

Note from the Rules Committee

Being a good neighbor includes picking up garbage and items around your yard - bird seed that is not cleaned up and fruit on the ground from last fall.

Overgrown shrubs and trees, piled garbage and water that are left in buckets or other containers harbor rodents, insects and stray animals, including rats, raccoons and skunks.

And don't forget your home. An open vent, a hole in your siding, or holes around your plumbing or furnace ducts might provide a good entrance into your home,

Please be aware of traps that are set out as many of you and your neighbors have pets or children who may visit. Always read the package and label.

Tax Time

by AARP Tax-Aide

Now is the time to get your taxes done for free – *by appointment only* – at the Woodburn Public Library from now until April 13, 2017. To make an appointment, call 503-980-8704 weekdays from 10 a.m. to 2 p.m.

Sponsored by the IRS and AARP, Tax-Aide provides free tax return assistance for senior citizens and those with low to middle incomes. Those with returns beyond their training may be referred elsewhere.

Our History

by Diana Lindberg

Did you know that on June 6, Woodburn Estates & Golf, formerly known as Senior Estates Golf and Country Club, will be celebrating our 55th anniversary?

In June 1960, a \$10 million project with 1000 units was scheduled on 220 acres. A community center and a nine-hole grass golf course by the then named Senior Citizens of the West, Inc. were also planned.

The houses were to be sold to couples 62 years of age, with purchasers buying only the improvements (the buildings) The buyers would each get a 55-year lot lease from the corporation. A membership in the golf club was given with each house purchased and ownership of the course remained with the home buyers.

The City of Woodburn authorized an amendment to the zoning ordinance for a classification for the smaller homes and for the leased land in late June 1960.

The final plan showed 218.4 acres in the tract, with 159.5 acres in lots, 48 acres for the 9-hole golf course, 6.5 acres for a possible shopping center and 4.4 acres for the club house.

The first home, a model, was started on July 5th, 1960. The first day the lot was "dozed, foundation forms installed and concrete poured. Schedule called for completion within three or four days of the start. The open house occurred July 24, 1960, with about 700 people attending from 10:00 a.m. to 6:30 p.m.

At this event the term Woodburn Senior Estates was used, maybe for the first time, to describe the only planned retirement community in the state by the Senior Citizens of the West, Inc.

At the same time, it was announced that the lease plan would probably be changed to a purchase plan for the land. The buying public favored purchase of the land over leasing.

Under the lease agreement clarification was requested on the homeowner restrictions so that the association would have the power to enforce gardening, landscaping and building maintenance within the community.

Construction of new homes continued for over 20 years with 8 stages and an additional 9 holes for golf. The corporation known as Senior Estates Golf and Country Club was formed in June 1962.

Association Email Addresses

by Kathy Hiller

Recent changes to our Association Web Hosting has caused old email addresses to no longer work. Please check the email address you have been using and change them as needed for the following:

- Tom Staskiewicz – GM@WoodburnEstatesGolf.com
- Julia Senter - bookkeeper@WoodburnEstatesGolf.com
- Diana May - info@WoodburnEstatesGolf.com
- N&V Editor - nv@WoodburnEstatesGolf.com
- Pro Shop - ProShop@WoodburnEstatesGolf.com

These addresses are not case sensitive. Capitalization is shown only to make the words easier to read.



Winter Clothing Drive

Donate new or gently used clothing for distribution to those in need right here in Woodburn!

Coats • Hats • Scarves • Gloves • Socks • Pajamas • Blankets • Comforters

Bring Children & Adult size items to either

coffee hour

Jan. 12 - Feb. 16 and receive an extra raffle ticket!

- or -

Country Cottage Restaurant

Woodburn Estates Dance and Social Club

Proudly present

Sweethearts Ball

Featuring the

"Rockin' Country"

Sounds of ...



"The Bronco Billy Rockets"

Saturday, Feb. 11 – 7:00 PM

Woodburn Estates & Golf Auditorium

1776 Country Club Road, Woodburn

"Best Dance Floor in Oregon!"

\$8 Cover at the door ...

includes door prizes, and snacks provided

By: *Gina Garcia* from "Smiles Dental"

For group reservations: 503 981 1421"

2017 News & Views Schedule

In February and March, *News & Views* will publish as follows:

Copy due by 9:30 a.m.	Publication Date
Thursday, Feb 16	Friday, Feb 24
Thursday, Mar 2	Friday, Mar 10
Thursday, Mar 16	Friday, Mar 24

Thank you, everyone, for your cooperation.

Writing Group



(L-R) Sharyn Cornett, Maxine Guerry, Jan Tindall, Gini Oliver, Ryllis Linday, Steve Arndt, Jane Burkhouse, Donna Wood, Carolyn Crowell, Debbie Voorhees. Not pictured: Carol Wellington, Darrell Lanpher, Don Hofstetter (Photo by Carol Wellington)

by Carol Wellington

The Writing Group had the opportunity to learn about "Self-Publishing" from a master of the art, Steve Arndt. Steve began self-publishing books in 1995. Books that Steve published include textbooks, as well as books about Oregon, including *Oregon's Ghost Towns* and *Places Less Traveled*.

Edward Jones Adds Financial Advisor

by Pat Brown

Edward Jones Financial Advisor Brent Glogau announced that a second financial advisor, Miguel Sipes, will join his office in Woodburn on January 31.

“I am really looking forward to working with Brent,” said Miguel. “I'll have all the advantages of working with an experienced investment professional while getting to know local investors. This will be a tremendous opportunity to increase my investment knowledge and hone my customer service skills.”

Sipes will work alongside Glogau for several months then will continue serving investors throughout the area from his branch office.

Glogau said, “Edward Jones prides itself on providing the best service possible to those investors who choose to do business with us. Miguel will help provide the high level of service investors in Woodburn have come to expect from us as well as extend our services to new investors.”

The branch office is located at 965 N Cascade Drive, Suite B in Woodburn. The telephone number is 503- 981-1798.

Senior Estates Quilters 2016 Report

by Carolyn Waterman

Another year has come and gone and we are still busy sewing quilts for the Veterans, Liberty House and other organizations. This gives us great pride and we hope by doing this small task we are making a better place for others in our community. Below are our accomplishments for 2016.

- 62 tied quilts donated to the Veteran’s Hospital
- 67 Afghans donated to the Veteran’s Hospital (knitted by Betty Stenger)
- 26 tied quilts donated to Liberty House (Children’s Advocacy Center in Salem)

- 3 tied quilts donated to Women’s Shelter
- 3 tied quilts donated to Love Inc.
- 2 Afghans donated to French Prairie

A total of 92 tied quilts and 70 Afghans were donated in 2016. We were able to sell several tied quilts allowing us to buy supplies.

We hand quilted one quilt that was donated to Woodburn Relay for Life (top made by Becky Butts)

CASH DONATIONS:	
AWARE Food Bank	\$800
Love Santa Inc.	\$250
Green Thumbs (gardening supplies)	\$200
Woodburn Proud (Hanging Flower Baskets)	\$250
Estates Coffee Hours	\$100
Total cash donations for 2016	\$1600

We were fortunate to have been given a number of quilts which were sold for a total of \$500.

Until the Retired Seniors Volunteer Program disbursed in mid-2016, we donated over 3700 hours to the program.

Thank you to each and every one of you for helping us. Without your support we would not be able to accomplish so much for our community.

If you are interested in joining our group please, feel free to come by the Craft Room on Monday and Thursday from 8:30 a.m to 2:30 p.m. If you have a finished or unquilted quilt top, we would be happy to quilt it into a beautiful quilt for you. There is a small charge to quilt these tops and this money is donated within our community. Please contact Loreta at 503-981-9528 or Betty at 503-982-8404.

Happiness

by Donna Rector

I was reminded of Lincoln's quip "that most folks are about as happy as they make up their minds to be" after reading an interview with Ringo Starr of The Beatles fame in a recent *Rolling Stones* Magazine.

Ringo has survived a childhood without a father, spent two years in a sanitarium with tuberculosis and endured growing up with a multitude of allergies. As an adult he has had three bouts of pleurisy, had peritonitis, and has persevered as a recovering alcoholic for almost 30 years. A therapist once told him, "Well, actually, it sounds like you were abandoned and lived in a slum". Despite his adversities he asserts he had a great childhood. He seems to use laughter as medicine and has changed his diet, even thriving on vegetables, juices and boiled potatoes. He has never had a pizza, tasted curry or had an onion. Ringo allows himself a Sunday cheat of oatmeal, a croissant and coffee. He's been married to Barbara Bach for 34 years and seems to have remained happy and currently tours with a group as a drummer.

It is so important to keep things in perspective. I struggle each week at my TOPS meeting to take off a pound or two while one whose estimated net worth is approximately 300 million dollars looks forward all week to a bowl of oatmeal on Sundays.

I also believe it is necessary to do the things that make us happy and laugh a lot. A fun cohesive group that I enjoy is the water volleyball gang that meets four times a week and even though we will never be champs we do laugh a lot!



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at Woodburn Estates & Golf

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Sun 7a-4p

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Starting December 11,
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Burger Baskets
Tuesday
Oven Fried Chicken
Chef’s Choice Special
Wednesday
Chicken & Dumplings
Chef’s Choice Special
Thursday
Liver & Onions
Lasagna
Friday
All-You-Can-Eat Fish & Chips
Chef’s Choice Seafood Special
Saturday
Prime Rib
Baby Back Ribs

Daily Soup Specials
Daily Hamburger Veggie
Daily Chef’s Choice
Friday Clam Chowder

Daily Lunch Specials
*Fresh Desserts Daily



News & Views

Office Phone: 971-338-6131 • **Email:** nv@woodburnestatesgolf.com
Website: woodburnestatesgolf.com

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NEWS AROUND THE NEIGHBORHOOD

Bible Study

by John Eide

Two Lutheran pastors retired and moved to Woodburn Estates & Golf, but they didn’t golf! So, what is a retired pastor to do? Start a Bible study, of course! 2017 is an opportune time to do so, for this coming October marks the 500th anniversary of Martin Luther nailing his infamous 95 Theses to the church door in Wittenberg, thus unwittingly kicking off the Protestant Reformation. Among other things, Luther was passionately concerned that everyday people be enabled to study the Bible. He even translated the Bible into German so that it could be accessible to all, with the help of the newly invented printing press.

Pastor Virginia Eggert has served congregations in Michigan and Oregon before retiring. Pastor John Eide served at Macksburg Lutheran for 21 years, as well as other congregations in Oregon and Montana. He is currently interim Pastor at Immanuel Lutheran here in Woodburn.

Some topics we will be exploring in this classic Christian style study will be: “What is Your Birthday Verse? Find it in every book of the Bible as an interesting sampling of the richness of God’s Word.” “Is Satan Alive and Well and Active in the World?”

Bring your favorite translation of the Bible and a notebook. We’ll meet each Thursday, 11:30 a.m.-1:00 p.m. in the Travel Office, the first room off the breezeway in the restaurant building.

Calling All Crafters!

by Chris Daley

We need volunteers! We need crafters to step up and be committee chairpersons. You do not have to do all the work yourself. You recruit volunteers to help out with 2-3 duties during the year. Chairpersons only have 2 committee meetings to attend, to report progress. Here are the committees we need:

Facilities: Arrange for set-up & take-down of tables; make sure doors are scheduled to be unlocked and locked before and after our events; check out microphone; put out street signs.

Door Prizes: Go around & ask merchants for donations (thank you Roseann Gipe for accepting this position!)

Hospitality: Make coffee, put out cookies, check restrooms periodically.

Advertising: Send ad copy to advertisers & follow up; print up flyers; send article/ad to *News & Views*.

NOTE: You will not be asked to pay for anything out of pocket. The Event Chairpersons will dispense money for costs as needed.

Here are the meeting dates for 2017:

Friday, Aug 11 – 10:00 a.m. - 11:30 a.m. Dining Room

Chairpersons go over duties

Friday, Sep 15 – 10:00 a.m. -11:30 a.m. Dining Room

Check progress, get helpers if needed (Crafters sign up for tables, pay fees)

Friday, Nov 17 – 2:00 p.m. - 9:00 p.m. Dining Room & Auditorium

Set up for Craft Bazaar

Sat, Nov 18 – 6:00 a.m. - 6:00 p.m. Craft areas open

Sat, Nov 18 – 9:00 a.m. - 4:00 p.m. Sale open

Fri, Dec 8 – 10:00 a.m. -11:30 a.m. Dining Room

After-craft discussion (this date will probably be moved to Jan 2018)

Questions or want to volunteer? Call Chris Daley (503) 703-1059.

Hand & Foot, The Card Game

by Shirlely Bishop

Come join us for FUN playing the card game, Hand & Foot. We meet to play on Saturday evenings from 5 p.m. until 9 p.m. in the Blue Room. Bring yourself, your desire to have fun, and a snack to share if you want. Call Shirley at 503-730-9159 if you have any questions.

Disclaimer

Woodburn Estates & Golf greatly appreciates the advertisers in this newspaper. However, we would like our homeowners to know that these advertisers are independent businesses and Woodburn Estates & Golf cannot assume any responsibility for their goods or services rendered. Every effort has been made to ensure the accuracy and dependability of all materials; it is, however, limited by and subject to omissions and changes.

Rules Committee 12/12/2016

Who’s on Third Concert

by Trudy Fowlks, Concert Coordinator

The February 19th “Who’s on Third?” concert will feature a new group. Mark & Helena Greathouse are an international husband and wife musical duo. Mark is a musician/composer from the Portland, OR area and Helena is a singer/actor/dancer who was originally from Prague, Czech Republic. They met in Germany during their college years, married and have been performing throughout the Pacific Northwest, as well as several European cities, ever since.

The concert that they will present “A Tough Start in a New Land” is a humorous look (shared through comedy sketches, music and dance) that chronicles the story of how they met in Germany, and their life in the US. This cabaret style show is a unique blend of Czech/Slovak and other European folk songs as well as modern classics and some original compositions written by Mark.

The “Who’s on Third?” concert series is held monthly (on the third Sunday of each month) from Sept. - May. It is a community concert for all of the Woodburn area folks. The concerts are held at Woodburn United Methodist Church, 700 N. Cascade Dr. (just south of the Cascade Park Retirement complex). All concerts are supported by a freewill offering to cover all concert expenses and include a mid-concert intermission with refreshments. Once again, Country Meadows will provide fresh-baked cookies and Cascade Park will prepare cheese and cracker trays. We certainly appreciate their continued support of these concerts.

Please mark your calendars for February 19, 3 - 4:30 p.m., and plan to attend this fun event. Invite a friend to come enjoy the afternoon with you. This is an excellent opportunity to share what an amazing community event this is for the folks in and around Woodburn. Hope to see you there.

Woodburn Estates Dance and Social Club

by Bill Coleman, Chairman

“A New Year of Dancing”

The “Sweetheart's Ball” on Saturday, February 11, rolls out a new year of fun, dancing and socializing at Woodburn Estates. Your Woodburn Estates Dance and Social Club has been very busy planning for the coming season by expanding our dance schedule, sponsors, and bands.


Most are familiar with our “Second Saturday” dances, held each second Saturday of the month except January. We start at 7:00 p.m. during the winter, but move the start time to 7:30 p.m. as the days grow longer. Last year saw the addition of a second monthly dance that we call “The Last Friday Dance;” obviously held on the last Friday of each month from April through August.

The only exceptions to our schedule are New Year’s Eve and Halloween. Due to the popularity of our costume contest and because Halloween is such a special day the “Dance Club” decided to give Halloween its own special dance. This year our Halloween “Monster Ball” will be held October 28th.

We honor our past sponsors: Woodburn Homes Realty, K’Bella Salon and Spa, Cascade Park Retirement Center, Sara’s Salon and Spa, and Country Meadows Village who all consistently provide generous contributions of snacks and prizes to our dances. This Saturday we welcome Gina Garcia from “Smiles Dental” to our list of sponsors and encourage you to think of them first when you need services.


In addition to our regular musicians: the “Bronco Billy Band,” the “Jefferson-Parks Band,” “The Supernaturals,” and “Billy & the Rockets,” we are pleased to welcome some new faces. In March we feature “Ray Hannah & the Reckless Rockhounds” playing 50’s, 60’s and 70’s rock’n’pop at our “Second Saturday” dance. “Your “50’s Band” is featured to open our first “Last Friday Dance” in April. Throughout the year look for several other new bands added to the mix.

So, make a point of enjoying life while getting some great exercise and meeting new friends. We look forward to seeing you at the “Sweethearts Ball” tomorrow night, Saturday, February 11 at 7:00 p.m. for casual dancing and socializing to the “Bronco Billy Rocket Band.”




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Men’s Golf General Meeting Minutes

Woodburn Estates Men's Golf Membership Meeting February 1, 2017

President Paul Eaton called the Meeting to order at 10 a.m. in the Dining Hall, followed by the Pledge of Allegiance.

Roll Call: Paul Eaton, Will Abshere, Allan Lindberg, Chuck Johnson, Clint Hansen, Ron Hansen, Russ Krussow, Fred Bourne, Len Westphal, and Gene Stiles. A total of 22 members attended the Meeting.

President’s Report: President Eaton reported that he had a productive meeting with Paula Kilgore, the Ladies Golf Club President. They mutually agreed that our Club and the Ladies Golf Club need to work together for the betterment of both Clubs. They agreed that an Ad Hoc Committee should be organized to review cart path repairs and paving. President Eaton reported that our Club will not be participating in the Portland Golf Show this year. He then informed the members that the HOA Board had approved an increase in the initiation fee (working capital fee) from \$2,000 to \$3,000 for each home purchased in our community. Paul recommended that as an incentive to have new residents become involved in golf that they be given a year of free golf for their first year of residency. Paul then stated that he was impressed with the current Board of Directors and asked that questions, concerns, and/or complaints from our members should be brought to his attention. He stated that the Men’s Golf Club Officers and/or the HOA Board would be willing to address and seek solutions to any problems or complaints our members might have.

Vice President’s Report: VP Will Abshere stated that the Men’s Golf Club Constitution and Bylaws as amended had been posted on the bulletin board for the required 30 days and that now a vote is to be taken to approve or reject the amendment. Will reported that the only change made in the original draft was a typo error. Jim Worley then made a motion to approve the amended Men’s Golf Club Constitution/Bylaws, motion seconded by Russ Krussow, the motion

carried unanimously. Larry Kemper then thanked the Committee responsible for the amendment of our Constitution/Bylaws. President Eaton stated that the Committee sought to simplify the amended governing document, making it easier for our members to read and understand. Larry Kemper stated that copies of the amended document should be made available to members by request. Secretary Johnson will respond to any requests and ensure that copies are available upon request. Allan Lindberg stated that the amended document could also be posted on the Association’s Website. VP Abshere then reported that he would ensure that the date and time of our General Membership Meetings are posted in the *News & Views*. Will then gave a report on his efforts to organize a Men’s Golf Club 9-hole Group to tee off at 11am on each Thursday. He will be placing an article in the *News & Views* regarding this 9-Hole Group, asking that any additional questions be addressed to him or the Pro Shop. Our Handicap Chairmen reported that the 9-hole participants could use their current 18-hole GHIN number and handicap which would avoid the need to obtain an additional 9-hole GHIN number and requisite fee.

Treasurer’s Report: Treasurer Allan Lindberg stated that the current balance of our Club’s funds (as reported by former Treasurer Jim Worley) is \$2,114.74. Allan reported that he had numerous checks that he would soon be depositing into the Club’s account and that under “New Business”, he would be making several motions regarding his role as Treasurer and Handicap Chairman.

Secretary’s Report: Secretary Chuck Johnson had nothing to report.

COMMITTEE REPORTS:

OGA: Our OGA representative, Paul Eaton, reported that the OGA is sponsoring a “Super Bowl Scramble” Golf Tournament at their course on Sunday, February 5, 2017, with a shotgun start of 9am. Entry fee is \$40 per person. Paul also reminded the members that Woodburn Estates & Golf is sponsoring a Super Bowl Party this Sunday, including viewing the game on a large screen, with pizza, soda pop, etc.

Greens: Committee representative Fred Bourne gave a brief report on the schedule of work to be performed by the golf course maintenance crew, including continued leaf cleanup, planting of the arbor vitae on the left side of hole number 11, and the refurbishing of the benches, signs and ball washers. Eventually, arborvitae are to be planted on the left side of the 8-hole near the green to protect players teeing off on the 9-hole. The former cart path on that side is being removed and for the time being, the area will be designated as “ground under repair” until reseeded. Fred stated that a review of our cart paths are being done with recommendations forthcoming as to work needed to be done. Our Golf Course Superintendent, Tim O’Larey, is aware of the drainage problems on hole numbers 2, 11, 12, and 17. For now, the area on the left side of hole number 2 will remain as “ground under repair”. A future water hazard may be considered. During Fred’s report, several questions were asked by members as follows: Stu Davis inquired as to the size of the new arborvitae to be planted on hole numbers 8 & 11. Fred responded that the arborvitae would undoubtedly not be over 12 feet in height and may not resolve the problem of balls going into the neighbor’s yard on hole number 11. Larry Kemper asked about the condition of our sand traps, asking why white sand could not replace the existing sand and why some traps do not drain well. Fred responded that white sand was cost prohibitive and that some traps drain better than others

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Women’s Golf Luncheon

Monday, February 20, 2017

Lasagna
Green Salad
Garlic Bread
Dessert

\$9.00

Money is due by Tuesday, February 14.
Cash or check to Woodburn Estates Women's Golf.
Please put in an envelope marked *Attention: Louise Davidson*.
Be sure to include your name if paying with cash.

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Meeting Minutes (Cont)

due to nearby existing water drains. Larry Jones inquired about the possibility of adding additional sand traps on our course. Paul Eaton responded that the ladies and men golf clubs did not want additional traps, even forgoing a sand trap on hole number 14 that had been previously approved. Cost of creating additional traps is also an issue. Stu Davis stated that the golf course maintenance crew needs to be instructed on the proper raking of our sand traps as they rake the sand up to the edges and leave the middle of the traps relatively barren of sand. Russ Krussow stated that this is an issue brought up every year, but remains a problem.

Mixed Tournaments: Chairman Len Westphal had nothing to report.

Rules: Chairman Ron Hansen told of a rules violation that occurred when he was playing in a Match Play Tournament in the past. His opponent on the 18-hole, match all even, removed his marker from behind his ball on the green, replaced the ball, and then inadvertently picked up and replaced the ball again, incurring a penalty. Ron also discussed the rule that when a golfer authorizes someone to mark their ball on the green, it is mandatory that the same person authorized by the golfer replace his ball or said golfer receives a one stroke penalty. Failure to authorize another to mark their ball on the green is not a penalty, but rather an ethical gesture to ask the golfer for permission to mark their ball.

Sunshine: Chairman Ron Gripenstraw was absent with notice. Jim Worley gave Ron’s report as follows: 3 cards were sent out in January...Get Well cards sent to Bob Musser and Lon Reed for medical procedures and a Sympathy card sent to Shirley Strong regarding the passing of her husband, Don. It was reported that Dick Hammond is having a medical procedure today and that Mark Deller recently had a medical issue. Gene Stiles, in attendance at the meeting, reported that he is feeling much better.

Handicap: Handicap Chairman Allan Lindberg reported that he, Paula Kilgore, Ladies Golf Club President, and our Golf Course Superintendent, Tim O’Larey, had made a tour of the front 9 of our golf course to review what work could be done in 2017 on our cart paths. There is a need to reseal the existing cart paths that are in good condition on the front 9. Allan welcomed input from other members relative to work needed on the front 9. Larry Kemper pointed out that the evergreen trees on the course have roots near the surface and if the roots are cut, the tree often weakens and collapses. Allan then explained that there is new software being developed regarding handicap scoring and responsibilities and the old software is being phased out. He and Co-Chair Clint Hansen stated that this will have no influence on how golfers post their scores or how their handicap is determined. They also stated that they could continue using the current software they are familiar with even after the new software is implemented. Allan, and perhaps Clint, will be attending an upcoming seminar on the new software and tournament management and will then be better informed as to its implementation and impact on our current software.

Unfinished Business: Nothing to report

New Business: Allan Lindberg, the Club’s Treasurer and Handicap Chairman, presented the following five motions: *Motion Number One:* I make a motion to add Chuck Johnson as a second signer to the Men’s Golf Club Checking Account, the motion seconded by Will Abshere...*Discussion:* Allan stated that as the only signer on the Club’s account, should something happen to him, there would be no other signer available and it would tie up the account. Thus, the need for a second signer. *Following discussion:* the motion passed unanimously. *Motion Number Two:* I make a motion to have the Men’s Golf Club Checking Account audited by Diana Lindberg before I take over the account, the motion seconded by Jim Worley. *Discussion:* Allan stated that anytime the Treasurer position changes, there needs to be a full audit of the account. This protects both the outgoing and ingoing Treasurer. *Following discussion:* the motion passed unanimously. *Motion Number Three:* I make a motion to have the Men’s Golf

Club Checking Account audited annually in January when the December monthly statement is reconciled, motion seconded by Dennis Wichert...*Discussion:* Allan stated that it is the fiduciary responsibility of the Men’s Golf Club to have an annual audit of all accounts. *Following discussion:* the motion passed unanimously. *Motion Number Four:* I make a motion to have the Voucher Fund Account audited annually in January when the December monthly statement is reconciled, the motion seconded by Len Westphal. *Discussion:* Allan stated that it is the fiduciary responsibility of the both the Men’s Golf Club and the Ladies Golf Club to have an annual audit of all accounts. *Following discussion:* the motion passed by majority vote of the members present. *Motion Number Five:* I make a motion to reimburse the cost of parking and attendance to the 2017 Portland Golf Show for the Handicap Chair and Co-Chair and to attend the Tournament Management Training Seminar to be held on February 25, 2017, motion seconded by Jim Worley. *Following brief discussion:* of the need to attend these events, the motion passed by majority vote of the members present.

Closing Comments: Larry Kemper questioned as to whether the proposed 9-Hole Men’s Golf Group teeing off at 11 a.m. on Thursdays might interfere with the Yellow Tee Group that usually follows the Men’s Golf Club Play. Jim Worley, also an employee at the Pro Shop, stated that Thursday is Men’s Golf Play and that the Yellow Tee Group would have to adjust to the play of the 9-Hole Men’s Golf Group.

Closing: Len Westphal made a motion to adjourn our Meeting, the motion seconded by Chuck Johnson, the motion approved, and the Meeting was adjourned at 11 a.m.

Submitted by Chuck Johnson, Secretary – Minutes approved by President Paul Eaton

Note: our next General Membership meeting will be held in the Dining Hall at 10 a.m. on Wednesday, March 1, 2017.

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by *Evangeline Harris*

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water lily pads. Most varieties have deep green leaves, but there are now a number of nasturtiums which are variegated, almost speckled. Nasturtium is the common name for *tropaeolum majus*, which is the name for any of various annual plants of the genus *tropaeolum*, which are native to Mexico, Central America and Northern South America.

Their peppery-tasting leaves and flowers are sometimes used in salads, and the young flower buds and fruit are sometimes used as seasonings. The spiciness of this flower is also a winning addition to cheese spreads. Both leaves and blossoms look and taste great in tea sandwiches. Make your own zesty vinegars by using the blossoms. Place same colored blossoms in a decorative bottle (5 blossoms per cup of vinegar) and cover with hot, but not boiling; white wine vinegar. Strain out the spent blossoms after the liquid has cooled and settled for a day. Replace them with fresh blooms to make an attractive gift. Most nasturtiums come in two forms: compact and trailing. The compact variety is low and bushy, useful as border plants. The trailing variety cascades dramatically down walls or tumbles brightly out of hanging baskets.

Being high in vitamin C, nasturtiums act as a natural antibiotic and as such were used topically as a poultice for minor cuts and scratches. Nasturtiums are also used in Ayurvedic medicine. The leaves are rubbed on the gums to stimulate and cleanse them. Because of the origins, early English herbalists referred to nasturtiums as "Indian Cress."

Recipe: Nasturtium Mayonnaise: 1 Cup mayonnaise; 1/4 tsp. finely minced garlic; 1 tsp. coarsely chopped capers; 1/3 tsp. grated lemon peel; 2 tsp. chopped nasturtium leaves. Combine all ingredients. Keep chilled until ready to use. This recipe is the perfect complement to chilled summer salmon, or any fish fresh off the grill. It also makes great spread for tea sandwiches, or any sandwich needing some zip.

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Growing Old Is Easy



by Gloria Osborn*

Of course growing old is easy,
It takes no talent, that's true.
Waking up every morning
Is all that's required of you.
The hard part is comprehending
Where all the years ran to...
And to cope with the understanding
You can't live as you used to do.
The legs you depended on, totter.
Your eyes don't see very well.
But worse than all this is the feeling
That you live in a kind of hell.
It's a hell to feel useless, unneeded,
To be shut out, ignored or alone,
When all your life you've been busy
Providing for family and home.
The body grows older and weaker,
But the needs of the heart stay the same.
To love and be loved, and be wanted,
Losing these is the ultimate pain.

** written while a paralegal in New Hampshire assigned to deal with senior issues*

Sleep Aids

by Donna Wood

Do you ever have trouble falling asleep? I do, usually because I drank coffee too late in the day. Sometimes it is because I already slept in my lounge chair for a couple of hours. Or maybe my brain is working on something and just won't shut down.

Swedish author and behavioral scientist Carl-Johan Forssén Ehrlin has written a book called “The Rabbit Who Wants to Fall Asleep”. Its purpose is to subconsciously encourage children to want to fall asleep. It even has directions telling the reader when to read slowly and when to yawn. Many parents have reported that it works. It is now a best seller on Amazon.

This book reminds me of the problems my parents (usually my dad) had in getting my two sisters and me to take naps. Dad worked swing shift at the pulp mill so was often home during the day and probably needed a nap himself. He would lie down on the bed with us three girls and had several methods of getting us to quit giggling and go to sleep. Sometimes he would tell us a story. At other times he would get us to think of something big, like an elephant. Then think of the elephant's ear. Then concentrate on a flea on his ear, and then a bacteria or a hair on the flea. Another method was to get us to take deep breaths and with each exhale, count backwards from 100. The secret is to get the mind focused. Once my youngest sister Florence wouldn't settle down, so dad took out his handkerchief and told her it was magic and would help her sleep. He put it over her face and told her to lie still, and of course she fell asleep.

In his later years, Dad often read to his grandchildren, often putting himself to sleep. When we heard the book hit the floor, we had to rescue the child and allow Dad to finish napping. Some people might count sheep, but the deep breathing and counting backward with each breath usually works best for me.

Special Poem for Senior Citizens!

Submitted by Doug Moore (author unknown)

A row of bottles on my shelf,	The capsules tell me not to wheeze,
Caused me to analyze myself.	Or cough or choke or even sneeze.
One yellow pill I have to pop,	The red ones, smallest of them all,
Goes to my heart so it won't stop.	Go to my blood so I won't fall.
A little white one that I take,	The orange ones, very big and bright,
Goes to my hands so they won't shake.	Prevent my leg cramps in the night.
The blue ones that I use a lot,	Such an array of brilliant pills,
Tell me I'm happy when I'm not.	Helping to cure all kinds of ills.
The purple pill goes to my brain,	But what I'd really like to know...
And tells me that I have no pain.	Is what tells each one where to go?

In Memory Of...

Getman, Daniel – January 11, 2017
Wallace, Carolyn – January 25, 2017 (former resident)
Bechtold, Sharon – February 3, 2017 (former resident)
Service at 2 p.m. at St. Luke’s on Saturday, February 11
Miller, Addie – February 3, 2017 (former resident)

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Good Things to Know

From Mayo Clinic

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night?

Heart Attack or Water: Drinking one glass of water before going to bed helps avoid stroke or heart attack.

I asked my Doctor why people need to urinate so much at night time. Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc.) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier. I knew you need your minimum water to help flush the toxins out of your body, but this was news to me. Correct time to drink water... Very Important.

From A Cardiac Specialist: Drinking water at a certain time maximizes its effectiveness on the body. 2 glasses of water after waking up helps activate internal organs. 1 glass of water 30 minutes before a meal helps digestion. 1 glass of water before taking a bath helps lower blood pressure. 1 glass of water before going to bed avoids stroke or heart attack. My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

Mayo Clinic on Aspirin: Dr. Virend Somers is a Cardiologist from the Mayo Clinic who is the lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology. Most heart attacks occur in the day, generally between 6 a.m. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Dr. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame. If you take an aspirin or a baby aspirin once a day, take it at night. The reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system. Aspirin lasts a really long time in your medicine chest; for years. (When it gets old, it smells like vinegar).

Something that we can do to help ourselves: Bayer is making crystal aspirin to dissolve instantly on the tongue. They work much faster than the tablets. Why keep Aspirin by your bedside? It's about Heart Attacks. There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently. There may be NO pain in the chest during a heart attack.

The majority of people (about 60%) who had a heart attack during their sleep were not awakened. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water. Afterwards: Call 9-1-1. Unlock your front door. Phone a neighbor or a family member who lives very close by. Say "heart attack!" Say that you have taken 2 aspirins. Take a seat on a chair or sofa near the front door, and wait for the EMTs arrival and please... Do NOT lie down!



Ralph & Irene High at their 70th Anniversary party

70th Wedding Anniversary!

by Ralph & Irene High

Thank you for our 70th Anniversary Party. We would like to say thank you to the folks responsible for the wonderful party you had for us at our Clackamas Circle dinner. We married on February 1, 1947. Also thank you to all of you for your greetings and many cards. Also thanks to Ken Leonard for the great pictures he took and gave to us. Thank you friends and neighbors. Our love to all of you.

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February 24, 2017

Deadline for Articles, Thursday, Feb 16, 9:30 a.m.

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be sure to include your MEMBERSHIP NUMBER.

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FOR SALE: Niche for cremation ashes at Belle Passi Mausoleum. Section N,
Row 4, Niche 42. \$800. Cash only. Call 503-981-3066.

FOR SALE: Cupboard 5’ high x 15” deep x 21 ½” wide. Has 4 shelves. Mahogany
colored. In great condition \$40. 32” TV works good \$20 call 503-953-5486.

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INSIDE SALE: Shotgun with shells (new); Grand cuckoo clock from Germany;
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player with many records; 1700 Little Gold books; Exercise machine; many old
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Travel Report



(L to R) Joy Brown, Sharon Klupenger, John Young, Donna Stone,
Karen Dripps and Jill Marvin

by Jan Petroski

We forgot the copy of the *News & Views* for this picture, [We won’t hold that
against you. Ed.] but we sure had fun taking it. Guess where we are at to find a
"No Name" Street?

Pictured are a few of the participants in the January 24th hike/walk by the
Chemeketa Community Learning in Retirement (CCLR) group. The group
walked through the streets of old town Woodburn to Nuevo Amanecer for a talk
and tour of the 147 unit complex.

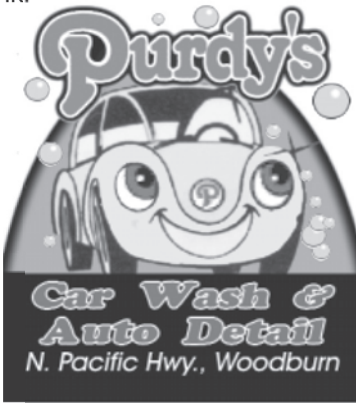
CCLR meets every Tuesday morning of the school year from 9 a.m. to 11
a.m. at the downtown Woodburn Chemeketa Campus. Winter term classes are
"What makes Woodburn Tick" and "Kettle of Fish," an exploration of far ranging
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Thank You

In loving memory of Connie Polinsky

Dear Friends and Neighbors, Many of you are aware of the sudden passing
of my wife of 47 years, Connie. She was a beautiful person with a kind
spirit. I would like to express thanks to the wonderful people of Woodburn
Estates for the thoughtful cards and other expressions of kindness shown
to me and my family. It is a blessing to live amongst such kind and caring
people.

Sincerely, Tony Polinsky

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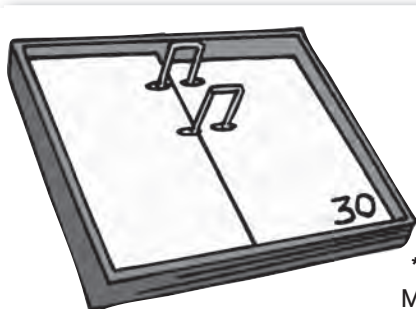
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<div></div> <div><h1>Activities Calendar</h1><p>* Any change of date, time, activity, or place MUST be made with the office 503-982-1776.</p></div>		<h2>Monday, February 13</h2>		<h2>Tuesday, February 14</h2>	
<h3>Saturday, February 11</h3>		<h3>Sunday, February 12</h3>			
<div>8:30a Ping Pong – DH</div> <div>10:00a Saturday Crafts – Craft Room</div> <div>12:00p Private Party – Blue Room</div> <div>3:00p Water Volleyball – Swimming Pool</div> <div>5:00p Hand & Foot Cards – Blue Room</div> <div>7:00p Estates Dance and Social Club – Aud/ Kit</div>		<div>8:00a Water Exercise – Swimming Pool</div> <div>8:30a Estates Quilters – Craft Room</div> <div>8:45a Walking Club – Aud</div> <div>9:00a Walking Club Mtg – Blue Room</div> <div>9:00a Ladies Pool – Pool Room</div> <div>9:00a Marketing – Conf Room</div> <div>9:30a Yoga – Aud</div> <div>10:10a Easy Bridge – Blue Room</div> <div>10:15a Zumba Class w/Video – Aud</div> <div>11:00a Greens Committee – Conf Room</div> <div>12:30p Swiss Pairs Bridge – Blue Room</div> <div>1:00p Tech Committee – Conf Room</div> <div>6:30p Water Volleyball – Swimming Pool</div>		<div>8:00a Water Exercise – Swimming Pool</div> <div>8:30a Ping Pong – DH</div> <div>9:30a Tai Chi – Aud</div> <div>10:00a Bicycle Club – by Mailbox</div> <div>10:00a Needle Nook – Card Room</div> <div>10:00a Uke-de-do's Beginners – Craft Room</div> <div>12:30p Uke-de-do's Intermediate & Advanced – Craft Room</div> <div>1:00p Tuesday Aftn Bridge – Blue Room</div> <div>3:30p House Committee – Conf Room</div> <div>3:30p Water Volleyball – Swimming Pool</div> <div>5:30p Poker Night – Card Room</div> <div>6:00p Line Dancing Beginners – Aud</div> <div>7:00p Line Dancing Intermediate – Aud</div>	

Wednesday, February 15		Thursday, February 16		Friday, February 17		Monday, February 20	
<div>8:00a Water Exercise – Swimming Pool 8:30a Ping Pong – DH 8:45a Walking Club Indoors – Aud 9:00a Woodburn Estates Carving – Craft Room 9:00a Walking Club Mtng – Blue Room 9:30a Blackjack – Card Room 9:30a Yoga – Aud 10:15a Zumba Class w/Video – Aud 12:00p 5 Handed Double Deck Pinochle – Blue Room 12:00p Ladies Pool – Pool Room 1:00p Painting Class – Craft Room 1:00p Ad Hoc – Conf Room 2:00p Wii Bowling – DH 6:00p Pinochle Cards – Blue Room 7:00p Bingo – DH</div>		<div>All Day <i>News & Views</i> Copy Deadline 8:00a Water Exercise – Swimming Pool 8:30a Estates Quilters – Craft Room 9:30a Easy Bridge – Blue Room 9:30a Coffee Hour – Aud/DH/Kit 10:00a Bicycle Club – by Mailbox 11:15a Activities Committee – Conf Room 11:30a Bible Study – Travel Office 12:30p Chicago Bridge – Card Room 4:30p Rules & Regs Comm – Conf Room 5:00p Poker Night – Card Room 6:00p Pinochle Cards – Blue Room 6:00p Advanced Line Dance (Everybody Welcome) – Aud 6:30p Water Volleyball – Swimming Pool</div>		<div>8:00a Water Exercise – Swimming Pool 8:30a Ping Pong – DH 8:45a Walking Club – Aud 9:00a Walking Club Meeting – Blue Room 9:30a Estates Bible Study – Craft Room 9:30a Yoga – Aud 10:15a Zumba Class w/Video – Aud 11:00a Tai Chi – Aud 1:00p Bunco – Craft Room 1:00p Friday Party Bridge – Blue Room 3:30p House Committee – Conf Room</div>		<div>8:00a Water Exercise – Swimming Pool 8:30a Estates Quilters – Craft Room 8:45a Walking Club – Aud 9:00a Ladies Pool – Pool Room 9:00a Walking Club Mtng – Blue Room 9:30a Yoga – Aud 10:00a Women's Golf Exec Mtg – Conf Rm 10:10a Easy Bridge – Blue Room 10:15a Zumba Class w/Video – Aud 11:30a Women's Golf Club Luncheon General Meeting – DH/Kit 12:00p 3 Table Dup Bridge – Blue Room 6:30p Water Volleyball – Swimming Pool 7:00p Golden Squares (Square & Round Dancing) – Aud/DH/Kit</div>	
				Saturday, February 18			
				<div>7:30a CAI Board Training – Conf Room/Blue Room 8:30a Ping Pong – DH 10:00a Saturday Crafts – Craft Room 2:00p Private Party – DH/Kit 3:00p Water Volleyball – Swimming Pool 5:00p Hand and Foot Cards – Blue Room</div>			
				Sunday, February 19			

Tuesday, February 21		Wednesday, February 22		Thursday, February 23		Friday, February 24	
<div>8:00a Water Exercise – Swimming Pool 8:30a Ping Pong – DH 9:30a Tai Chi – Aud 10:00a Bicycle Club – by Mailbox 10:00a Needle Nook – Card Room 10:00a Uke-de-do's Beginners – Craft Room 12:30p Uke-de-do's Intermediate & Advanced – Craft Room 1:00p Tuesday Aftn Bridge – Blue Room 3:30p House Committee – Conf Room 3:30p Water Volleyball – Swimming Pool 5:30p Poker Night – Card Room 6:00p Beginning Line Dancing – Aud 7:00p Line Dancing Intermediate – Aud</div>		<div>8:00a Water Exercise – Swimming Pool 8:30a Ping Pong – DH 8:45a Walking Club – Aud 9:00a Woodburn Estates Carving – Craft Room 9:00a Walking Club Mtng – Blue Room 9:30a Blackjack – Card Room 9:30a Yoga – Aud 10:15a Zumba Club w/Video – Aud 10:30a Metaphysical Book Exchange/Talks – Blue Room 12:00p 5 Handed Double Deck Pinochle – Blue Room 12:00p Ladies Pool – Pool Room 1:00p Painting – Craft Room 2:00p Wii Bowling – DH 6:00p Pinochle Cards – Blue Room 7:00p Bingo – DH</div>		<div>8:00a Water Exercise – Swimming Pool 8:30a Estates Quilters – Craft Room 9:30a Coffee Hour – Aud/DH/Kit 9:30a Easy Bridge – Blue Room 10:00a Bicycle Club – by Mailbox 11:30a Bible Study – Travel Office 12:00p 4th Thur Pinochle – Blue Room 12:30p Chicago Bridge – Card Room 4:30p Rules & Regs – Conf Room 5:00p Poker Night – Card Room 6:00p Pinochle Cards – Blue Room 6:00p Advanced Line Dance (Everybody Welcome) – Aud 6:30p Water Volleyball – Swimming Pool</div>		<div>All Day <i>News & Views</i> Publication 8:00a Water Exercise – Swimming Pool 8:30a Ping Pong – DH 8:45a Walking Club – Aud 9:00a Walking Club Mtng – Blue Room 9:30a Estates Bible Study – Craft Room 9:30a Yoga – Aud 10:00a Blue Room Bunco – Blue Room 10:15a Zumba Class w/Video – Aud 11:00a Tai Chi – Aud 1:00p Bunco – Craft Room 1:00p Friday Party Bridge – Blue Room</div>	

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Short Story: The Last Visit

by Gloria Osborn

This is a true story told to me by my grandmother. It involves my grandmother – Erma, and my grandfather – John.

They had been married for more than sixty years and over that time they had become each other’s other half. But age is cruel and as John approached his 90th birthday dementia invaded his life. Erma agonized over his decline but finally realized she could no longer care for him, and so he was moved to a nursing home that specialized in his condition.

Neither Erma nor John were overly religious, but were at least nominally Evangelical Christians. Fundamental, Evangelical style religion was the traditional religious brand in their part of rural Pennsylvania, and the staging of a Revival was a welcome community event – whether or not one was deeply religious.

Best of all was a Revival held at a Campground. One of the most popular Campgrounds of this type was in Mahaffey, Pennsylvania, and people timed their week-long vacations to coincide with these events. It allowed a time spent away from chores and responsibilities and refreshed their faith at the same time. In addition to its religious benefits, it was a time to socialize, and people looked forward to meeting with friends they hadn’t seen since the year before.

The site of the Mahaffey Campground was picturesque located in an area where mature trees overlooked the activities, cooling and shading them. The accommodations were charming rustic cabins – not fancy, but adequate – certainly adequate for people who were essentially “camping out.”

Erma attended the campground that year for the first time in a long while and she was enjoying the services and the fellowship with old friends.

One night when she was alone in her cabin she heard a rustling at the screen door and went to investigate. To her amazement, John stood there. “John! What are you doing here?” He didn’t answer, just put out his hand toward her...and then vanished!

She was stunned and bewildered. How had he gotten to the campground, and where had he gone now? She found a telephone and called the nursing home. Was John missing?

“No” the nurse told her gently. John had just died.

Enjoy yourself...

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