

News & Views

Regular Board Meeting 4th Tuesday of Each Month • Official Publication of Woodburn Estates & Golf • All ads and articles are published on a space available basis

VOL XLVII NO. 6

www.woodburnestatesgolf.com • Main Office 503-982-1776 • N&V Office 971-338-6131

Friday, March 23, 2018

Woodburn Estates & Golf

New Member Welcome

Join members of our board, our general manager and other members to learn about your great new neighborhood!



Saturday, April 7th @ 1:00 pm
Dining Hall (next to the Office)

Woodburn Estates & Golf

coffee hour

April 2018

Apr 5th Music by GOOD COMPANY



Apr 12th Highlights of SIN MIEDO (Without Fear)
Performed by WOODBURN HIGH SCHOOL

Apr 19th Music by KIM & TERRY

Apr 26th Music by WHS MARIACHI BAND



Thursdays at 9:30am
Dining Hall / Auditorium

Weekly Drawings and featured Entertainers

First Thursday of each month we celebrate Birthdays & Wedding Anniversaries

Last Thursday of each month we collect for a local Food Bank

Performers listed are subject to change without notice.

New Members Meeting

by Nancy Dale

Most clubs and activities at Woodburn Estates (cards, craft, music, dance, coffee hour just to name a few) would like to have new members. Well, here is an opportunity to showcase what your club is all about.

Our last Membership meeting in December 2017 was well represented by many of our clubs and activities. It had a positive impact on our new residents.

There is a New Member Meeting on Saturday, April 7, from 1:00 to 3:00 p.m. All sanctioned clubs and activities are invited and encouraged to be represented at the meeting. Each club that reserves a table will be given an opportunity to interact with our new members, by letting them know what their group is all about. Bring samples, hand-outs, schedules; anything that will let our new residents know about your club. Each Board Director will also be present.

If you need new members, consider joining us at the New Member Meeting on April 7. Undoubtedly, some of the new residents would like very much to participate in some of our activities, but don't really know how to go about joining. With your representation at the meeting you will be able to personally invite them to join your group.

There is a limited number of tables so reserve a place soon. The clubs that reserve a table will need to have a representative during the entire gathering. Send your request for a table or any inquiry to nancy.dale.woodburnestatesgolf@gmail.com or call 503-805-2025. This phone accepts text messages, but please identify yourself, and the club you represent.

Seriously, People...

by Michelle Prather

First of all, if you want things to change, you have to go to the Board Meetings. There are a ton of homes and only a handful of Board Members. I'm pretty sure if there was packed houses at every meeting they would not have a choice but to listen. But the couple of times I did not work and was able to go the meeting, Board Members outnumbered those who showed up to listen.

Secondly, this topic is all blown up. Let me explain. Right now, we have a house next to us that has a "renter" in it and she is only 53 and has all kinds of shady people coming and going at all odd hours. Now THAT is why fines were given.

Thirdly, the Board does not just give you a fine right off the bat. I know the process is, that you are given warnings long before the fines start. So if anyone gets a fine, you cannot say you did not know what for.

Now, with that being said, if you get a fine, I suggest that you go to the office and have face time and get it worked out. Once again, I highly recommend people go to Board Meetings and get involved with your community in some fashion or another!

Correction to Last Issue

by Kathy Hiller

The last issue (March 9, 2018) had incorrect dates for the BOD minutes. Instead of January 9, 2018 and approved January 22, 2018 the dates should have been January 23, 2018 and approved February 27, 2018. The rest of the minutes were correct. We apologize for not catching that during proofing.

2018 News & Views Schedule

In April, News & Views will publish as follows:

Copy due by 9:30 a.m.

Thursday, April 5, 2018

Thursday, April 19, 2018

Publication Date

Friday, April 13, 2018

Friday, April 27, 2018

Thank you, everyone, for your cooperation.

CLASSIFIEDS

Next Publication of *NEWS & VIEWS*

April 13, 2018

Deadline for Articles, Thursday, April 5, 9:30 a.m.

We LOVE to have your free ads and articles.

The BEST way to get your information in *News & Views* is to send us this information by e-mail to nv@WoodburnEstatesGolf.com.

When submitting free ads be sure to include your MEMBERSHIP NUMBER.

BENEFIT SALE: Fri-Sat-Sun - March 23, 24, 25. Mobile Home Park Clubhouse @ 1999 Jansen Way & Umpqua Rd. Open 9 a.m. - 3 p.m. Lunch served 11 a.m. - 1:30 p.m. Treasures, artwork, records, books, home décor, clothing, crafts and much more!

MULTI-FAMILY YARD SALE: Fri-Sat-Sun - March 23, 24, 25 – 9 a.m. - ??, Mobile Home Park - 1999 Jansen Way & Umpqua Rd. Big Bargains.

THREE FAMILY GARAGE SALE: Country Club Rd & Princeton Rd. Thu-Fri-Sat-Sun, March 29, 30, 31, April 1. 8 a.m. - ??

FREE: HP ink #564. First come, first served. Come to the *News & Views* office to see/pick up the ink.

FOR SALE: *Singer Futura Sewing Machine CE100*, never used. Cost \$500, Sell \$95. *Classical Guitar with Soft Case*, never played, \$55. *Copper Wok* 14” diam, with solid copper lid, cooking surface 18/10 stainless steel, special ordered, never used. Cost \$150, sell for \$55. *Cannon Portable Electronic Typewriter*, Type star 110, works great with many functions, \$25. Call 503-981-8845.

OR SALE: ATTN. QUILTERS- Two cutting/measuring mats for sale. One Dritz “Super Cutting Mat” blue lines on white vinyl 30”x36”, great condition, used only for measuring bias or drawing circles, scallops. Designed to be sued with rotary cutters, but has no cut marks. Smaller sized currently sell for around \$50. Also a folded cardboard. Lue lines on white cutting mat 36” x 72” shows a littler wear, but has nice grids and bias lines. \$40 takes both. 503-981-0174.

Woodburn AA Meetings

Each Tues/Thurs at 7:30 p.m.
St. Mary’s Episcopal Church
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NEWS AROUND THE NEIGHBORHOOD

Bible Study Group

by *Darla Clark*

If you are just sitting around the house on Friday mornings looking for something to do, give us a try! The Estates Bible Study group meets every Friday at 9:30 a.m. with class beginning at 9:45 a.m. in the activity room of the club house end of building (by the golf cart breezeway) [aka Travel Office across from *News & Views* office]. This class has been offered to all members, their guests, and associate members for many years at Woodburn Estates & Golf... must be doing something right for such longevity.

Because our class is non-denominational, anyone is welcome who has a wish to study the Bible and make new friends. We are certain you will learn from our interactive study program and have fun at the same time.

Our group consists of men, women, and married couples. We have coffee and snacks before each class, with potlucks and special events throughout the year. The holiday seasons are an especially fun time spent with our "second family".

If you are new here or an established member and could use someone to discuss the Bible with, you have no better place to begin than here. No supplies are needed, no costs are involved. Just bring your Bible, if you have one, or we have extras for your use.

If you cannot make it to classes, but would like prayer on your behalf (or on behalf of someone you care about), please call to be put on our prayer list. We can also visit your home if you prefer.

Contact Darla at 503-702-5640 with questions or if you would like a ride to class. We hope to see you there!

Clackamas Circle Potluck

Please join us for a potluck on Monday, March 26 at 6:00 p.m. in the dining hall. Visit with the neighbors you haven’t seen all winter and enjoy great food at the same time! We will be serving pork loin, mashed potatoes, applesauce, coffee and tea.

Be sure to bring a side dish, salad or dessert and your own dinnerware. See you there!

Woodburn Estates Dance and Social Club

by *Bill Coleman, Chairman*

RE: “April Love”

Spring ushers in a season of new life, new beginnings, and renewed love. Plan to gather with friends and lovers on Saturday, April 14, at the Woodburn Estates Dance and Social Club's celebration to spring; “April Love.”

The fun starts at 7:00 p.m. at the Woodburn Estates Auditorium, located at 1776 Country Club Road for “April Love” with dancing and listening to the countrified sounds of “Crossfire.” To reserve a table for your special group, call JoAnn at 509-994-3499.

Your \$8.00 admission gets you into the party, and enters you in the drawing for lovely door prizes. All that romance works up a thirst and appetite, so be sure to sample snacks and an assortment of domestic and imported beers provided by the Woodburn Estates Dance and Social Club. You’ll want to take advantage of the chance to win a big cash prize by participating in the evening’s 50/50 raffle. Bring a friend or lover to this crazy party! Everyone is welcome.

Next up: Our “Swingin’ Spring” dance features music provided by your friends the “Supernaturals” on May 12 at 7:00 p.m. Join us as the Woodburn Estates Dance and Social Club swings you into the heart of spring!

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News & Views

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Email: nv@WoodburnEstatesGolf.com

Website: woodburnestatesgolf.com

News & Views is published the 2nd and 4th Fridays of each month. Mailed subscriptions are \$2 per issue to cover postage and handling. The Association reserves the right to publish or not publish any advertisement at our discretion.

Editor and Advertising Sales: Kathy Hiller Co-Editor: Shirley Bishop
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Distribution: Vicki & Will Spencer

Volunteers are always needed to help with preparation of copy, proofing, and delivery. Each of the 70+ carriers should have an alternate. Please email, if possible, all photos, articles, free ads, or reports. Hard copies are not preferred. If email is not an option, please submit your information to the N&V office. Use the mail slot in our door. All submissions must include name and member number. Thank you.

Disclaimer

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Rules Committee 12/12/2016

Name Correction

Explore The Store!

by Kathy Hiller

In the February 23 edition of *News & Views*, a poem on page 10 titled “Seahorse Ride” had the author’s name wrong. It should have been Doris Irene Hatcher. I am so sorry for the error, and appreciate that Doris contacted me and delightfully expanded on the impetus for the poem and her own life. It follows...

“The granddaughter I wrote about was almost 4 that summer. I was babysitting and sat outside under a tree. She would run up and back to the swing, or would go down the slide, and would tell some more to write about.

She is now a grandmother of a 3-year-old and has four daughters. She joined the army and was injured in Iraq but is still training soldiers. She lives in Indiana by Fort Wayne. A year ago, she ran in a 100-mile cross country race and took second place.

I am the second of 8 kids; 4 boys, 4 girls. Three of the boys and 1 girl have passed on. I was married 65 years to the same man. He drove cross country (in a semi) and was Sherwood’s first police chief. He died 4 years ago.

My daughter is a nurse. My son was in the army and was injured in Vietnam. He drove and loaded semis.

I have 3 granddaughters, 1 grandson, 3 great-grandsons, and 8 great-granddaughters, and 1 great-great-granddaughter 3 years old.

They are all over Oregon, Washington, and Indiana. No smokers, drinkers, or druggies.”

What a long and lively life you have had. Congratulations on your family and keep writing for us! I promise to spell your name correctly from now on!

Approved Recycling Items

- from Woodburn Independent March 14 edition*
1. *Paper* [newspaper, including advertisements and paper inserts; corrugated cardboard; magazines and catalogs; junk/direct mail; cereal, cracker, cookie and shoe boxes; and office paper (copier and printer paper, file folders, note paper, computer paper, brochures)].
 2. *Metal* (steel/tin and aluminum cans.)
 3. *Certain plastics* (clean bottles and jugs with lids removed); 12 ounces or larger only of beverage bottles; soap, household cleaning solutions bottles; and jugs of milk, juice and, detergent.

The press release warns against indiscriminately throwing things in the recycling cart without knowing if they're truly recyclable.

Laughter

by Angie Brady

My criterion for friendships with either gender is, "Can they laugh?"

This laughter, most importantly at one's foibles, may extend to amusing anecdotes and even feeble attempts at humor.

By laughter, I don't mean a nervous giggle or a polite semi-chuckle but a well-developed, hearty belly laugh. Laughter, even to tears, is even better.

Laughter bonds. Laughter breaks tension. Lifelong friends are forged through shared laughter.

However, laughter at another's expense has a hollow, metallic sound even as it wounds and destroys relationships.

Perhaps we all need coaching on how to laugh effectively.

Reprinted by permission of the author from her book, “Why not? What if?”

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We Service
All Brands!

by Lynn Rosanbalm

With the ever-increasing cost of living we need to squeeze every nickel until it screams. There's help on the horizon in Gervais. Dollar General has recently opened at the stoplight on the corner of Highway 99E and Douglas Avenue, across from Gervais High School, and if you haven't already been there, it's worth the trip. A friend and I recently made the 10-minute drive to check it out and discovered everything from frozen pizza to laundry soap and packages of men's socks.

This isn't a dollar store, as the name may imply. Although many items are priced at \$1, (a tall can of Comet cleanser is \$1) the word "general" is more fitting. Lacking only front- porch geezers, a pickle barrel and gingham yard goods, this business more closely resembles an updated version of the town general store of long ago.

Rows of clean, bright neon yellow shopping carts invite you to fill up at the entrance. Once inside, there are neatly shelved bags of snack foods and soda pop, much like a 7- 11 or gas station operation. In the store you will find a large grocery section with refrigerator and freezer cases; beer and wine; household goods (cookware, tableware, trash cans, laundry baskets) and decor (pillows, lamps, wall clocks); shower curtains and bed sheets; pet food and supplies; yard decor and garden tools; office supplies; clothing and accessories; shoes; jewelry; cosmetics; toiletries; OTC meds; toys; greeting cards; party supplies; automotive supplies; adult and children's coloring books; helium-filled balloons; magazines; even a Starbucks end cap. Name brand merchandise is displayed throughout the store, with the exception of Clover Valley products, which may be a store brand. Items are stocked to the front of the shelf within easy reach. The store is immaculately clean, not cluttered.

We found only a few minor drawbacks. One was a partially blocked aisle which barely allowed the shopping cart to inch past the object. Another was finding the same item displayed in more than one area of the store. This may be a lack of organization due to inexperienced new staff, lack of storage space for excess stock, or an unusual marketing strategy. For instance, if you missed the Del Monte canned green beans on the grocery aisle, you may have a second chance to buy, as you could encounter them again elsewhere. And you might want to because you just passed that spendy can of French's fried onion rings for your green bean casserole priced at only \$2! Finally, there is no produce.

There are only two cash registers, but checking out is a breeze with friendly staff and plenty of room. You will leave with your purchases tucked into a neon yellow plastic bag, having spent very little money. If you're concerned about adding travel costs to your household budget, Dollar General is located only 4-6 miles from WEG, depending on where you live.

Daily Dinner Specials

Monday
Burger Baskets

Tuesday
All-You-Can-Eat Tacos
Nachos

Wednesday
Beef Stroganoff
Chef’s Choice Special

Thursday
Liver & Onions
Stir Fry

Friday
All-You-Can-Eat Fish & Chips
Chef’s Choice Seafood Special

Saturday
Prime Rib

Sunday
Baby Back Ribs

Daily Soup Specials

Daily
Hamburger Veggie
Chef’s Choice

Friday
Clam Chowder

Country Cottage

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(Starting April 8, open til 8pm every day)



Men’s Golf General Meeting Minutes

Woodburn Estates Men’s Golf General Meeting
March 7, 2018

Treasurer Allan Lindberg called the Meeting to order at 10 a.m. in the Dining Hall, followed by the Pledge of Allegiance. Treasurer Lindberg conducted the meeting as both the President and Vice President were absent with notice.

Roll Call: All Officers & Committee Chairmen/Representatives were present with the exception of those absent with notice as reported in these minutes. There were 33 members in attendance at today’s meeting.

President & Vice President’s Reports: No reports due to absence with notice.

Treasurer Allan Lindberg’s Opening Remarks: Treasurer Lindberg welcomed everyone to the meeting and informed the members of the absence of our President and Vice President. He reported that the format for our Thursday play had been posted for the month of March. He then asked if any members were attending for the first time. Member Don Peters was a new attendee and introduced himself.

Treasurer’s Report: Treasurer Allan Lindberg provided the following report: Men’s Golf Club Checking Account at U.S. Bank...Beginning balance as of January 31, 2018...\$2,171.05...Total Deposits...\$3,997.31...Account balance as of March 1, 2018...\$6,168.36. Lindberg then reported that as of yesterday, 89 men have paid their dues for membership in the Men’s Golf Club for 2018. He then reported that he and Russ Krussow, the Co-Chair of the Handicap Committee, attended the Golf Genius Training Seminar on February 22, 2018, held at the Eugene Country Club. The Tournament Pairing Program used for years to build golf tournaments is being replaced across the USA with the Golf Genius Program that will be used going forward. Allan then informed the members that he was making a motion to reimburse Russ Krussow for mileage expenses incurred traveling to the training seminar, the motion seconded, approved, and passed unanimously.

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

Committee Reports:

Greens: Dean Lambert was absent with notice. Russ Krussow attended the last Greens Committee Meeting and reminded the members to repair their ball marks on the greens.

Handicap: Co-Chair Russ Krussow reminded the members that as of March 1 all scores are to be posted. He emphasized the need to properly fill out their

score cards and ensure that scores are legible. He then stated that there is a new GHIN Entry System with a different screen requiring the use of the mouse. There are various options available upon entry into the system. There will be instructions on the proper use of this new system posted next to the computer.

Mixed Tournaments: Co-Chair Fred Bourne stated that during these tournaments there will be beer available in coolers located in the Pro Shop. Co-Chair Bob Price reported that all sponsors have committed for 2018 and that all meals have been confirmed.

Rules: Chairman Jim Hutchinson discussed proper marking of balls on the green.

Sunshine: Chairman Ron Gripenstraw had nothing to report as no cards were sent out last month.

OGA: Chairman Paul Eaton reported on the total rounds posted in 2017 and pointed out that 369 penalty strokes were given by handicap committees for improper posting by members. Paul then gave statistics regarding how often a golfer actually can shoot his net handicap score: 1 in 5 times will a golfer actually shoot his net handicap score; 1 in 20 times will a golfer actually shoot 3 strokes below his net handicap score. Paul stated that the OGA Passport Program is now available for 2018 involving a 20% discount for green fees on 74 different golf courses. The annual cost for the Passport Program is \$140.00. Paul then reminded the members of the many benefits available to OGA members.

Membership: Chairman Stan Hiller reported that approximately half of the normal annual number of bag tags have been prepared to date. Many of our members have not returned from down south so it is anticipated that upon their return additional members will pay their annual dues. Stan reminded members to pick up their bag tags from the Pro Shop.

Unfinished Business: Nothing to report.

New Business: Fred Bourne reported that the golf coach for Woodburn High School had informed him that their Annual Fund Raiser Tournament is scheduled for Saturday, April 21st. Fred also stated that there has been some interest expressed in having a Texas Holdem Poker Tournament.

Door Prizes: Co-Chair Stan Hobson then conducted the 50-50 raffle drawing. The total money collected from members for today’s raffle was \$52.00. Member Will Abshere had the winning ticket and split the pot, winning \$26.00.

Closing Comments: Stan Hobson and Larry Kemper questioned Treasurer Allan Lindberg regarding the handling of the voucher fund. Allan explained that it is not feasible to post the results of the voucher fund on a weekly basis and will continue to post on a monthly basis. Paul Eaton commented on the continual changing of our logo and name. It was pointed out that the Corporate Name has never changed and remains “Senior Estates Golf & Country Club” with a dba of Woodburn Estates & Golf.

Closing: Treasurer Lindberg asked for a motion to adjourn the meeting, motion made, seconded, approved, and the meeting was adjourned at 10:40 a.m.

NOTE: OUR NEXT GENERAL MEMBERSHIP MEETING WILL BE HELD IN THE DINING HALL AT 10 A.M. ON WEDNESDAY, APRIL 4, 2018.

Submitted by Chuck Johnson, Secretary – Minutes approved by President Ken Bourne via E-Mail

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Money is due by April 10.
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Please put in an envelope marked *Attention: Louise Davidson*.
Be sure to include your name if paying with cash.

Not So Newly-Wed Game



(L-R) Hostess: Diana Lindberg. Couples: Stan & Kathy Hiller, Carla & Bill Coleman, Connie Doyon & Ken Leonard. Not pictured: Walt VanRheen and Lani Biddle.

by Kathy Hiller

Coffee Hour had a game show, “Not So Newly-Wed Game.” on March 15. See contestants in the photo. The outcome was almost a tie, and the Coffee Hour audience really enjoyed watching the show. Each couple was in the lead at one time or another, but Bill & Carla ended up with 60 points, and Ken & Connie and Stan & Kathy followed with 50 points each. All were awarded gift certificate to Country Cottage Restaurant along with a daffodil for the ladies. We look forward to more game-type Coffee Hours in the future. Thank you, Walt VanRheen and Lani Biddle, for your part in the background.

Easter and Family Traditions

by Betty Judevine

Traditions for me are more easily remembered as a child. I think the Grant Wood painting "American Gothic" would best describe the wooden position my Grandpa and Grandma took at our dining table, austere and comical, like the painting. I don't think I moved around much either while we ate the Thanksgiving turkey and 'sides' - fruit cocktail, cranberry sauce, turnips, Mother's sausage dressing, mashed potatoes, gravy, peas and pumpkin pie. I had kept the same menu for at least 30 years then slowly drifted toward other foods.

Easter and other holidays were always spent first in church then maybe doing 'fun' things afterwards (I was pretty scared of God). Later, we could hunt for eggs around the house, go see the Easter Parade in Atlantic City and then watch horses dive off a steel pier! Wrestling matches were also featured there and I remember one "Gorgeous George" whom everybody liked.

Christmas was going to Midnight Mass then opening presents in the morning (I envied kids who could do it at night). My brother's Lionel Train Set entertained me for years after he left home. I was always the tree decorator which can get pretty old. Christmas was celebrated from Christmas Eve until New Year's Day. One never, ever, puts up a tree before Christmas Eve! The two- week vacation from school was filled with invitations to classmates' teas.

Summertime, around the 4th of July, picnics were held in our backyard peopled with relatives and neighbors. As I grew older with interests further away, we started losing touch with each other. Fortunately, I had attended many weddings but missed saying ‘goodbye’ in the later years.

Now the family is much smaller. Holidays we may be somewhere else, or we delay celebrating a day because of work, or we may eat out. But thanks to me, I think, we still hold onto Thanksgiving, Christmas and Mother's Day. My son and granddaughter may be making new traditions and I'm part of them now.

A visit to me once a week from one or the other or both is enjoyable. Vacations are willing breaks we take individually or together. I'm becoming more of an obligation than a tradition, but we remain close. Maybe that's a new tradition - not willing to be separated for unknown periods of time. For our small family that's a plus and we have embarked upon a journey to meet with folks who are far away.

You may ask, how do we stay “civil” with one another? Pray a lot and a loving God will be at the head of the table!

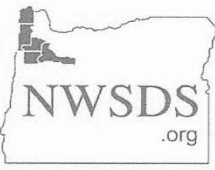
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News & Views.

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NorthWest Senior & Disability Services
Senior Peer Mentor Program

Are you 60 and older and struggling with mild to moderate depression and/or anxiety? Health problems, reduced mobility, the loss of a loved one and other stressful events can take a toll on our emotional health, but you do not have to face these struggles alone. You or someone who cares about you can request a Senior Peer Mentor. Senior Peer Mentors are trained volunteers who will assist you using proven strategies for positive change.

The service is free and confidential appointments occur in the privacy of your own home or care facility. You will work together, utilizing a workbook model, to identify steps to tackle depression and/or anxiety.

The Senior Peer Mentor Program is available to residents of Marion, Polk, and Yamhill counties and is offered by NorthWest Senior & Disability Services.

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Potato Bash!



March 17th was our annual Potato Bash. These volunteers and Activities Committee members did a great job serving hungry people!
(L-R) Sharyn Cornett, Connie Watt, Mary Bowling, Carolyn, Walt VanRheen, Lani Biddle, Ginnie Schuster, Diana Lindberg, Betty Bunnell, Vona Horn, Linda Hepburn, Malena Turner



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Breakdowns

by Angie Brady

I bought a new toaster this week. This fantastic appliance fits the kitchen decor and has four slots for bread. It also has many adjustments for muffins and such. It is a mystery how long it will work and I forgot to check if there is a lifetime warranty.

I should check up on the lifetime warranty. But for whose lifetime? I've left a trail of burnt out and lifeless appliances. These range from overzealous heaters and wildly dancing washing machines to curling irons which collapse in my hand and alarm clocks which forget to ring.

Alas, I've thrown away all the warranties except the one on the kitchen stove and it would be embarrassing to ask the manufacturer to honor it after more than 20 years of service. Furthermore, I'm attached to the two burners that still work.

I know that I can make coffee in the coffeemaker and set the table before the frying pan will get hot. Besides, the stove manufacturer declared bankruptcy at least 10 years ago.

Perhaps a lifetime warranty is a misnomer meaning the life of the company. It certainly isn't my lifetime although if I endure many more broken appliances, it, too, could end prematurely.

I truly believe our appliances are clairvoyant because they consistently wear out just before company arrives. For example, my trusty vacuum stopped an hour before the arrival of weekend guests. It may not have been constructed to suck up popcorn. This was one gloomy day. Even the plumbing (meaning toilet) sprung a leak all over the floor and I couldn't find the switch to turn on the wet vac.

After these two episodes, I hesitated to even look at an appliance the rest of the day. I was afraid my glaring would result in yet another casualty.

The new lean, mean machine which grills sounds terrific. Just from its name, I expect not to have any problems;— problems like instructions I can't figure out. After all, it has such an honest name.

Yesterday, the television volume went out of control and I'm positive the neighbors thought that the loud voice was me getting out of control.

I believe that inanimate objects communicate with one another and will gang up on me. After all, my new toaster does everything except word processing and besides, I like toasted English muffins.

Reprinted by permission of the author from her book, "Why not? What if?"

The Sign of Excellence

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Aging: What to expect

The Gold Prospector

by Mayo Clinic Staff

Wonder what's considered a normal part of the aging process? Here's what to expect as you get older — and what to do about it.

Your cardiovascular system

What's happening

As you age, your heart rate becomes slightly slower, and your heart might become bigger. Your blood vessels and your arteries also become stiffer, causing your heart to work harder to pump blood through them. This can lead to high blood pressure (hypertension) and other cardiovascular problems.

What you can do

To promote heart health:

Include physical activity in your daily routine. Try walking, swimming or other activities you enjoy. Regular moderate physical activity can help you maintain a healthy weight, lower blood pressure and lessen the extent of arterial stiffening.

Eat a healthy diet. Choose vegetables, fruits, whole grains, high-fiber foods and lean sources of protein, such as fish. Limit foods high in saturated fat and sodium. A healthy diet can help you keep your heart and arteries healthy.

Don't smoke. Smoking contributes to the hardening of your arteries and increases your blood pressure and heart rate. If you smoke or use other tobacco products, ask your doctor to help you quit.

Manage stress. Stress can take a toll on your heart. Take steps to reduce stress — or learn to deal with stress in healthy ways.

Get enough sleep. Quality sleep plays an important role in healing and repair of your heart and blood vessels. People's needs vary, but generally aim for 7 to 8 hours a night.

Your bones, joints and muscles

What's happening

With age, bones tend to shrink in size and density — which weakens them and makes them more susceptible to fracture. You might even become a bit shorter. Muscles generally lose strength and flexibility, and you might become less coordinated or have trouble balancing.

What you can do

To promote bone, joint and muscle health:

Get adequate amounts of calcium. For adults ages 19 to 50 and men ages 51 to 70, the Institute of Medicine recommends 1,000 milligrams (mg) of calcium a day. The recommendation increases to 1,200 mg a day for women age 51 and older and men age 71 and older. Dietary sources of calcium include dairy products, almonds, broccoli, kale, canned salmon with bones, sardines and soy products, such as tofu. If you find it difficult to get enough calcium from your diet, ask your doctor about calcium supplements.

Get adequate amounts of vitamin D. For adults ages 19 to 70, the Institute of Medicine recommends 600 international units (IU) of vitamin D a day. The recommendation increases to 800 IU a day for adults age 71 and older. Although many people get adequate amounts of vitamin D from sunlight, this might not be a good source for everyone. Other sources of vitamin D include oily fish, such as tuna and sardines, egg yolks, fortified milk, and vitamin D supplements.

Include physical activity in your daily routine. Weight-bearing exercises, such as walking, jogging, tennis, climbing stairs and strength training can help you build strong bones and slow bone loss.

Avoid substance abuse. Avoid smoking and don't drink more than one or two alcoholic drinks a day, depending on your sex and age.

Excerpted from Aging: What to expect (https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/aging/art-20046070)

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by Ezra Brooks

Gold! The cry was first heard at Sutter Creek in 1848... and for the next 40 years it echoed and re-echoed throughout the Far West. Each new discovery launched a series of gold rushes – into the Mother Lode country of the Sierra Nevada and the Cascade Ranges; into Washington and Montana; deep into the Great Basin of Nevada and Utah; to the Pikes Peak country and along the rugged ranges of the Rocky Mountains; and then on into the Black Hills of Dakota. The names of mines and mining towns have become classic American legends: the Comstock Lode of Virginia City, Confederate Gulch, Powder River, Eureka, the Emma Mine of Little Cottonwood Canyon, Red Dog, Rough and Ready, Deadwood.

Throughout the Western States, the Gold Prospector became a familiar sight. A pan and a pickaxe were his tools, a burro his closest companion. A few – a very few – made fortunes that staggered the imagination. But tens of thousands who searched in vain for a bonanza settled down to become farmers, shopkeepers, ranchers, tradesmen. It was they who became the first settlers of the western frontier and who formed the basis for its future growth.

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Henry David Thoreau's Hypocrisy



Henry David Thoreau
(photo credit: Benjamin D. Maxham, Public Domain, Wikimedia Commons)

by Donna Rector

I have wondered about the myth and fascination surrounding Thoreau. He has been cherished as one of our sacred national heroes from the year 1849 and is still revered by many to the present day. While it is true that he was an excellent naturalist and a voice for the preservation of wild places, at the same time his lack of humanity can be a little unsettling. One example stems from a visit to a beach in Cape Cod after a shipwreck had washed ashore complete with bodies and wreckage. He is quoted as having said, “If this is the law of nature, why waste any time in awe or pity?”

After meeting Ralph Waldo Emerson in 1845 and becoming a tutor to Emerson’s children, he became interested in writing. Thoreau later spent two years on Emerson’s property near the famous pond. He spent the next ten years writing “Walden”. After that it took five years for the initial run of 2,000 copies to sell. Only after his death in 1862 of tuberculosis at the age 45 did he become the well-known author and American hero following a vigorous campaign by family members championing him and his work. Thoreau, while at the pond, attempted a subsistence living that is usually only attractive to those not obliged to attempt it.

Thoreau mocked and publicly shamed the practice of eating more than one meal a day as an ethical transgression. He seemed to equate eating habits and moral worth. He also is said to have regarded the eating of salt as he did humor; he considered them both as unnecessary. Given that he lived in the puritan era and fun was not high on life’s agenda, maybe we should be more understanding of his beliefs. The issue however, seems to be hypocrisy.

Food was bad, drink was bad and shelter seems to even have been suspect. He also is reported to have considered companionship as, at best, a time-consuming nuisance. Coincidentally, Thoreau was never married. Another quote I particularly like as being quite descriptive of Thoreau while discussing poor people is “Often the poor man is not so cold and hungry as he is dirty and ragged and gross. It is partly his taste, and not merely his misfortune. If you give him money, he will perhaps buy more rags with it.”

Well, it seems, our hero, during his time at the pond strolled to his family home in Concord several times a week. His mother’s cookies or the chance to dine with friends reportedly lured him back home. He never mentions these facts in Walden, and also doesn’t mention the fact that his mother and sisters visited weekly bringing him food.

So Walden’s life was more complicated than we thought. The revered classic book is more complex that it seems at first glance. Our hero really didn’t like people, and really also needed the comforts of life as the majority of us do.

Beware of Squatters

by Tom Staskiewicz

At the request of members on Nextdoor Neighbor, I was asked to print this discussion in the News & Views. I have redacted the names of those members who posted and redacted names in my responses.

Squatters Are Looking for Places to Live

Are you on alert for squatters? There are individuals going through Woodburn Estates & Golf looking for unoccupied or temporarily vacant homes where they can take up residence. In Oregon after two weeks of occupancy squatters have rights and removal becomes significantly more difficult. At Woodburn Estates & Golf the board has no legal standing for homes. If squatters move in whoever has title, homeowner or mortgage holder, have the power for legal eviction. The board has a much more time-consuming, costly and legally challenging process to obtain an injunction to force removal. The process takes two - four months to get the injunction and then another 15 - 30 days, if we're lucky, to get them out. If you see something suspicious with unoccupied or "Snow Bird" homes report it immediately to the police and the office.

Member Question: Does WEG maintain a database of contact information on the homes in the Estates?

GM reply: The information we have is voluntarily provided by homeowners and, if provided, it is maintained. Members should also periodically come to the office to update the contact information. Individuals change and phone numbers change; we need to know. It would also be great to have information on mortgage companies. Frequently we have homeowners who pass, move to assisted care or abandon their homes and we have no information to follow up. Even if we have a contact that doesn't always mean we can track down the heirs. We are always looking for new ways to track home ownership for vacant homes. Sadly, it's often only when we are notified of a foreclosure after several years of the property being vacant. If our members know of family members or see yard care or other activity around a "vacant" home, let us know. We continually check Marion County records but there is no time limit on when a title change must be recorded. It could be 10 days or 10 years. One piece of information we may not have is written permission from the homeowners to contact the family member or emergency contact on record. This can be a big problem when homeowners become forgetful or reluctant about involving family members. Many homeowners experiencing financial problems could have avoided the situation by providing the office permission to contact family members or emergency contacts. We have had members facing eviction or foreclosure who had family members willing and able to help, but the family had no idea of the problems. This is a sad, avoidable situation if we had only known and been able to make the necessary contacts. We are always looking for ways to protect our members and the community.

Member question: When I completed my emergency contact form in 2007, I was under the impression that simply by providing an emergency contact name and phone number, permission was automatically given to SEG&CC to make any required contact on behalf of either myself or my property.

GM reply: That is a logical understanding of emergency contacts. What we need is the ability to contact when it's not a life or death issue, but a financial issue. We have never asked for that authorization and it could alleviate problems for many members and the office.

Member question: Hi, I may be a little dense, but am not understanding how squatters know a home is empty, but neighbors, HOA, utilities, etc. don't.

GM reply: you are not dense at all. This is something members do not necessarily know. The HOA, neighbors, utilities may all know the home is vacant, but we don't necessarily know when squatters have moved in. This typically happens late at night and one of the first things they do is put plastic sheets over the windows. Often times it's the pounding that gives them away or unusual things start appearing around the house. Once they move in it doesn't take much for them to turn on the utilities and they stay on until the bill goes unpaid for some period of time and then the utilities get shut off. The worst case is when they don't get the utilities and then all bets are off. Houses have been found with feces overflowing in the toilets. They typically have pets that are allowed to do literally anything in the house. Damage easily reaches tens

of thousands of dollars in no time at all. The office and police need the earliest possible notification, because after two weeks, squatters have rights.

Member question: Hmmm ok, after reading this again... squatters have rights. Who gives them their rights? How do they "claim" their rights? ...and other questions I don't even know to ask. But this squatting is stealing. I was a telephone operator in my late teens. Thought it was a kick to put through free calls for family. It was brought to my attention. Rightfully so that this was illegal...and stealing. Taking something I had no right to. What justification is there for squatters having rights? I know you have other things to do than educate me, but this is crazy stuff.

GM reply: I don't believe I have anything better to do than respond to our members. I mean I can't always get to it immediately, but I serve you and you deserve answers.

The courts have given squatters these rights based upon some very old Oregon laws when this was the "wild west". People would move from the East and squat on land as a means of taking ownership. These laws are still on the books and they create problems. Yes, it is stealing. Interestingly, I was watching a television show last night and it was talking about rights. If I take something from you, I am stealing, but if I use some obscure law and the government takes something from you and gives it to me or gives me some rights over that property, that is legal. Go figure.

Member comment: a change in law from a civil matter and the full eviction process, to a criminal matter of home breaking, trespassing and unlawful occupancy that police can take action about is necessary when squatters take over homes in the estates, or for that matter, anywhere in the state. There are only a few other states that have addressed this problem with new laws, the two I know about are Nevada and Washington. It is a matter we need to address with our state representatives. Last year I did that, but I think it will take a large group of homeowners who feel the law should change to show lawmakers that many of us feel the same way.

Member comment: Thank you, poster! After reading all this and the graphic details of the property damage to Estates homes that our leadership is well aware of, it seems this has been going on for quite some time. We should be contacting our legislators to get this ridiculous ancient law changed. It is the responsibility of our leadership to protect the Estates property and residents from criminal elements who are using a 100-year-old (or more!) law to take advantage of a vulnerable senior population. It's about time for this to be distributed through the *News & Views*, as suggested, and legislators scheduled to participate in a meeting with residents.

GM reply: This isn't only a problem for us or Senior Communities for that matter. Rental properties and regular HOAs face the same issues. Look at Portland and cities up and down the coast and you can see the homeless problem all over and no government organization is interested in addressing the issue. There is no answer forthcoming to the homeless issue and so there is no legislative desire to address the rights of the actual property owners.



Bugle Blast is a great way of announcing the happenings to the residents of Woodburn Estates & Golf about their clubs, committees and other events as well as sending vital information when needed.

Bugle Blast forms are available on the *News & Views* bulletin board—just fill out and return it to the *New & Views* Office at least 2 weeks in advance. It will be posted upon approval by the Marketing Committee. Keep in mind that the **Bugle Blast** email is sent to members and the public who have signed up to receive it.

If you have signed up, but you are **not** receiving the **Bugle Blast**, please check your spam or junk email folder and mark it not spam or junk. If you are still not receiving it, send an email to nv@WoodburnEstatesGolf.com

★

To receive the **Bugle Blast** sign up at the *News & Views* Office or on our website.

★

Code of Conduct For Open Meetings

by Jim Taylor, President

This Code of Conduct is intended to promote civil debate of policy issues being discussed by the Board of Directors of Woodburn Estates & Golf, in an atmosphere of fairness, courtesy, and respect for differing points of view.

Expected Behavior

1. All Board members, staff, and attendees are to be treated with respect and consideration, valuing a diversity of views and opinions.
2. Be considerate, respectful, and collaborative.
3. Communicate openly with respect for others, critiquing ideas rather than individuals.
4. Respect the rules and policies of the meeting venue; arrive on time in appropriate attire ready to listen or participate.

Unacceptable Behavior

1. Harassment, intimidation, personal attacks, or discrimination in any form will not be tolerated.
2. Physical or verbal abuse of any Board member, staff member, owner, or guest will not be tolerated.
3. Examples of unacceptable behavior include, but are not limited to, verbal comments related to gender, disability, physical appearance, body size, race, religion, national origin, or threatening or stalking of any Board member, staff member, owner, or guest.
4. Recording or taking of photographs without the express permission of the Board of Directors.
5. Disruption of presentations by Board members, staff members or attendees during Board or Association meetings or during open mic sessions.

Consequences

1. Anyone requested to stop unacceptable behavior is expected to comply immediately.
2. The Board of Directors may take steps to prohibit attendance at any future meeting by those exhibiting unacceptable behavior.
3. Other consequences may result, based on input from legal counsel.

The Retired Husband

Submitted by Allan Lindberg

After I retired, my wife insisted that I accompany her on her trips to Wal-Mart. Unfortunately, like most men, I found shopping boring and preferred to get in and get out as quickly as possible. Equally unfortunate, my wife is like most women, loves to browse and leaves me with endless time to kill. Yesterday my dear wife received the following letter from the local Wal-Mart:

Dear Mrs. Harris,

Over the past six months, your husband has caused quite a commotion in our store. We cannot tolerate this behavior and have been forced to ban both of you from the store. Our complaints against your husband, Mr. Harris, are listed below and are documented by our video surveillance cameras.

June 15: He took 24 boxes of condoms and randomly put them in other people's carts when they weren't looking.

July 2: Set all the alarm clocks in Housewares to go off at 5-minute intervals.

July 7: He made a trail of tomato juice on the floor leading to the women's restroom.

July 19: Walked up to an employee and told her in an official voice, “Code 3 in Housewares. Get on it right away.” This caused the employee to leave her assigned station and receive a reprimand from her Supervisor that in turn resulted in a union grievance, causing management to lose time; and costing the company money. We don't have a Code 3.

August 4: Went to the Service Desk and tried to put a bag of M&Ms on layaway.

August 14: Moved a 'CAUTION - WET FLOOR' sign to a carpeted area.

August 15: Set up a tent in the camping department and told the children shoppers he'd invite them in if they would bring pillows and blankets from the bedding department to which twenty children obliged.

August 23: When a clerk asked if they could help him he began crying and screamed, “Why can't you people just leave me alone?” EMTs were called.

September 4: Looked right into the security camera and used it as a mirror while he picked his nose.

September 10: While handling guns in the hunting department, he asked the clerk where the antidepressants were.

October 3: Darted around the store suspiciously while loudly humming the “Mission Impossible” theme.

October 6: In the auto department, he practiced his 'Madonna Look' using different sizes of funnels.

October 18: Hid in a clothing rack and when people browsed through, yelled “Pick me! Pick me!”

October 20: When an announcement came over the loud speaker, he assumed a fetal position and screamed, “Oh No! It's those voices again!”

October 22: Took a box of condoms to the checkout clerk and asked, "Where is the fitting room?"

And last, but not least:

October 23: Went into a fitting room, shut the door, waited awhile; then yelled very loudly, “Hey! There's no toilet paper in here.” One of our clerks passed out.

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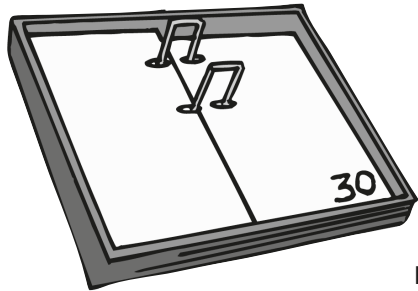
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Activities Calendar

* Any change of date, time, activity, or place MUST be made with the office 503-982-1776.

Saturday, March 24	Sunday, March 25	Monday, March 26	Tuesday, March 27
8:30a Ping Pong – DH 12:00p Men's Golf Poker Tournament – DH 3:00p Water Volleyball – Swimming Pool 5:00p Hand & Foot Cards – Blue Room	2:00p Music Jammers – DH/Kit	8:00a Water Exercise – Swimming Pool 8:30a Estates Quilters – Craft Room 8:30a Walking Club – Aud 9:00a Ladies Pool – Billiard Room 9:00a Walking Club Mtg – Blue Room 9:30a Yoga – Aud 10:10a Easy Bridge – Blue Room 10:15a Zumba – Aud 1:00p Swiss Pairs Bridge – Blue Room 6:00p Clackamas Circle Potluck – DH/Kit 6:30p Water Volleyball – Swimming Pool	8:00a Water Exercise – Swimming Pool 8:30a Ping Pong – DH 9:30a Tai Chi – Aud 10:00a Bike Club – by Flag Pole 10:00a Needlecraft – Card Room 10:30a Architectural Committee – Travel Office 11:00a WE Ukulele Strummers (Beginners) – Craft Room 12:30p WE Ukulele Strummers (Intermediate & Advanced) – Craft Room 1:00p Tuesday Bridge – Blue Room 1:30p Board Meeting – DH 3:00p Water Volleyball – Swimming Pool 5:00p Poker Night – Card Room 6:00p Beginning Line Dancing – Aud 7:00p Intermediate Line Dancing – Aud

Wednesday, March 28	Thursday, March 29	Friday, March 30	Saturday, March 31
8:00a Water Exercise – Swimming Pool 8:30a Ping Pong – DH 8:30a Walking Club – Aud 9:00a Woodburn Estates Carving – Craft Room 9:00a Walking Club Mtg – Blue Room 9:30a Yoga – Aud 10:00a Metaphysical Book Club – Blue Room 10:15a Zumba – Aud 12:00p 5 Handed Double Deck Pinochle – Blue Room 12:00p Ladies Pool – Billiard Room 1:30p Wii Bowling – DH 6:00p Pinochle Cards – Blue Room 7:00p Bingo – DH	8:00a Water Exercise – Swimming Pool 8:30a Estates Quilters – Craft Room 9:30a Coffee Hour – Aud/DH/Kit 10:00a Bike Club – by Flag Pole 4:30p Rules and Reg – Conf Room 5:00p Poker Night – Card Room 6:00p Pinochle – Blue Room 6:00p Advanced Line Dance – Aud 6:30p Water Vollyball – Swimming Pool	8:00a Water Exercise – Swimming Pool 8:30a Ping Pong – DH 8:30a Walking Club – Aud 9:00a Walking Club Mtg – Blue Room 9:30a Estates Bible Study – Craft Room 9:30a Yoga – Aud 10:15a Zumba – Aud 11:00a Tai Chi – Aud 1:00p Friday Bridge – Blue Room 1:00p Bunco – Craft Room	8:30a Ping Pong – DH 3:00p Water Volleyball – Swimming Pool 5:00p Hand & Foot Cards – Blue Room 7:00p 5th Saturday Square Dancing – Aud/DH/Kit
			Sunday, April 1

Monday, April 2	Tuesday, April 3	Wednesday, April 4	Thursday, April 5
8:00a Water Exercise – Swimming Pool 8:30a Estates Quilters – Craft Room 8:30a Walking Club – Aud 9:00a Ladies Pool – Billiard Room 9:00a Walking Club Mtg – Blue Room 9:30a Yoga – Aud 10:10a Easy Bridge – Blue Room 10:15a Zumba – Aud 10:30a St. Monica's Circle – DH/Kit 1:00p Swiss Pairs Bridge – Blue Room 1:00p Music Makers – Aud/Kit 6:30p Water Volleyball – Swimming Pool 7:00p Golden Squares Square Dancing – Aud/Kit	8:00a Water Exercise – Swimming Pool 8:30a Ping Pong – DH 9:30a Tai Chi – Aud 10:00a Bike Club – by Flag Pole 10:00a Needlecraft – Card Room 10:30a Architectural Committee – Travel Office 11:00a WE Ukulele Strummers (Beginners) – Craft Room 12:30p WE Ukulele Strummers (Intermediate & Advanced) – Craft Room 1:00p Tuesday Bridge – Blue Room 1:00p Woodburn Garden Club – DH/Kit 3:00p Water Volleyball – Swimming Pool 5:00p Poker Night – Card Room 6:00p Beginning Line Dancing – Aud 6:30p Card Making Class – Craft Room 7:00p Intermediate Line Dancing – Aud	8:00a Water Exercise – Swimming Pool 8:30a Ping Pong – DH 8:30a Walking Club – Aud 9:00a Woodburn Estates Carving – Craft Room 9:00a Walking Club Mtg – Blue Room 9:30a Yoga – Aud 10:00a Men's Club Monthly Meeting – DH 10:15a Zumba – Aud 11:30a The Alice's Lunch Club – Country Cottage 12:00p 5 Handed Double Deck Pinochle – Blue Room 12:00p Ladies Pool – Billiard Room 1:00p Writing Group – Conf Room 1:00p Library – Travel Office 1:30p Wii Bowling – DH 6:00p Pinochle – Blue Room 7:00p Bingo – DH	All Day <i>News & Views</i> Copy Deadline 8:00a Water Exercise – Swimming Pool 8:30a Estates Quilters – Craft Room 9:30a Coffee Hour – Aud/DH/Kit 10:00a Bike Club – by Flag Pole 1:00p Swiss Pairs Bridge – Blue Room 4:30p Rules & Regs – Conf Room 5:00p Poker Night – Card Room 6:00p Pinochle – Blue Room 6:00p Advanced Line Dance – Aud 6:30p Water Volleyball – Swimming Pool

Friday, April 6	Saturday, April 7	Monday, April 9	Tuesday, April 10
8:00a Water Exercise – Swimming Pool 8:30a Ping Pong – DH 8:30a Walking Club – Aud 9:00a Walking Club Mtg – Blue Room 9:30a Estates Bible Study – Craft Room 9:30a Yoga – Aud 10:15a Zumba – Aud 10:30a Woodburn Estates Yoga Social – Blue Room 11:00a Tai Chi – Aud 1:00p Friday Bridge – Blue Room 1:00p House Committee – Conf Room 1:00p Bunco – Craft Room	8:30a Ping Pong – DH 1:00p New Member Meeting – Aud/DH/Kit 3:00p Water Volleyball – Swimming Pool 5:00p Hand & Foot Cards – Blue Room	8:00a Water Exercise – Swimming Pool 8:30a Estates Quilters – Craft Room 8:30a Walking Club – Aud 9:00a Ladies Pool – Billiard Room 9:00a Walking Club Mtg – Blue Room 9:30a Yoga – Aud 10:10a Easy Bridge – Blue Room 10:15a Zumba – Aud 1:00p Swiss Pairs Bridge – Blue Room 6:30p Water Volleyball – Swimming Pool	8:00a Water Exercise – Swimming Pool 8:30a Ping Pong – DH 9:30a Tai Chi – Aud 10:00a Bike Club – by Flag Pole 10:00a Needlecraft – Card Room 10:30a Architectural Committee – Travel Office 11:00a WE Ukulele Strummers (Beginners) – Craft Room 12:30p WE Ukulele Strummers (Intermediate & Advanced) – Craft Room 1:00p Tuesday Bridge – Blue Room 3:00p Water Volleyball – Swimming Pool 5:00p Poker Night – Card Room 6:00p Beginning Line Dancing – Aud 7:00p Intermediate Line Dancing – Aud
	Sunday, April 8		
	10:00a Private Party – Aud 2:00p Music Jammers – DH/Kit		

Wednesday, April 11	Thursday, April 12	Friday, April 13
8:00a Water Exercise – Swimming Pool 8:30a Ping Pong – DH 8:30a Walking Club – Aud 9:00a Woodburn Estates Carving – Craft Room 9:00a Walking Club Mtg – Blue Room 9:30a Yoga – Aud 10:15a Zumba – Aud 12:00p 5 Handed Double Deck Pinochle – Blue Room 12:00p Ladies Pool – Billiard Room 1:00p Library – Travel Office 1:30p Wii Bowling – DH 6:00p Pinochle – Blue Room 7:00p Bingo – DH	8:00a Water Exercise – Swimming Pool 8:30a Estates Quilters – Craft Room 9:30a Coffee Hour – Aud/DH/Kit 10:00a Bike Club – by Flag Pole 11:15a Activities Committee – Conf Room 12:00p Pinochle – Blue Room 1:30p Cribbage – Craft Room 4:30p Rules & Regs – Conf Room 5:00p Poker Night – Card Room 6:00p Pinochle – Blue Room 6:00p Advanced Line Dance – Aud 6:30p Water Volleyball – Swimming Pool	All Day <i>News & Views</i> Publication 8:00a Water Exercise – Swimming Pool 8:30a Ping Pong – DH 8:30a Walking Club – Aud 9:00a Walking Club Mtg – Blue Room 9:30a Estates Bible Study – Craft Room 9:30a Yoga – Aud 10:15a Zumba – Aud 11:00a Tai Chi – Aud 12:00p Code Enforcement Lunch & Learn – DH 1:00p Friday Bridge – Blue Room 1:00p Bunco – Craft Room



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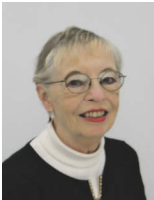
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