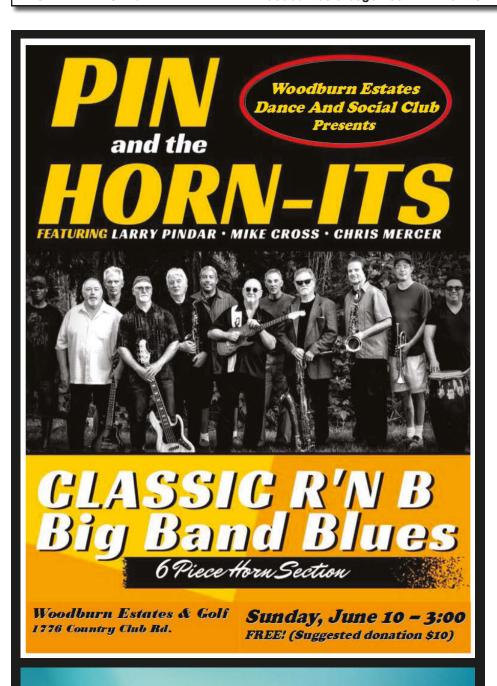
VOL XLVII NO. 10

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Friday, May 25, 2018



Y Woodburn Estates & Golf

coffee hour

IUNE 2018

June 7th Music by ESTATES & COUNTRY MEADOWS COMMUNITY CHORUS plus Blood Drive



June 14m Music by BILL COLEMAN GOSPEL BAND

JUNE 21st Author TIMOTHY BOYCE / DAY TO DAY ONE MAN'S DIARY OF SURVIVAL IN NAZI CONCENTRATION CAMPS

June 28m Music by BOB BROWN



Thursdays at 9:30 am 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.

Blue Room Closure

by Corporate Office

The Blue Room will be closed for remodeling from May 21st to June 11th. Dates are subject to change. It would be a good idea to contact the main office 503-982-1776, and they will be glad to help you find a place to have your activity!

The Walking Club contacted the office and they are moving their meetings from the Blue Room to the golf lounge on Mon-Wed-Friday. They also will be cancelling their Bunco while the Blue Room is under construction. The Golf Lounge and the Dining Hall are both options.

Carrier Needed

by Vicki Spencer

We here at the *News & Views* office haven't had a need to ask for carriers for a while. But all good things come to an end, as the saying goes. We need someone to cover a route with 44 papers. It is all of Walton Way and eight homes on Dellmoor Way. If you are interested, please call Vicki Spencer at 503-982-2027 or 503-757-9550. Even if this route is taken by the time you call, I would be very interested in keeping your name and number ready for any routes that would come available. The route-coverage need is like life – ever changing. This is really a very cool way to meet people.

If any one had previously expressed a desire to deliver and I have not called you to sub or take a route, please call me again. Thank you to everyone who volunteers.

Thankfulness for Little Things

by Angie Brady

Thankfulness is not for winning the lottery or your book making the best seller list. It is for every day, run-of-the-mill events such as:

- Thankfulness for that someone who allows you, with your five items, to go ahead of her in the supermarket checkout line.
- Thankfulness for a mundane life uncluttered by soap opera events.
- Thankfulness for the purple iris in the spring, the pink petunias of the summer, and fall's gold and bronze mums.
- Thankfulness for freshly brewed coffee sipped alone, or better yet, with a friend.

It has been said that thankfulness is a lost art. I don't think so. I see it everywhere – garden variety wholesome thankfulness as evidenced by a handshake, hug or a stranger's smile.

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

2018 News & Views Schedule

In June, News & Views will publish as follows:

Copy due by 9:30 a.m.
Thursday, June 7, 2018
Thursday, June 21, 2018

Publication Date Friday, June 15, 2018 Friday, June 29, 2018

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Editor and Advertising Sales: Kathy Hiller Co-Editor: Shirley Bishop **Photographer:** Sandy Abt, **Photographer Emeritus:** Ken Leonard Distribution: Vicki & Will Spencer

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NEWS AROUND THE NEIGHBORHOOD

AARP June Safe Driving Classes

by Diana May, Administrative Assistant

Notice: the next AARP Safe Driving class is June 11 & 12 in the Conference Room. These are evening classes - 5:30 to 8:30 p.m. Sign-ups are in the office. Call 503-982-1776 or email info@woodburnestatesgolf.com. Thank you.

Music Jammers

by Dena Hollod

Music Jammers will start again on May 27, 2018, in the Woodburn Estates Dining Hall at 2 p.m. Our snow birds are back with us again so we should have a good size group to entertain us.

Come on out and join us. It is free and the music is always great!! We have a half time break with coffee and goodies. See you then.

Woodburn Estates Dance and Social Club

by Bill Coleman, Chairman

"Horn-its Are Coming"

C'mon out Sunday, June 10th at 3:00 p.m. to enjoy the best classic R&B and Big Band Blues powered by a 6-piece horn section. "Pin & the Horn-its" will be with us performing a free concert at the Woodburn Estates and Golf Auditorium (1776 Country Club Road)!

"Pin & the Horn-its" has been featured at the Portland Blues Festival held annually at Waterfront Park, and at clubs and festivals throughout the northwest. Organized in 2014 in Portland by blues luminaries, Larry Pindar and Mike Cross, the "Horn-its" specialize in blues from the late 40s through the 60s, preferring tunes by the great Ray Charles and B.B. King.

The Woodburn Estates Dance and Social Club is proud to bring this free event to all Woodburn residents. This concert is presented to help educate and keep this valuable musical resource before the public. We encourage a donation to the artists ... baskets will be distributed during the concert for this purpose.

Enjoy an assortment of domestic and imported beers (for a nominal fee) while listening to the music. There will be a short intermission with coffee and cookies, and a few moments to meet the artists up close and personal.

Did You Know?

by D. Rector

According to researchers at the University of Minnesota clutter stimulates creativity. That really makes me feel better about the state of our closets and garage. Coincidentally, Americans spend \$9 billion dollars on organizational products each year.

The Commerce Department says the amount spent by Americans on nonessential goods annually is \$1.2 trillion dollars and Goodwill reports the weight of donations in the U.S. and Canada in 2015 was 1.6 billion pounds. Even Einstein subscribed to the theory that clutter helped the mind.

So there you have it! I guess we should lighten up on the guilt associated with all the clutter that surrounds us.

Happiness or Foolhardiness?

by D. Rector

Einstein is reported to have said "Happiness is nothing more than good health and a bad memory". Speaking of health, Mark Twain cautioned one should be careful of reading health books because one could die of a misprint.

Hmm, on that note, the average American eats 22 teaspoons of added sugar a day. The American Heart Association recommends 6 teaspoon per day for women and 9 per day for men. Two hundred years ago, the average was ten pounds of sugar per year and today it has exploded to 170 pounds per person per year. Yikes!

CLASSIFIEDS

Next Publication of NEWS & VIEWS **June 15, 2018**

Deadline for Articles, Thursday, June 7, 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.

FREE: 1 heavy Duty wood pallet. Suitable for: wood projects, garden planter boxes, Etsy projects, use your imagination! Contact N&V at 971-338-6131.

FREE: Kenmore washer & dryer. Each is 20+ years old but are in good working condition. Call Joe at 503-841-1716.

3 FAMILY GARAGE SALE: 1963 Lilac Way; 1968 Lilac Way; 2034 Lilac Way; Fri & Sat, June 1&2, 8 a.m. - 4 p.m.

SUPERB SALE: 1439 Thompson Rd. – Thu, Fri, Sat – May 31 and June 1 & 2. 9 a.m. to 4 p.m. daily. Crafting supplies, fabrics, scrapbooking items and albums, collectibles, new condition clothes (all seasons, including golf), Red Hats items, plus clothes and gifts. Office supplies, more golf stuff, dolls, yard décor, bikes PLUS son's storage unit items! Too much misc. to remember!

FOR SALE: Must sell. Flex Steel Lift Recliner, excellent condition, dual motor with operator's manuals. Paid \$1149, asking \$350 OBO. Char Broil gas BBQ with side burner, good condition, always covered, \$75. OBO. Call 503-981-0472 after 5:30 p.m.

FOR SALE: Kitchenaid 325 with heavy duty mixer, white, includes beater, dough hook, whip, slicer, shredder, grater attachment \$140. Kitchenaid white blender \$35. Rolling TV cart \$20. Maple end table with drawer \$25. 2 IKEA straight wood chairs \$15 each. 2 solid brass lamps with shades, very nice \$40 each. 2 vinyl folding tables, 20X48 \$15 each. Tan-brown indoor-outdoor rug \$20. White vinyl outdoor blind for patio door \$15. Call 503-902-0676.

FOR SALE: Antique 2-drawer dresser with mirror on 4 legs with wheels. \$400 OBO. Antique chair, Italian Provincial, beige with pink floral \$150. American Drew china cabinet, lighted glass shelves, felt-lined silverware drawer, cherry, \$400 OBO. Cherry sofa or entry table \$50 Dining table & 4 straight-back chairs from Pier One \$500 OBO. Small occasional table with flat back to go against a wall, light wood- \$35. Two Early American milk glass lamps (no shades)-\$30. DVD cabinet. Black, 2 doors—particle board-\$15. TV stand, black, glass doors open to 2 shelves. Each side has storage for whatever, stand rotates. \$75 OBO. Karen 830-708-7983.

WANTED: Looking for some rocks to place in 2 outdoor flower pots. Please call 503-730-9159 if you can be of help. Thank you!

WANTED: Need to borrow pop up tents for the July 8 Annual Car Show. If you have a tent we can borrow, please call Diana at 503-804-1440. Thank you.



St. Monica's Circle

by Ryllis Linday

The May 7th meeting began and President Becky Butts led us in the Flag Salute and a prayer. Secretary Katie Taylor read the minutes from the previous meeting and Rita Girard gave the financial report. There were no additions or corrections. Both reports were approved as read.

Betty Judevine introduced Chris Lopez, a new member. It was great to see Barbara Campbell back again. Barbara Rose-Cox took over for Gertrude Rees who formerly organized the volunteers who take care of the linens. Peggy Matter brought her book of members present.

Birthdays in May: Peggy Matter – May 3; Marilyn Conway – May 18; Elsie Leen – May 29. Birthdays in June: Ryllis Linday – June 3; Pauline Dionne – June 7; Katie Taylor– June 17; Mary Austin – June 18.

President Butts reminded our members to get busy on their sewing projects for the November Craft & Book Sale. It was suggested that we contact Gertrude and ask her for the history behind the tablecloth which is to be raffled off at the Sale in November.

The meeting adjourned at 11:15 a.m. and lunch commenced. This was another lovely luncheon prepared by Becky. She served Sloppy Joes, with fried potatoes, pickles, carrots, and cole slaw. Dessert was either a red devil's food cake or a white cake with fruit. Barbara Rose-Cox brought candies for everyone. At the end of the meal, everyone helped clean up the tables. Katie Taylor, once again, cleaned the

Our June meeting will be installation of officers for September 2018 through August 2019. Everyone is welcome to join us in September. We do not meet in July or August.

One last thing. I was so impressed with a salad that Rita Girard brought to a meeting (and I attributed it to her husband, Whimpy). It was so delicious I begged for the recipe, which I gladly share with News & Views readers. Turns out it was a grand Prize winner for Jennifer Rytting of West Jordan, Utah (year unknown).

ORANGE SPINACH SALAD

Start to Finish: 30 min. Makes 16 Servings (1 cup each)

1/4 cup sugar

1/2 cup slivered almonds

1 bunch romaine, torn 1 package (6 ounces) fresh baby spinach

1/2 pound sliced fresh mushrooms

3 cups (12 ounces) shredded Swiss cheese

1 can (15 ounces) mandarin oranges, drained

1 medium red onion, sliced 1/2 pound sliced bacon, cooked and crumbled

POPPY SEED DRESSING 1/3 cup white vinegar

1/3 cup sugar

1/4 cup finely chopped onion 2 tablespoons Dijon mustard

3/4 teaspoon salt

3/4 cup canola oil

2 teaspoons poppy seeds

In a small heavy skillet, melt sugar over low heat. Add the almonds; cook and stir for 3-5 minutes or until golden brown. Spread onto a greased sheet of foil; break apart if necessary. In a large bowl, combine the romaine, spinach, mushrooms, cheese, red onion, bacon and oranges. For dressing: In a blender, combine the vinegar, sugar, onion, mustard and salt. Cover and process until blended. While processing, gradually add oil in a steady stream. Stir in poppy seeds. Pour dressing over salad and toss to coat. Sprinkle with sugared almonds. Serve immediately.



Mon - Sat | 7am - 8pm, Sun 7am - 4pm

Memorial Day May 28, Monday Mixed Golf Tournament Sponsor



The menu by Gary's BBQ on Wheels:

BBQ Chicken, Potato Salad, Baked Beans, Mixed Green Salad, Roll and Butter, & Dessert

<u>Please</u> bring your own plates and eating utensils.

Sign up: Must pay by cash or check.

4/30 through 5/21, entry fee is \$18.00 each. May 28 at 2:30pm – dinner fee is \$18.00 each. **Note:** 5/21 last day to cancel for refund.

Must have 5 games played before event to establish handicap to play.

Golf Green Fees are \$25.00 paid by Punch Card or Cash or check at Sign-up.

Game format: Shotgun start 8:30am

4-person scramble, minimum 4-drives each. Men: white tees – Women: red tees

HDCP percentages: 20%, 15%, 10%, 5% of A, B, C, D, player.

Spring Tournament June 16, Saturday Mixed Golf Tournament

Sponsors





The menu by Gary's BBQ on Wheels:

Boneless Pork Ribs, Red potatoes, Pasta Salad, Fruit Salad, Roll and Butter & Dessert Please bring your own plates and eating utensils.

Sign up: Must pay by cash or check.

5/29 through 6/9, entry fee is \$18.00 each. June 16 at 2:30pm –dinner fee is \$18.00 each. **Note:** 6/9 last day to cancel for refund.

Must have 5 games played before event to establish handicap to play. Golf Green Fees are \$25.00 paid by Punch Card or Cash or check at Sign-up.

Game format: Shotgun start 8:30am

4-Person Mexican Scramble, minimum 4 drives each

Men: white tees – Women: red tees

HDCP percentages: 20%, 15%, 10%, 5% of A, B, C, D, player.

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Results Of Men's Horse Race, May 19, 2018



(L-R) Chuck Johnson, Leroy Yoder, Ken Bourne, Steve Krieg, Ray Ewing, Mark Forrest, Jerry Haugen and Don Slezak

by Stan Hiller

Winners

1st Place was Mark Forrest and Ray Ewing.

2nd Place was Ken Bourne and Steve Krieg.

3rd Place was Jerry Haugen and Don Slezak.

4th Place was Chuck Johnson and Leroy Yoder.

If you have not seen a Golf Horse Race come watch the next one! The Women will be up next on Saturday, June 30, starting at 10 a.m., followed by the Mixed Horse Race on Saturday, July 14. Bring a snack because you might miss lunch!

I want to thank each and every volunteer who helped with spotting and Chuck Siver, Jim Worley, Stan Hiller and Nancy Reed for making this fun!

Sundowner's Golf

by Allan Lindberg

Sundowner's is a 9-hole golf competition that plays each Monday starting June 4, with the last outing on September 24. Dues for the season is \$5. All money collected goes for awards and end of season banquet. Each week players register in the Pro Shop. Meet up at the Gazebo to draw your partner at 3:30 p.m. Each week we play a different game based on the number of players coming out to play.

Sundowner's is a fun competition where an established handicap is not required. It's is a great way to get acquainted with others whether new to Woodburn Estates & Golf or a longtime resident. At the conclusion of the game many players go to Country Cottage to enjoy good company, a meal and/or libations.

For questions about Sundowner's Golf, please call Allan Lindberg at 503-804-3982.

Lady Putters Back in Action

by Mickey Harrison and Gwen Egan

On a beautiful Monday May 7, the Lady Putters began their 14th season. Can you believe it! It was a very joyous and noisy affair as everyone gathered in the Ladies Lounge happy to see each other and get acquainted with new members. We had 37 ladies present including eight new members and 13 holes in one awarded. Now we are looking forward to our annual day when we invite the men to play with us and have a free lunch. Stay tuned for more about that. If you would like to join us, just come to the Ladies Lounge any Monday morning at 9:30 – it's never too late and everyone is welcome.



Men's Golf General Meeting Minutes

Woodburn Estates Men's Golf General Meeting May 2, 2018

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

Roll Call: All Officers and Committee Chairmen/Representatives were present with the exception of those absent with notice as reported in these Minutes. There were 41 members in attendance at today's Meeting.

President's Report: President Bourne welcomed the members to the Meeting. He then highlighted some of the past golf events and some upcoming events. On April 21 Tukwila Golf Course hosted a golf event for the Woodburn Boys & Girls Golf Club. All proceeds went to these two clubs for travel expenses to and from golf matches. Two teams from our Men's Club played in the event, and had a great time interacting with the young golfers. On April 27, Woodburn Estates & Golf hosted the Tulip Tee Off Tournament. May 10 and 17 is our President's Club event; cost \$5.00 to enter. May 19 is our Men's Horse Race, cost \$5.00 and Allan Lindberg and Stan Hiller will be there to run the parimutuel event. May 7 a new sand injection system will be tried on our course with many local maintenance people seeing this for the first time. They claim it heals much quicker than the old system of plugs. Since our course will be closed, today I have a sign-up form for 20 golfers to play at McNary Golf Course that day.

President Bourne asked if we have any new members here today. Dick Miller said it was his first time here.

Head Pro Report: Jason Hoth commented on the Wooden Shoe Tulip Tournament. There were many great prizes and that fun was had by all on Friday, April 27, 2018. This was a fundraiser for Woodburn High School's boy and girl scholarship netting \$3,600.

Vice President: President Bourne stated that VP Mike Dykes had resigned as VP due to health issues. Today, I would like the approval of Will Abshere volunteering for this position. Jerry Biddle moved to approve Will Abshere as our VP. The motion was seconded and passed unanimously.

Treasurer's Report: Treasurer Allan Lindberg reported the April statement are not here yet. Account Balance as of March 31, 2018 of \$6,182.56, Total Deposits of \$700.27, Interest Earned of \$00.20. Cleared Payments to the OGA of \$3,640.00 and for donuts of \$30.00. Un-cleared expenses were Woodburn High School for \$200.00, Russ Krussow mileage of \$88.56 for a total expense of \$288.56. Un-cleared Deposits: men's dues of \$605.00 and 50/50 for \$24.00 for a total Un-cleared deposits of \$629.00. Men's Club Balance as of April 30, 2018 was \$3,553.27. As of April 30, 2018, there are 121 members of the Men's Golf Club. A discussion then ensued regarding the need for the Pro Shop to keep a current record of voucher money earned by members in addition to the monthly posting by our Treasurer.

Secretary's Report: Secretary Chuck Johnson was absent with notice. **COMMITTEE REPORTS:**

Greens: Dean Lambert talked about Tim O'Larey getting the approaches aerated and sanded. A company will be finishing up with tree trimming. The weather needs to cooperate to finish the golf car paths on the fairways.

Handicap: Co-Chair Russ Krussow discussed the new Golf Genius Program, stating that we are experiencing some problems. If you are having a problem entering your score just put it in the unposted box, but be sure to indicate which tee box color you played from.

Mixed Tournaments: Co-Chair Fred Bourne said we are ready to go for this year's events. The cost is \$18 each and that all game formats are a 4 person scramble. Stan Hiller thanked Fred for getting all the game formats and menu items, so that the posters could be made. Stan also said you can view these poster in the wooden display case in the golf lounge and on our web site under GOLF.

Sunshine: Chairman Ron Gripenstraw was absent with notice. President Bourne said the Harrison's had received bad news that their grandson was killed in wor

OGA: Chairman Paul Eaton had nothing to report.

Rules: Chairman Jim Hutchinson asked if your ball landed next to a branch from a fallen limb would you be penalized? The answer would be no as it is a moveable object.

Membership: Chairman Stan Hiller stated that golfers need to pick up your golf bag tag. If it is not there in the golf shop to be sure to get on the list to have it made.

UNFINISHED BUSINESS: None.

NEW BUSINESS: Congratulation were given to Mark Forrest for a hole-in-one on #9-hole on Men's Play Day, April 28th. This was his first ever. Mark won the pot of \$66.00 held in the golf shop and will receive another \$50 award from the Men's Club and the Hole-in-One fund.

A question was asked as to what happened to the yardage markers on the course, with a discussion following as everyone agreed that they should be placed back where they were. Dean Lambert said he would address the subject at the next Green Committee meeting.

Door Prizes: Before President Bourne conducted the 50-50 raffle drawing, he read a very nice note from a member of the Ladies Golf Club. The subject of the note was Giving Back. The author of this note wanted to do just that -GIVE BACK by donating \$300.00 to the 50/50 fund. What a tremendous act of generosity. The total money collected from today's raffle was \$92.00. Mike Dykes had the winning ticket for \$46.00.

Closing: President Bourne asked for a motion to adjourn the Meeting, motion made, seconded, approved, and the Meeting was adjourned at 11:05 a.m.

Our next GENERAL CLUB MEETING will be held in the Dining Hall at 10 a.m. on Wednesday, June 6, 2018.

Submitted by Stan Hiller for Chuck Johnson, Secretary – Minutes approved by President Ken Bourne.

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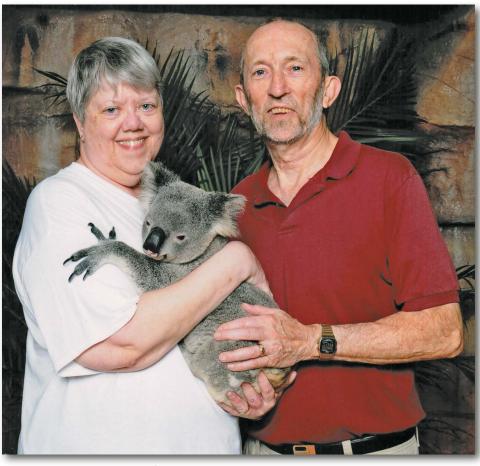
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Fraveler's Report



Lorrie Cox, Kathy Tatro, and Kathy and Stan Hiller



Kathy and Stan with a koala at the Australian Zoo

by Kathy Hiller

42 years after Stan promised me that we would someday visit Australia, he made good on his promise. Actually, if he had not heard that Larry and Karen Jones were planning a cruise to New Zealand and Australia, who knows how much longer our trip would have waited...

So... we signed up for the same cruise and trip as the Joneses. This was back in 2017, about six months before the cruise date in March 2018. Unfortunately, Larry and Karen cancelled their plans, but by then Lorrie Cox was wanting to go, too. She invited her sister, Kathy Tatro, to join her so the four of us had our travel planes confirmed and then had to get air travel planned.

Stan and I have a wonderful Financial Planner, Craig Byrd from Byrd Financial in Portland. Craig said, "Why don't you guys go first class since you'll be flying for many hours?" That sounded great to us since we were familiar with economy seating. When we looked for flights to Sydney, Australia, we quickly decided Premium Economy was more in line with what we were willing to spend. \$17,000 each for round trip first class was too rich for us!

The flights were long but comfortable. On March 15, three hours after we competed in the "Not So-Newly Wed Game" during coffee hour, Stan's brother, George, drove us to PDX for our 6:30pm flight to Los Angeles then on to Sydney. We lost all of Friday and arrived in Sydney early Saturday morning. We grabbed a taxi and stayed at the Four Seasons Hotel which ended up being about 3 blocks

from the pier where our Royal Caribbean ship, "Radiance of the Seas" would dock on March 18. (If you ever see this ship, our balcony room was directly above the "AN" in Radiance of the Seas that is painted on the starboard side of the ship.)

We spent most of our time on board since several days were strictly "at sea" – most of those were getting to and from New Zealand which was an 11 day cruise with stops at Dunedin, Akaroa, Auckland, and Bay of Islands. We went ashore at Akaroa on Friday, March 23, where we rode in a tender to where buses were waiting for us. We were driven to a waiting train and had a small breakfast as we enjoyed the scenery on our way to a sheep farm. I didn't realize the busses would catch up with us, but they were ready and waiting for us to reboard for the rest of the way to the farm.

When we got there we were greeted by the family and a large buffet-style lunch. There were three or four salads, veggies, potatoes, and chicken, beef, ham, leg of lamb, and salmon for our eating enjoyment, along with their homemade wine, followed by dessert. Soon, we all waddled over to where we watched a sheep being sheared. I worried about that sheep since in the southern hemisphere it was the middle of autumn. Their sheep dog put on a shown for us also, but mainly just chased the small flock of about 10 sheep from one corner of the 75ft square enclosure to another corner. It was not much like the sheep herding competitions I have seen on TV.

Our ride back to the tender boats was all by bus and we encountered many hairpin turns but the country is very beautiful. Mostly hills and valleys but, in some of the flatter stretches, I saw why New Zealand has so many logs piled up at the docks for shipping to China. Pine trees are planted along their fences and become fully grown mature trees in 20 years and can be harvested. They replant them for the next 20 years. They have harvests ready nearly every year if they maintain their planting. China manufactures furniture from the pine tree logs.

We also went ashore in Auckland, New Zealand, and walked around in the city for a couple of hours. We stopped several times and just people-watched. People are just people where ever one travels. All sizes and shapes; old and young; plain and handsome. We enjoyed a couple of young men who were street musicians. One played the bagpipes. The other, at a farther location, played a saxophone.

We enjoyed the ship's entertainment each evening after dining with 6 other passengers - Bert and Cathie; Len and Marilyn; Pam; Frank and Cathie; and Robert who joined Lorrie and Kathy and Stan and me. The others were all Aussies, except Robert, a Brit. We shared many stories and had a great time. After dinner, most went their separate ways but we would run into each other aboard the ship. Stan was a good sport and allowed me to drag him around to the various trivia contests. We met another couple on the Australian cruise, Barbara and Keith, who made great partners and we played the progressive trivia games with them and ended up in 5th place over all with 49 points total.

On our twelfth day, we were back in Sydney and took the hop-on/hop-off bus where we hopped off at the Sydney Tower for a panoramic view of Sydney. The outside observation deck was closed but I doubt I would have gone out there since anyone doing so had to put on a coverall suit and hook themselves to the building so the strong winds couldn't blow them off. No thanks. We hopped on again and stopped at the Sydney Opera House where we had lunch. Stan climbed the steps up to the entry for a photo. We hopped on again and got off at the Sydney Aquarium. The best part was seeing the sharks, sting rays, manatees, and lots of other sea creatures while walking through a tunnel with many of these swimming above our heads. We got back to our ship, ready for our next cruise on the eastern coast of Australia. We only had stops in Brisbane, Airlie Beach, Newcastle, and then back to Sydney. In Brisbane, we had an excursion to the Australian Zoo which is operated by the Steve Irwin family. They had a show with several birds – all trained to fly to designated perches – followed by the alligator performance. Very entertaining, but I got the best laugh as we were watching all this and a young lady was walking by with a large snake wrapped around her shoulders. It spooked Stan when she (and the snake) got close to him! The entire zoo was easy to see, with trolleys running every 10 minutes to take passengers to the end of the zoo to get off and observe the animals in their habitats. There were fences to keep them in, but hardly seemed like they were enclosed. We went into the kangaroo/wallaby area and saw a momma kangaroo with her baby "joey" in her pouch. She was laying down, eating the food that could be purchased for feeding the animals, while her joey was also eating with just his head and front "arms" sticking out. We could pet her, but she soon got up and wandered off, then the ducks came in to finish the meal. We highly recommend visiting this zoo. It was amazing and very clean. We got a photo taken while holding a koala, one of the things I most wanted to do in Australia. Their fur is very soft, but they are not friendly in the wild. The one we held had been well-trained. He (she?) already knew to turn its head to face the

Our next port was Airlie Beach which is where the Barrier Reef was another excursion. Unfortunately, the weather was windy and rainy so the excursion was cancelled. Guess we'll have to make the trip again – but the next time, we'll fly there and stay in Australia to really see the country. (IF...we travel there again.) Our last excursion stop was Newcastle. Lorrie, Kathy, Stan and I caught another hop-on hop-off bus and saw more of Newcastle which is a very pretty city. We met a couple on the ship who live there. Australians take their children on cruises during their breaks from school, since it is cheaper than having to fly out of country to go to Disneyland or other kid-friendly places.

We were glad to return home and see our "Bitsy" again. She was well cared for by Mary Jones who house-sat and pet-sat for us.

A Blessing

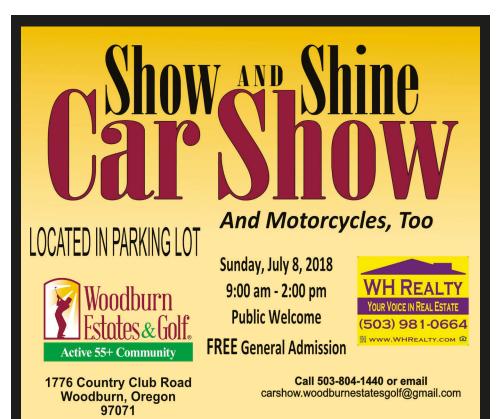
by Anonymous

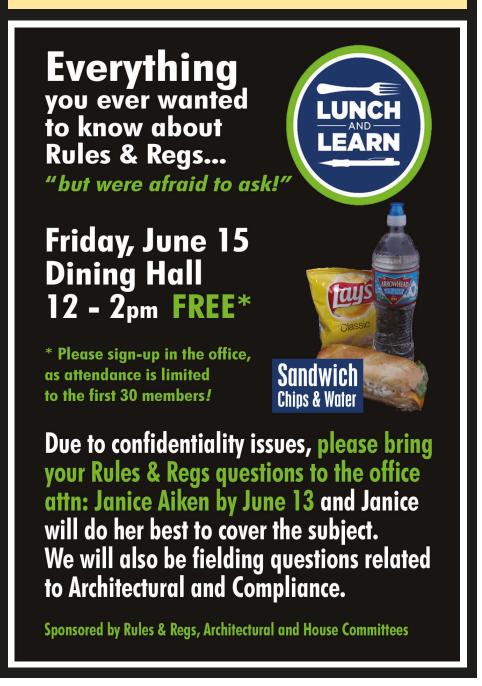
May you have enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human, and enough hope to make you happy.

Short Essay On Life

by Anonymous

The best kind of friend is the kind you can sit on a porch and swing with, never say a word, and then walk away feeling like it was the best conversation you've ever had.





An Aging —— Person's Bill of Rights

from CareNotes TM 2006 by Clarence Thomson

My aging father was unnecessarily concerned about "being a burden." He was reluctant to speak up about his own needs and preferences. He assumed he was a bother. He was dead wrong.

Our rights as human beings and as citizens do not come to an end when we retire from the workforce or pass our 65th birthday. In fact, it could be argued that as we age, we should be entitled to even greater leeway and respect, given the contributions we have made to society. So, why aren't aging persons' rights more widely recognized and respected? The place to begin looking for the answer is within yourself. To a large degree, your own attitudes and expectations determine the extent to which others will respect your rights. What are the rights you should expect?

• You have the right to be treated with dignity.

Dr. Rebecca Monley of Minneapolis did her Ph.D. research on adolescent develop-ment. When she asked people to name the most traumatic event of their high school years, eight out of ten said the death of a grandparent; this response from high school kids, with their relationship issues, car accidents, and school problems. The loss of a grandparent – an old person – was most traumatic.

We refer to important people as dignitaries. Others will treat you with

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dignity if you understand and gracefully accept yourself that way. Just because your children or grandchildren don't ask your advice about money, sex, or TV programs doesn't mean that they don't look to you as a model for personal values, opinions, insights, and, yes, even friendship.

Be careful of some of our cultural beliefs. I asked a therapist how insurance companies who paid for therapy judged whether or not it was successful. He answered, "If they can lead productive lives, they are considered healthy." This standard seems to say we are important if we produce. It doesn't define produce.

If you make an unhappy child stop crying, I call that productive. If you brighten someone's day with a card, phone call, or a cup of coffee, I call that productive. You have dignity that can't and doesn't have to be earned. We hold this truth to be self-evident.

You have the right to be independent.

Independence does not necessarily mean being alone. It means being able to make your own decisions, sometimes within a family or community and sometimes by yourself. We acquire a certain amount of wisdom as we age – one would hope! At this point in your life, presumably, you know better than anyone else what your personal needs and preferences are. You have a right to speak them, to be heard, and to have your wishes honored as much as possible, even if you differ with those who might advise you. Of course, you listen and seek information, but then you have the right to decide for yourself.

• You have the right to make your health-care decisions.

First of all, don't expect to be ill. Many old people are quite healthy. Your expectations and choices can have a powerful influence on how healthy you remain. Good health management starts with caring for yourself, especially with diet and exercise.

If you do become ill, make your own health decisions as much as possible. There's no reason to remain passive and hope a doctor will "make" you well. Don't be afraid to ask for second opinions. Pay close attention to how you really feel about your treatment options, and decide what is best for you. If the treatment isn't working, you can change it. You have a right to change doctors, too. The doctor is there to help you, and should act that way.

• You have the right to stay in your own residence.

If you asked many people what percentage of older people live in nursing homes, they would probably guess somewhere between 25 and 50 percent. The actual number is under 5 percent, and falling, according to a Brandeis University study. That is less than one in 20. Most people can live in their own home or long-term assisted care facilities for most or all of their lives. This is especially true if you have a family and community that you are close to. If you are most comfortable in the home you have lived in for years, by all means continue to live in it for as long as you can.

• You have the right to expect support from loved ones.

Getting support is not the same as being a burden. Supporting an older loved one can take many forms, and not all of them are financial: phone calls, emotional support, and visits also are very important.

My father loved phone calls, so after every important baseball game, I'd call him for a few minutes. Now my son calls me. He learned! The pattern endures. And when my son is out of town, his son, age 11, calls him after the game!

Many older people think it is virtuous not to ask anything of their family. The opposite is true. People love to share the warmth of their family. Remember how you enjoyed making your kids happy as children? In most cases, they are no different. They want to make you happy. It is your right, and it is also a gift they wish to give.

• You have the right to be included.

Because you're excluded from most advertising appeals, you could easily absorb the cultural attitude that you and your generation are no longer important. Not so. Include people of all generations in your life, and stay involved in their lives. All will be enriched.

It may be as simple as attending a grandchild's soccer game. It may mean singing in a church or community choir, working for a political party, or championing a social cause. Mother Jones is a magazine named after a feisty old gal who fought for social justice. Age is no limit. If you want to be included, get into the action any way you can: time, service, money, support, appreciation.

• You have the right to keep learning.

We've all heard that as we age, we lose brain cells. That may be true, but studies suggest we also make more neurological connections among the cells we have, so we can learn faster in our later years when we already have some familiarity with a field.

Until recently, educators believed that we learn only while we're young and

then level off after our early 20s. We know now that isn't true. Use your library card as often as you do your credit card! My friend is 70, and just starting to get serious about the guitar because some neighborhood kids have asked him to teach them. Can he stay ahead of his students? Bet on it.

Now that you have rich life experiences, you can really enjoy great literature and drama. Classes or discussion groups can be wonderful. And there is no reason to fear computers. If you do, have a young friend teach you whatever you want to know. Computers bring the whole world to the screen in front of you. The internet is at least as much fun as the telephone, and is a wonderful way to keep in touch with all sorts of communities you want to belong to. Get connected and enjoy exploring.

• You have the right to be different.

You have a right to your own lifestyle and pastimes. If you want to spend your days quilting or doing crossword puzzles, that's just fine. If you would sooner collect model airplanes or china dolls, why not?

Old age helps us clarify what we really want with our remaining years. Perhaps you have spent a lifetime working hard, raising a family, focusing on others' needs. Now you have the opportunity to devote your time and energy to interests of your own. Go for it! Paying a little more attention to yourself and your own preferences can be a healthy and innocent pleasure.

• You have the right to pleasure.

Speaking of pleasure, you give your children and grandchildren a great gift if you actively seek pleasure and let them know what pleases you. Pleasure and enjoyment keep us vital, alive, looking forward to the new day.

You can enjoy the pleasures of friendship where perhaps you did not have time to do so before. For some, conversation is the richest source of pleasure. For others it is music, art, or crafts like quilting, pottery, or woodwork. My passion is gardening. After that comes reading what I've always wanted to, but never had time for before. What's your pleasure?

When you were younger, you were busy with many things. Now, as you age and things finally slow down a bit, you have the leisure to tend more to matters of your spirit. Your senior years are a perfect time for contemplation and prayer. Our bodies may weaken, but our soul and spirit can grow and flourish. Exercise all your rights as an older person, and enjoy the rich harvest of your life – rightfully so!



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A Rescue Dog

Author unknown

stone floor.

Now I have arrived at your home, everything is strange and I do not feel good. Do not feel impatient if I do not sleep in my new basket, yesterday I slept on a

Do not be terrified if I gobble up my food, yesterday I had to do it to survive.

Do not get angry if I pee in the house, yesterday it did not matter.

Do not be sad if I am afraid of your loving hand, yesterday I did not have one.

Have patience with me it's your world, but not yet mine.

If I trust you, I can give you the greatest gift I can give. My heart.

Please never forget I was a pound dog, all I need is a bit of time to adjust.

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Shelby

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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.



Short Story Challenge

Betty Judevine wrote this short story for a challenge in one of our Woodburn Estates Writing Classes*. Here was the starter: Your character moves into a new apartment. On the surface, the place seems ideal but his/her first night there, your character discovers a terrible problem that he/she didn't take into account...

by Betty Judevine

I'm tellin' you this story fast because something awful is going to happen. You see, my wife Katie and I were in the army. She was a nurse and I was in the infantry. We have no children but lots of kin who were also in the service. Get the picture? We all planned to retire and live in a beautiful apartment house.

After my mother-in-law passed, we called her Queenie, we found the perfect home in warm, inviting Panama, surrounded by plenty of restaurants and grocery stores. I have always done the shopping and Katie takes care of the housework.

What a glorious place it is! Windows that glitter in the moonlight and sparkle in the sunshine. It is a home I have searched for all my life. After all, I was a soldier and not at rest very much. Most of the time I marched with my battalion, searching vigorously and sidestepping enemies. My wife not far behind.

Now I can retire and live next to my cohorts, fellows like myself looking for paradise. Our first few days were great. The neighbors like the peace and quiet and never said a word. But we noticed some had left. Never a word about 'why' and it happened so fast. I had no time to ask what is wrong. But, gradually, more neighbors disappeared.

A dark shadow is evolving above. Each day brings it closer and closer. I look for Katie but she is nowhere to be found. When I realized what is going on, I am paralyzed with fear. Looking up into the black eyes of a grotesque monster, and before I can scream the lights go out! With a smidgen of a second left just in time to write this, I realize what is happening. All of us soldier ants and spouses are being devoured in a beautiful spider's... (flash to title).

* The Woodburn Estates Writing Class meets on the first Wednesday of the month at 1 p.m. in the Conference Room. Come and learn more about writing!



20 Things You Didn't Know About Coffee

Submitted by Gloria Osborn from the Internet

- 1. Forget 5-hour energy. The original pick-me-up may have come from the nomadic Galla tribe of Ethiopia which made energy bars from ground coffee beans and animal fat sometime in the first millennium.
- 2. Around A.D. 1000, Arab traders brought coffee beans home from Africa and started boiling them into a drink they called *qahwa*. Translation: "that which prevents sleep".
- 3. Fast-forward to the 1930s, when German physician Max Gerson began promoting daily coffee enemas to detoxify the liver, stimulate metabolism, and cure cancers.
- 4. More recently, Britain's Prince Charles has raved about coffee enemas, and Amazon.com sells DIY kits.
- 5. But be warned: The National Cancer Institute says Gerson's claims are unsupported, and the American Cancer Society cautions that illness and death can result from contaminated enema equipment, depleted electrolytes, and punctured intestinal walls.
- 6. Have a cup instead. In 2011, the Harvard School of Public Health reported that in a 22-year study of nearly 48,000 men, those drinking six or more cups daily were about 60 percent less likely to die from prostate cancer.
- 7. A 2008 study at Sweden's Lund University demonstrated that drinking coffee lowers the risk of breast cancer, at least for women who have a relatively common variant of the gene CYP1A2, which helps to metabolize both estrogen and coffee.
- 8. But what really grabbed the attention that year was cup size. The same Swedish team found a correlation between women with the genetic variation who drank three or more cups of coffee a day and smaller breasts.
- 9. Volume may be the least of coffee drinker's worries. In 2009, psychologists from the U. K.'s Durham University observed that students who drank three cups daily were three times more likely to hear voices and have out-of-body experiences.
- 10. Bach voiced his love of coffee in a cantata. With libretto by Christian Friedrich Henrici, the Kaffeekantate was first performed in Leipzig, Germany between 1732 and 1736.
- 11. "Father, don't be so severe / If I can't drink / My bowl of coffee three times daily / Then in my torment I will shrivel up / Like a piece of roast goat", goes the soprano part.
- 12. Americans, too, sing coffee's praise. According to Harvard research, Americans spend \$40 billion on coffee each year.
 - 13. The world consumes close to 1.6 billion cups of coffee each day.
- 14. A global phenomenon, the Grande (or medium) 16-ounce coffee at Starbuck's contains the caffeine equivalent of 9.5 cans of Coke.
- 15. It takes approximately 4,700 ounces, or 37 gallons, of water to make just one cup of coffee when you account for inputs needed to grow and process the beans.
- 16. Researchers from London's Royal Botanic Gardens warn that highland forests in Ethiopia and South Sudan, where most wild coffee grows, are disappearing as mountaintops warm. By 2080 these moist ecosystems may be gone. It's cause for concern, but not the end of coffee. The domesticated plant varieties we rely on for our joe are generally secure.
- 17. That is, until they are threatened by disease. Nearly 70 percent of the coffee we drink today comes from offshoots of wild Arabica, or Coffee Arabicathat coffee species that stores most of the genetic information we need to reengineer commercial cultivars.
- 18. Coffea charrieriana, found in Cameroon, is the only known naturally decaffeinated coffee.
- 19. Coffee cherries—the fruit that bears our beloved beans—are a favorite snack of elephants, and the beans, or seeds, can be harvested, already hulled, from their dung. Smooth and caramel- tasting, elephant-dung coffee has been known to sell for \$500 a pound.
- 20. Think coffee makes your breath smell bad? In 2009 researchers at Tel Aviv University found that adding coffee to a dish of saliva inhibited the growth of a bacterium that causes halitosis.

So go ahead! Take a coffee break.



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Saturday, **May 26**

8:30a Ping Pong - DH

3:00p Water Volleyball – Swimming Pool

5:00p Hand & Foot Cards – Golf Lounge

Tuesday,

Sunday, **May 27**

2:00p Music Jammers - DH/Kit

Monday, May 28

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 - Golf Lounge

9:30a Lady Putters – Putting Green

9:30a Yoga – Aud

10:10a Easy Bridge - Card Room

10:15a Zumba – Aud

1:00p Swiss Pairs Bridge – Card Room

2:30p Mixed Tournament – Aud/DH/Kit

6:30p Water Volleyball – Swimming Pool

May 29 8:00a Water Exercise – Swimming Pool

Tuesday,

8:30a Ping Pong – DH

9:00a Bike Club – by Flag Pole

9:30a Tai Chi – Aud 9:30a Architectural Committee -

Travel Office

10:00a Needlecraft - Card Room

11:00a WE Ukulele Strummers (Beginners) -Craft Room 12:30p WE Ukulele Strummers

(Intermediate & Advanced) -Craft Room

1:00p Tuesday Bridge - Card 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

Friday,

Thursday, Wednesday, Friday, Monday, **May 30 May 31** June 1 June 4 8:00a Water Exercise – Swimming Pool All Day News & Views Copy Deadline 8:00a Water Exercise – Swimming Pool 8:00a Water Exercise – Swimming Pool 8:30a Ping Pong - DH 8:00a Water Exercise – Swimming Pool 8:30a Ping Pong – DH 8:30a Estates Quilters - Craft Room 8:30a Walking Club - Aud 8:30a Estates Quilters - Craft Room 8:30a Walking Club – Aud 8:30a Walking Club – Aud 9:00a Bike Club – by Flag Pole 9:00a Woodburn Estates Carving -9:00a Walking Club Mtg – Golf Lounge 9:00a Ladies Pool – Billiard Room Craft Room 9:30a Coffee Hour – Aud/DH/Kit 9:30a Estates Bible Study - Craft Room 9:00a Walking Club Mtg – Golf Lounge 1:00p Yellow Tees – Golf Lounge 9:00a Walking Club Mtg - Golf Lounge 9:30a Lady Putters – Golf Putting Green 9:30a Yoga – Aud 9:30a Yoga – Aud 4:30p Rules and Reg – Conf Room 10:15a Zumba - Aud 9:30a Yoga - Aud 10:30a Woodburn Estates Yoga Social - DH 10:00a Metaphysical Book Club -5:00p Poker Night – Card Room 10:10a Easy Bridge – Card Room Blue Room* 6:00p Pinochle – DH 10:15a Zumba – Aud 11:00a Tai Chi – Aud 10:15a Zumba – Aud 6:00p Advanced Line Dance – Aud 1:00p Friday Bridge – DH 10:30a St. Monica's Circle – DH/Kit 12:00p 5 Handed Double Deck Pinochle – 1:00p Bunco - Craft Room 1:00p Music Makers – Aud/Kit 6:30p Water Vollyball – Swimming Pool Card Room 1:00p Swiss Pairs Bridge – Card Room 1:00p House Committee – Conf Room 12:00p Ladies Pool – Billiard Room 3:00p Friday Funnies Golf – Golf Lounge 3:00p Sundowners – Gazebo 1:00p Library – Travel Office 5:30p Friday Funnies Potluck – Gazebo 6:30p Water Volleyball – Swimming Pool 1:30p Wii Bowling – DH 7:00p Golden Squares Square Dancing -6:00p Pinochle – Blue Room* Aud/Kit 7:00p Bingo - DH Saturday, June 2 8:30a Ping Pong – DH 3:00p Water Volleyball – Swimming Pool 5:00p Hand & Foot Cards – Golf Lounge Sunday, June 3

June 5 June 6 June 7 June 8 8:00a Water Exercise - Swimming Pool 8:00a Blood Drive - DH All Day News & Views Publication 8:00a Water Exercise – Swimming Pool 8:30a Ping Pong – DH 8:30a Ping Pong – DH 8:00a Water Exercise – Swimming Pool 8:00a Water Exercise – Swimming Pool 9:00a Bike Club – by Flag Pole 8:30a Walking Club – Aud 8:30a Estates Quilters - Craft Room 8:30a Ping Pong – DH 8:30a Walking Club – Aud 9:30a Tai Chi – Aud 9:00a Woodburn Estates Carving -9:00a Bike Club – by Flag Pole 9:00a Walking Club Mtg – Golf Lounge 9:30a Architectural Committee -9:30a Coffee Hour - Aud/DH/Kit Craft Room 9:30a Estates Bible Study – Craft Room Travel Office 9:00a Walking Club Mtg – Golf Lounge 1:00p Swiss Pairs Bridge – Card Room 10:00a Needlecraft - Card Room 9:30a Yoga – Aud 1:00p Yellow Tees – Golf Lounge 9:30a Yoga – Aud 10:30a Woodburn Garden Club - DH/Kit 10:00a Men's Club Monthly Meeting - DH 4:30p Rules & Regs – Conf Room 10:00a Walking Club Bunco – suspended 5:00p Poker Night – Card Room during Blue Room remodel 11:00a WE Ukulele Strummers (Beginners) -10:15a Zumba – Aud 6:00p Pinochle – Card Room 11:30a The Alices Lunch Club -Craft Room 10:15a Zumba - Aud 6:00p Advanced Line Dance - Aud Country Cottage Restaurant 11:00a Tai Chi - Aud 12:30p WE Ukulele Strummers 1:00p Friday Bridge – DH (Intermediate & Advanced) -12:00p 5 Handed Double Deck Pinochle – 6:30p Water Volleyball – Swimming Pool 1:00p Bunco - Craft Room Craft Room Blue Room 1:00p Tuesday Bridge – Card Room 3:00p Friday Funnies Golf – Golf Lounge 12:00p Ladies Pool – Billiard Room 1:00p Library – Travel Office 3:00p Water Volleyball – Swimming Pool 5:30p Friday Funnies Potluck – Gazebo 1:00p Writing Group – Conf Room 6:00p Rose-A-Rama Golf Tournament -5:00p Poker Night – Card Room 1:30p Wii Bowling – DH 6:00p Beginning Line Dancing – Aud Aud/Kit 6:30p Card Making Class – Craft Room 6:00p Pinochle - Blue Room* 7:00p Intermediate Line Dancing – Aud 7:00p Bingo - DH

Thursday,

Wednesday,

*Blue Room closed May 21-June 11 (subject to change). See article on page 1.



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