00
Big Book Study (LaPine)		30.00
Burns Group	50.00	125.00
Eastside Early Risers	150.00	750.00
First Things First	-	20.00
Heppner Miracles	-	226.48
LaPine Wed. Night Living Sober	_	45.00
Livng in the Solution	-	211.45
Madras Oasis Group	_	896.84
Men's Book Study	75.00	275.00
Men's Stag Meeting	50.00	525.00
Monday Downtown	-	100.00
Monday/Wednesday 5:30	72.36	164.36
New Horizons	212.77	2,539.82
Not a Glum Lot	287.00	287.00
Primary Purpose	158.00	2,007.93
Redmond Rebels	100.00	862.00
Rule 62 Group	-	60.00
S.O.S. Group (Redmond)	-	260.00
Saturday Morning Alive	-	175.00
Sisters Group	-	250.00
	-	***************************************
Sisters High Noon Sober Desire	-	100.00
	-	255.00
Sober on Sunday	-	299.00
Sobriety Maintenance	-	19.00
Spiritual Awakening	122.00	677.68
Spiritual Breakfast	133.00	746.50
Springriver Book Study	-	44.00
Step Sisters	-	573.05
Steps to Sobriety	-	700.00
Sunday Serenity	-	45.00
Sunriver Open Group	-	80.00
The Nooner	-	125.00
Thursday Women's Meeting		151.84
Tuesday Night AA	-	255.72
Tuesday Night Survivors	-	40.00
Tumalo Friday Night	-	297.00
We are not a Glum Lot	-1	685.00
W-F-S Group	-	730.02
Women at Work	-	158.07
Women in Serenity	-	30.00
Anonymous	_	155.36
CD Sales	=	20.00
District 5 - AFG Donations	90.00	180.00
Potluck	-	75.00
Entertainment	_	7 3.00
Intergroup 7th Tradition	-	106.63
Total Contributions	1,718.13	19,668.25



754 SW 11th Street Redmond OR 97756

