

Last Chance to Submit Entry in 2020 Phone Directory

by Stan Hiller

Please check your name, address, and phone number(s) in the current 2019 Directory. If you need to make changes for the new 2020 Directory, now is the time to do so.

If you are not in the current phone book, please notify the office that you want to be listed.

Please email changes or corrections to info@WoodburnEstatesGolf.com or call the main office at 503-982-1776. We will gladly list you by nickname, landline or cell phone number(s), or unlisted. Whatever you prefer.

Don't wait!

Celebrating Mary Dulebohn's Birthday

by Donna Wood

Mary Dulebohn is a former resident of Senior Estates Golf & Country Club. People might remember her as an active member of the Walking Club and the Red Hat group.

In the 1990s, Mary and her husband Richard, started the Estates Writing Guild which is still meeting today. Richard was a master at constructive criticism. He could suggest a word change or a different order of your sentence or paragraph that would make your written piece really stand out. Mary is a published author. She also has a vast background of knowledge on organic farming and gardening. She once worked on a farm in Scotland. She and her two sons farmed in Idaho and even did experiments on the effects of music on plant growth. Neighbors are still enjoying figs from her tree on Astor Way near Country Club Road.

Mary believes in eating only local produce in season. Her ideas are being validated today by current studies of food contamination and the relationship of the carbon footprint of imported foods to global warming.

After her husband died, Mary moved in with one of her sons in Dallas, Oregon. In September, her four nieces, Linda, Mary, Sally and Susan, brought her to Woodburn to celebrate her 93rd birthday. After enjoying our pancake breakfast, she retired to the home of her long-time friend, Darlene Hardie, for cake and a visit with several old friends.


Mary sorely misses this community and her friends. She would enjoy receiving letters. To get Mary's contact information, contact the *News & Views* office.



(L-R) Martha Frazier, Sharon Clarke, Mary Dulebohn, Donna Wood, Darlene Hardie

Woodburn Estates & Golf®

An Evening with THE KING



MARK STEVENZ as ELVIS

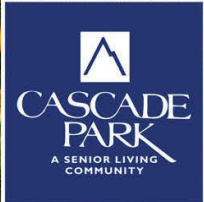
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2019 News & Views Schedule

The last two issues of *News & Views* in 2019 will be published on:

Copy due by 9:30 a.m.

Publication Date

Thursday, December 5, 2019

Friday, December 13, 2019

Thursday, December 19, 2019

Friday, December 27, 2019

Thank you, everyone, for your cooperation.

Veteran’s Assistance Officer at WEG

by Dawn Cole, Site Manager

This is a brief follow-up to the huge success of Veteran Service Officer Eddie Grainger on the first Tuesdays of October and November when he was here. Approximately two dozen or more of our members took advantage of meeting him and learning about benefits they qualified for, and then were signed-up by Officer Grainger at no cost to them.


Officer Grainger will be back on-site on the first Tuesdays of each month in the WEG travel office (west wing, across the hall from *News & Views* office) to continue to assist any of our members who have served in the military find benefits that they are owed. No appointment is necessary – just stop by that day.

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News & Views


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Website: woodburnestatesgolf.com

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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.

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NEWS AROUND THE NEIGHBORHOOD

Music Jammers

by Dena Hollod

Just a reminder that we will be having a Jam Session on November 24 in the Dining Hall at 1:00 p.m. We really had a very good turnout at our last Jam Session on November 10. We had 9 musicians show up to entertain us and about 22 people in the audience. For us, that is a very good turnout, but we would still like to see more people coming out to hear these very talented musicians. Char and Debbie again had some very delicious goodies for us to consume during our break time. Come on out and join us for some great music and food.

Music Makers Christmas Potluck

from Dena Hollod

Monday, December 2, Music Makers will be having a potluck at their monthly meeting which starts at 1:00 p.m. in Woodburn Estates Dining Hall. Bring casseroles, side dishes, veggies, desserts, whatever you desire.

Ida and Lon will be leading our Christmas singalong songs, plus we will have other musicians performing for us. They are all really great, so come on out and share a meal with us and listen to these wonderful musicians/singers. Also, bring your own place settings (plates & silverware). Coffee will be provided. See you there!

Bucket List Travel Club

by Alice Tvetan

The Conference Room was filled with excitement and adventurers at our last Bucket List Travel Club meeting. Ed Wong and Troi Richards of Dream Vacations made an impressive presentation for us to "Follow our Dreams" on our 2020 Alaskan experience.

Ed has put together a couple of itineraries with Holland America Cruise Line - one includes a 3-day land portion in Denali (leaves Sept. 9, 2020), or if you prefer, 7-night cruise only (leaves Sept 13, 2020).

This group trip is open to everyone and anyone, Estates resident or not. Call Ed at 503-407-6703. He can answer all questions, inquiries and explain pricing details. Just tell him you're interested in the BLT group. We may even get special t-shirts! Or you can email him at: ewong@dreamvacations.com.

The Bucket List Travel Club meets the first Monday of each month, 3 p.m. in the Conference Room. Hope to see you at our next meeting on Dec. 2.

Our group talks about lots of various travel opportunities, and we are not solely about this Alaskan trip. Come and share your ideas.

"Don't listen to what they say. Go see!"

CLASSIFIEDS

Next Publication of NEWS & VIEWS
December 5, 2019
Deadline for Articles, Thursday, Dec 13, 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.

BOOK SALE & SIGNING: Lana LaVoie book sale & signing, Friday & Saturday, November 29 & 30, 1:00 p.m. to 5:00 p.m. at her home: 1595 Vanderbeck Lane. Call for info 503-853-5046.

MOVING SALE: I can't take it with me. Furniture for sale. Make offer! 1992 Santiam Drive, 503-902-0143 or cell# 503-982-6647.

WANTED: Recent Salem phone directory. Please call 503-981-5358.

Out and You're Always Welcome! About

by Karen Linton

As I’m traveling around the area, I’ve found some information that might be interesting to some (or all) of you. First, the new building going up between Aaron Rents and Coastal Farm and behind Wheeler Dealer is going to be the new home of the Oregon State Credit Union. It should open sometime in January. When it’s opened, the branch office at Safeway will close. No word yet on what will replace it at the store.

The Salem Medical Clinic that is under construction next to Fazoli’s Restaurant in Woodburn Station is slated to open its doors in January. It will be primary care and urgent care only. All specialist visits will have to be made in its Salem locations.

The Woodburn Lions Club takes donations of your bottles/cans and they return them and use the money for programs for school kids in Woodburn schools. Since the bottle/can deposit is already paid, it’s a fairly painless way to help (and you don’t have to stand in line and get dirty returning them yourself!).

Our local Taco Bell is a franchise and charges more for menu items than regular Taco Bells.

I found out by ordering online and then going to pick up my order. The Power Bowl was 30 cents more than online and extra guacamole was 25 cents more. When I inquired why, I was told the corporate owned Taco Bells charge the advertised rate, but that this was a franchise and they could, and do, charge more for everything. In addition, they no longer give a senior discount! I told her I wouldn’t be back.

By the way, most places do give a senior discount, but they’re not automatic. You have to ask. There’s no harm done by asking even if they don’t!

REFLECTIONS

Author Unknown

You know, time has a way of moving quickly and catching you unaware of the passing years.

It seems just yesterday that I was young, just married and embarking on my new life with my mate. And yet in a way, it seems like eons ago, and I wonder where all the years went. I know that I lived them all...

And I have glimpses of how it was back then and of all my hopes and dreams... But, here it is... the winter of my life and it catches me by surprise...

How did I get here so fast? Where did the years go and where did my babies go? And where did my youth go?

I remember well... seeing older people through the years and thinking that those older people were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like...

But, here it is... wife retired and she's really getting gray... she moves slower and I see an older woman now. She's in better shape than me... but, I see the great change... Not the one I married who was young and vibrant... but, like me, her age is beginning to show and we are now those older folks that we used to see and never thought we'd be.

Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore... it's mandatory! ‘Cause if I don't on my own free will... I just fall asleep where I sit!

And so, now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things.

But, at least I know that though the winter has come, and I'm not sure how long it will last... This I know, that when it's over... it's over... Yes, I have regrets. There are things I wish I hadn't done... things I should have done. But indeed, there are many things I'm happy to have done. It's all in a lifetime...

So, if you're not in your winter yet... let me remind you, that it will be here faster than you think. So whatever you would like to accomplish in your life please do it quickly!

Life goes by quickly. Do what you can today, because you can never be sure whether this is your winter or not!

You have no promise that you will see all the seasons of your life... live good today and say all the things that you want your loved ones to remember...

"Life is a gift to you. The way you live your life is your gift to those who came after. Make it a fantastic one." And it is winter before we know it... LIVE IT WELL!

by Kristi St.Amant, Membership Director

Hey, Members! Do you take a look at the WEG Activities Calendar on page 11 of every *News & Views* issue? There’s so much going on in our busy Clubhouse and Fitness Center every day of the week, during both the day and evening hours.

A few private activities are held in a member’s home or rented room. But, generally speaking, if you read about or notice a group enjoying something that interests you, you’re always welcome! Feel free to stop and ask for information, call the Office 503-982-1776 for the name and phone contact of the person in charge, or just show up and join in! Hope we see you there!

St. Monica’s Circle

by Rita Girard

St. Monica Circle met November 4 in Woodburn Estates Dining Hall. Becky Butts had decorated the hall with beautiful fall colors, and we all enjoyed the lunch she had prepared.

Secretary, Katie Taylor was absent, and Barbara Wilson filled in for her. Betty Judevine reported no birthdays in November or December. Barbara Rose gave an update on our members who have moved from Woodburn Estates and not attending meetings any longer. Barbara Campbell, Peggy Matter and Ryllis Linday are residing at Cascade Park. Ann Woehler and Judy Spires are living at Country Meadows. Mary McNulty calls Emerald Gardens her home. Leona Wheatland is still living in her home in Woodburn Estates. Becky Butts is sending cards monthly to those ladies to let them know how much love we have for them.

The volunteers for church laundry for the month of December are Pauline Dionne and Rita Girard.

We will be hosting coffee and donuts after the 7:30 and 9:30 services on November 17.

A discussion was held on ways to include non-English speaking ladies to join us each month. It was decided to check with the Church Office Secretary to locate a bilingual parishioner who is not working.

The monthly Senior Luncheon will be December 20 in Rubis Hall at 11 a.m. Please call the office to R.S.V.P.

We will be meeting at 10 a.m., December 2, in Woodburn Estates Dining Hall. Mark your calendar as everyone is welcome.

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
Baby Back Ribs
Saturday
Prime Rib
Sunday

Daily Soup Specials
Daily
Hamburger Veggie
Chef’s Choice
Friday
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Men’s Golf General Meeting Minutes

Woodburn Estates Men’s Golf Club
Membership Meeting
November 6, 2019

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

Roll Call: All Officers & Committee Chairmen/Representatives were present unless otherwise noted in this report. There were 27 members in attendance at today’s meeting.

New Members Present: None.

President’s Report: President Bourne welcomed the members and then made a presentation to this year’s Club Champion, Darold Pedersen. The traditional Club Champion’s jacket was then presented to Darold.

Vice President’s Report: VP Will Abshere had nothing to report.

Treasurer’s Report: Treasurer Mark Jorgensen provided the following report: Balance of the Club’s Account as of November 1, 2019...\$4,023.97. Balance of the Club’s Voucher Account as of November 1, 2019...\$7,515.68. Mark then stated that Club’s annual dues for next year will remain the same as before...\$45 if paid before March 1, 2020, and \$50 if paid after that date. Mark stated that he has already collected some dues for 2020 from “Snowbirds” that have already left the area. He reminded the members that any 2018 Voucher money that carried over to 2019 must be spent before the end of this year. 2019 Voucher money can be carried over to 2020 and Voucher money can be used to purchase the stickers for use of the cart paths.

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

COMMITTEE REPORTS:

Handicap: VP Abshere is a co-chair of this Committee with Clint Hansen. Will first reminded members to legibly complete their score cards. He then discussed briefly the new handicap system that begins January 1, 2020. He explained that if the annual Club dues are paid prior to 12/31/2019 the member will remain active in the system. Any member paying the annual Club dues after 12/31/2019 will be deactivated in the system. Dues are paid in the Pro Shop with a form to be filled out to provide information regarding each member.

Greens: Mark Jorgensen and Len Westphal attended the last Greens Committee. The new score cards were discussed at the meeting, including the negative aspects of the new cards, such as the incorrect logo, only 6 lines on the card when 8 is needed, no space for complete names, etc. Len stated that these cards will not be reordered and when used up a new card will be completed to correct the errors in the current cards. Mark stated that the white lines near the greens were discussed and it was agreed that the line should not extend the entire length of the cart path to the property boundary but should be placed in a semi-circle in front of the greens. A brief discussion then ensued regarding 100-yard markings on the course.

Mixed Tournaments: Representative Fred Bourne had nothing to report.

Rules: Chairman Jim Hutchinson was absent with notice.

Sunshine: Chairman Ron Gripenstraw sent out 2 cards this past month. A card was sent to member Mark Deller regarding a medical issue and a sympathy card sent to the widow of member Victor Morris who recently passed away. It was recommended that cards be sent out to the following members or past members as follows: Clint Hansen whose son recently passed away; Larry Holland, a medical issue; and Larry Kemper for a medical issue.

OGA: Representative Paul Eaton briefly discussed the promotion programs sponsored by the OGA, including the Passport Program which begins November 15, 2019, wherein OGA members can purchase the Passport for an annual fee of \$129 and play golf on 81 different courses for \$30 plus cart.

Membership: Chairman Stan Hiller reported that we currently have 271 members and 46 Associate Members.

Unfinished Business: Nothing to report.

New Business: There is a Handicap Seminar to be held in the near future. Any of our members who attend this Seminar should receive travel and lunch money. When more information is learned as to when and where the Seminar will be held, a motion will be made to approve Club funds to reimburse members who attend for travel mileage and any lunch money if needed.

Closing Comments: Russ Krussow questioned as to why the Pro Shop is now closing at 3 PM? President Bourne will follow up on this inquiry with the Golf Chair, Paula Kilgore. Mark Jorgensen reminded members that the Annual Member Board Meeting will be held on November 12, 2019, at 10 AM. Voting for the new 3 Directors closes at 5 PM on that date. Mark encouraged all members to vote. Len Westphal, the Club President for 2020, announced that his Secretary will be Dave Schuur.

Door Prizes: The 50/50 Raffle was then held. The total money collected for today’s raffle was \$54.00. Dick DeFerrari had the winning ticket and split the pot, winning \$27.00.

Closing: President Bourne asked for a motion to adjourn our Meeting, the motion made, seconded, and approved. The Meeting was adjourned at 10:45 AM.

NOTE: THE NEXT MEN’S GOLF CLUB MEMBERSHIP MEETING WILL BE HELD ON WEDNESDAY, DECEMBER 4, 2019, AT 10 AM IN THE DINING HALL.

Submitted by Chuck Johnson, Secretary – Minutes approved by President Ken Bourne

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Who Wrote “The Star Spangled Banner”?

Author Unknown

In 1814, Francis Scott Key wrote what would become our national anthem. The British and the Americans had been fighting the War of 1912 for more than two years, when the British captured and burned Washington, D.C., in August 1814. President James Madison had even been forced to flee the White House before it was set o fire. After burning the city, the British returned to their ships in Chesapeake Bay taking with them the elderly Dr. William Barnes. Francis Scott Key, a respected lawyer from Georgetown, Maryland, took the mission to negotiate the release of his friend.

Key enlisted the help of Colonel John Skinner, the U.S. Government’s prison-of-war exchange agent, and sailed to meet the British fleet flying a flag of truce. They successfully negotiated he release od Fr. Beanes by showing the British commanders, General Robert Ross and Admiral Alexander Cochrane, a pouch of letters written by British prisoners who had been well cared for by the Americans. But, by this time, the British assault on Fort McHenry was already planned and about to be executed, and the three men were detained to wait out the battle.

On September 13, 1814, the British began bombarding Fort McHenry from outside the range of the fort’s guns. The bombing continued into the night, then a silence fell over the water as the British abandoned both the naval and land assaults, judging that the battle would be too costly. In the silence, as the sun rose, Francis Scott Key first saw the enormous flag made by Mary Pickergill flying over the fort, and was inspired to create a poem. Writing on the back of an envelope he pulled out of his pocket, he began. He finished the poem later that night in a hotel in Baltimore.

Within a few days, the poem had been printed and distributed by his brother-in-law, Judge J. H. Nicholson. By September 20l 1814, the poem had been published in the Baltimore Patriot and a tune, “To Anacreon in Heaven,” a British drinking song, had been found to accompany it. The following October, it was sun publicly and given the name it still bears, “The Star Spangled Banner.”

Francis Scott Key went on to become a United States District attorney and died in 1843. “The Star Spangled Banner” became the national anthem in 1931. The flag that inspired the son now hangs in the Smithsonian Museum of American History.

Men’s Club Champion 2019



Men's Club President Ken Bourne presents Darold Pederson with the 2019 Men's Club Championship Jacket

Memorials

Laurence “Larry” John Higgins
by Penny Higgins

Larry was born January 14, 1938, in Bloomberg, PA, and died October 3, 2019, in Tualatin, OR. He lived in Senior Estates Golf & Country Club community for 21 years. He leaves behind his wife, Penny Higgins, 2 sons, 5 grandchildren, and one great-granddaughter. A memorial service will be held on Saturday, November 23, 2019, at 2 p.m. at the United Methodist Church, 700 N Cascade Drive, Woodburn, OR 97071.

Joan Mary Cox Pruett Doney
by her daughter Victoria Pruett

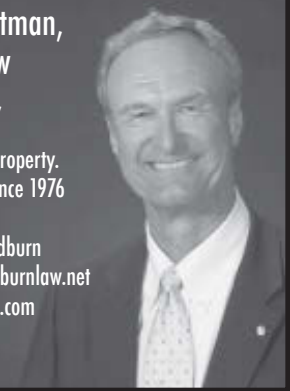
Joan was born July 30, 1926, and died September 30, 2019. She was the last of her family of six half siblings. She was preceded in death by husband George and her first-born son, Bill. And is survived by her remaining children: Deb Butcher, John Pruett, Victoria Pruett, and beloved Doney children Deana, Michael and Tim. Joan was blessed with 9 grandchildren, 14 great grandchildren and 1 great-great grandson.

Mom loved music and one of her favorite singers was Nat King Cole and “Unforgettable.” For her generation, she was bold and gutsy in speaking her mind and finding her way. She boldly raised four children on her own in the 60s. It wasn’t easy but she found a way and supported her children being chauffeur, friend, confidant, teacher, cheerleader. With mom’s gusto for life and the people in it, it was always an adventure. She was our family’s “Super Glue.”

Joan donated her remains to further OHSU research and medical training. When the time comes, her wishes were for a small family gathering where she will be placed at the Eagle Point Veteran’s Memorial Cemetery along with her beloved George.

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Scams Going Too Soon Old Around Our Community

from Dawn Cole, Site Manager

There are currently several types of scams going on in the Estates that have been called into us at the office or told to us firsthand by a neighbor or victim. Here are some to be aware of:

1. A phone call saying you owe money on a past due debt or something you cosigned for, and that if you don't pay it off with a credit card a warrant will be issued for your arrest within two days.
2. A phone call telling you a family member, usually a grandchild, is in trouble and needs you to send them cash (by giving them your credit card #).
3. Someone going door to door saying they are from the gas, water or electric company wanting to ask about your service. They are trying to get you to open about your information and sell you something.
4. Someone knocking on your door telling you they want to give you a free roof inspection, and then telling you things to scare you into signing up for a roof replacement at triple the cost you should have paid.
5. A card in the mailbox offering to buy your house for cash. We don't sell to corporations, and whomever you sell to has to be a person 55+.
6. The IRS calls saying you owe them money or Social Security calls saying something is wrong with your account, these are untrue. Neither of these government departments call people with issues.
7. Microsoft calls you saying you have a virus on your computer and for \$200 and your computer information they will fix it for you. NO! This is a way for someone to get on your computer and take all your information for identity theft.

Stay cautious, these scams are sophisticated, they may know your social security number, your address, your grandson's name...it's still a scam. If you get one of these calls then report it to the Woodburn Police Department non-emergency number so they will be watchful and tell the public. Their number is: 503-982-2345.

by Dave Griffith (Fort Worth, Texas)*
-- Falsely circulating the Internet, without credit, as "Crabby Old Man"--
Submitted by Darrell Lanpher

What do you see nurses? What do you see?
What are you thinking When you're looking at me?
A crabby old man..... Not very wise,
Uncertain of habit With faraway eyes?

Who dribbles his food And makes no reply.
When you say in a loud voice..... 'I do wish you'd try!'
Who seems not to notice..... The things that you do.
And forever is losing A sock or shoe?

Who, resisting or not Lets you do as you will,
With bathing and feeding The long day to fill?
Is that what you're thinking? Is that what you see?
Then open your eyes, nurse You're not looking at me.

I'll tell you who I am..... As I sit here so still,
As I do at your bidding..... As I eat at your will.
I'm a small child of ten With a father and mother,
Brothers and sisters..... Who love one another.

A young boy of Sixteen With wings on his feet,
Dreaming that soon now A lover he'll meet.
A groom soon at twenty..... My heart gives a leap.
Remembering, the vows That I promised to keep.

At Twenty-Five, now I have young of my own.
Who need me to guide And a secure happy home.
A man of thirty..... My young now grown fast,
Bound to each other With ties that should last.

At Forty, my young sons Have grown and are gone,
But my woman's beside me To see I don't mourn.
At fifty, once more, babies play 'round my knee,
Again, we know children..... My loved one and me.

Dark days are upon me My wife is now dead.
I look at the future Shudder with dread.
For my young are all rearing Young of their own.
And I think of the years And the love that I've known.

I'm now an old man And nature is cruel.
Tis jest to make old age Look like a fool.
The body, it crumbles Grace and vigor, depart.
There is now a stone Where I once had a heart.

But inside this old carcass A young guy still dwells,
And now and again..... My battered heart swells.
I remember the joys I remember the pain.
And I'm loving and living..... Life over again.

I think of the years, all too few Gone too fast.
And accept the stark fact That nothing can last.
So open your eyes, people..... Open and see.
Not a crabby old man Look closer..... See ME!!

Remember this poem when you next meet an older person who you might brush aside without looking at the young soul within. One day, we will ALL be there, too!

* Dave Griffith wrote this poem more than 20 years ago and meant for it to be simple and to the point, from youth through old age in his own personal life; high school football, Marines, marriage, the ravages of his own disabilities. Someone took this poem from his website, created a false story about it (titled "Crabby Old Man"), and started circulating it via email on the Internet. Griffith is the author of more than 500 poems, which are posted on his personal website. – Per Truth or Fiction website.



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Short Winter Jokes

Q: What do you get from sitting on the ice too long?
A: Polaroids!

Q: What's an ig?
A: A snow house without a loo!

Q: Why does it take longer to build a blonde snowman than a regular one?
A: You must hollow out the head.

Q: Why did Frosty the snowman want a divorce?
A: Because he thought his wife was a flake

Q: Getting a job in the Arctic in the winter is great! Why?
A: When the days get short, you only must work a 30-minute work week.

Q: Why do seals swim in saltwater?
A: Because pepper water makes them sneeze!

Q: Where can you find an ocean without any water?
A: On a map!

Q: Which side of an Arctic Tern has the most feathers?
A: The outside!

Q: What vegetable was forbidden on the ships of Arctic explorers?
A: Leeks!

When We're an Old Couple

by Mary Ann Hopkins; Word changes by Judy Floyd

When we're an old couple, we'll live with our son,
We'll make his life happy and filled with such fun,
We want to pay back all the joy he's provided.
Returning each deed... Oh, he'll be so excited!
...*When we're an old couple, and live with our son.*

We'll write on the walls with red, green, and blue;
And bounce on the furniture while wearing our shoes.
We'll drink from the cartons and leave them all out,
We'll stuff all the toilets and oh, how he'll shout!
...*When we're an old couple, and live with our son.*

When he's on the phone and just out of reach,
We'll get into things, like sugar and bleach.
Oh, he'll snap his fingers and shake his head,
And when he's done, we'll hide under the bed.
...*When we're an old couple, and live with our son.*

When his wife cooks dinner and calls us to meals,
We'll not eat the broccoli, nor salads congealed.
We'll gag on the onions, spill milk on the table,
And when she gets angry we'll run fast as we're able.
...*When we're an old couple, and live with our son.*

Dad will sit close to the TV, through the channels he'll click.
Mom will cross both of her eyes to see if they stick.
We'll take off our socks and throw one away,
And play in the sprinklers until the end of the day.
...*When we're an old couple, and live with our son.*

And later in bed, we'll lay back and sigh,
And thank God in our prayers and close our eyes.
And our son will look down with a smile, slowly creeping,
And say to his wife, "They're so sweet, when they're sleeping."
...*When we're an old couple, and live with our son.*

Growing Old Is Easy

by Gloria Osborn
(Written while a paralegal in New Hampshire
assigned to deal with senior issues.)

Of course growing old is easy,
It takes no talent, that's true.
Waking up every morning
Is all that's required of you.

The hard part is comprehending
Where all the years ran to...
And to cope with the understanding
You can't live as you used to do.

The legs you depended on, totter.
Your eyes don't see very well.
But worse than all this is the feeling
That you live in a kind of hell.

It's a hell to feel useless, unneeded,
To be shut out, ignored or alone,
When all your life you've been busy
Providing for family and home.

The body grows older and weaker,
But the needs of the heart stay the same.
To love and be loved, and be wanted,
Losing these is the ultimate pain.

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LIFE'S LITTLE ILLS

Author Unknown

Life's little ills annoyed me
When life's little ills were few.
And one fly in my ointment
Put me in a dreadful stew.

But experience has taught me
Life's little joys to prize.
Now I'm glad to find some ointment
In my little pot of flies.

Life is...

by Mother Teresa

Life is an opportunity, benefit from it.
Life is beauty, admire it.
Life is a dream, realize it.
Life is a challenge, meet it.
Life is a duty, complete it.
Life is a game, play it.
Life is a promise, fulfill it.
Life is sorrow, overcome it.
Life is a song, sing it.
Life is a struggle, accept it.
Life is a tragedy, confront it.
Life is an adventure, dare it.
Life is luck, make it.
Life is life, fight for it."

The House Behind the House

Author Unknown

One of my fondest memories,
As I recall the days of yore.
Was the little house, behind the house
With the crescent o'er the door.

'Twas a place to sit and ponder
With your head all bowed down low;
Knowing that you wouldn't be there,
If you didn't have to go.

Ours was a multi-holer, three,
With a size for everyone.
You left there feeling better,
After your job was done.

You had to make those frequent trips
In snow, rain, sleet, or fog--
To that little house where you usually
Found the Sears-Roebuck catalog.

Oft times in dead of winter,
The seat was spread with snow.
'Twas then with much reluctance,
To that little house you'd go.

With a swish you'd clear that wooden seat,
Bend low, with dreadful fear
You'd shut your eyes and grit your teeth
As you settled on your rear.

I recall the day Ol' Granddad,
Who stayed with us one summer,
Made a trip out to that little house
Which proved to be a bummer.

'Twas the same day that my Dad had
Finished painting the kitchen green.
He'd just cleaned up the mess he'd made
With rags and gasoline.

He tossed the rags down in the hole
Went on his usual way
Not knowing that by doing so
He'd eventually rue the day.

Now Granddad had an urgent call,
I never will forget!
This trip he made to the little house
Stays in my memory yet.

He sat down on the wooden seat,
With both feet on the floor.
He filled his pipe and tapped it down
And struck a match on the outhouse door.

He lit the pipe and sure enough,
It soon began to glow.
He slowly raised his rear a bit
And tossed the flaming match below.

The Blast that followed, I am told
Was heard for miles around;
And there was poor ol' Granddad
Sprawled out there on the ground.

The smoldering pipe still in his mouth,
His eyes were shut real tight;
The celebrated three-holer
Was blown clear out of sight.

We asked him what had happened.
What he said I'll ne'er forget.
He said he thought it must have been
The pinto beans he et!

Next day we had a new one
Dad put it up with ease.
But this one had a door sign
That read: No Smoking, Please!

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Lunch TMI

From the book *North of Normal Minne-Sconsin Stories
by Rick A. Wehler**

Peanut butter and jelly sandwiches have been the mainstay of my lunch time menu since I became a Gerber graduate and they’ll remain so until I’m once again required to dine upon baby food. I’ve yet to find my midday meal mundane because PBJ recipes are as limitless and imaginative as a diva’s wardrobe.

In order to defend both my penchant for PBJ sandwiches and my assortment assertion, I’ll dig into my favorite ingredients beginning with the peanut butter. There exists a myriad of peanut butter brands and blends that contribute to my culinary compulsion such as Skippy, Jif, Planters, and creamy, chunky and natural. No doubt George Washington Carver would be pleased. Skippy Creamy has replaced Skippy Chunky as my preferred variety. (My former favorite chose to harass my ever-increasing landscape of gum tissue.)

The second category of ingredients, jelly, is even more diverse than peanut butter. There’s a jelly for nearly every fruit that’s grown and probably a few veggie jellies as well. My favorite though is grape jelly. I do indulge in apple, blueberry, cherry, plum, rhubarb and strawberry to name a few. However, I avoid others such as orange marmalade and raspberry jam. Those miscreants contain hunks of rind or indigestible seeds that imbed themselves within my most secluded dental sanctuaries. The infiltrators evade waxed dental floss, sonic toothbrushes, water picks, dental hygienists and MRI scans.

While a youth, my parents’ budget allowed for little more than white bread. As a man of independent means, I’ve branched out into other breads for my peanut butter and jelly concoctions such as French, Vienna, rye, pumpernickel, and hamburger and hotdog buns. I refuse, though, to dine upon doctor-recommended whole-grain breads with their nutritional chunks of debris for the reasons previously noted.

I may be in the minority believing that whatever bread I choose should, at first, be spread with butter, not a lavish amount, just enough to keep the jelly from soaking through but not so much as to encourage it to slide out. I’m told that if I’m on a physical fitness kick, then I should switch to margarine, but that is not for me. Most brands contain heart-healthy vegetable oils, trans-fats and yellow dyes instead of unwholesome butter fat. (I misspelled dyes on purpose.)

Every now and then I’ll add tasty tidbits to my PBJ sandwich such as banana slices, mini-marshmallows, chocolate chips, frosting sprinkles, or graham cracker and vanilla wafer pieces.

For fun, I’ll fashion my PBJ sandwich on square bread and cut it in half diagonally rather than horizontally. In that way, the halves form two cool right triangles instead of two passé rectangles. Each half then sports three corners instead of four and an expanded crust-free soft eating surface along the hypotenuse. Occasionally, I’ll slice a square sandwich into five fillets that I’ve named fingers and manicure the crusts.

Years ago, I invented a second sandwich slicing system, which turned out to be popular with the little mouths of our children and the big mouth of our nosy neighbor, who just happened to be the president of a local gossip organization, the Welcome Wagon.

I prepared a PBJ finger sandwich for her unexpected visit, cut each finger into three segments, named it a knuckle sandwich and offered her one. I nearly burst an artery suppressing my laughter when a glob of grape jelly fell into her pumped-up, Wonder-bra cleavage. Cora’s glare encouraged me to leave the room.

As I surreptitiously glanced back over my shoulder, I witnessed madam politely recover the grape glob with her napkin. I’m sure she could’ve slurped it up with her prehensile tongue.

If you add to my PBJ favorites all the other varieties of peanut butter, jelly, bread, butter, butter facsimiles, tasty tidbits and slicing styles, then the total of PBJ sandwiches bests the side effects count of a typical prescription drug.

When my baby sister, Ru, and I were aged in the single digits and times were particularly tough, Mom replaced our pricey peanut butter and jelly sandwiches with brown sugar sandwiches. Each consisted of two slices of white bread spread with oleo, a substance that looked like lard. The artificially colored yellow oleo that resembled butter was illegal in our home state of Minnesota.

Mom stuck the bread slices together on three sides, thanks to the greasy oleo. She then poured brown sugar into the pockets, pressed them shut, wrapped the sandwiches in wax paper, placed them into our lunch bags and offered a silent prayer. I liked the way the brown sugar clumped up by lunch time.

One morning Dad subbed for Mom and made the brown sugar sandwiches to her specifications. Not long thereafter he and three accomplices drove to Iowa and smuggled back several bricks of yellow oleo.

In the 1950s, no one suspected a correlation between complex sugars and hyperactivity. Ru and I were part of an elite group of grade-school children plagued by the yet-to-be-diagnosed, sugar-induced, attention deficit disorder. We were unable to sit still, focus, keep quiet, or speak intelligibly. (That hasn’t changed much in my case.)

My second-grade teacher, Miss Magimpski, had little patience for such post-lunch-time shenanigans. She frequently raised my classroom standing by lifting me out of my desk chair via my left ear while employing her entire lexicon of profane euphemisms such as “chrimany,” “the sainted mother,” and “you little doody.” Little doody always made me laugh, which didn’t help my ear much.

Mom couldn’t understand my teacher’s continual complaints. By the time I’d been excused and walked the mile home from school, my sugar buzz had worn off. I was depressed and lethargic. Mom, fearing my mood swings, activated an accepted mid-century cure all: a belly busting enema. I can’t count, nor do I care to remember, the number of times I lay face down in the bathtub hiding my eyes from the reddish-brown rubbery bottle with its snaking hose that Mom slung from the tub’s towel dowel. To this day the sight of any comparable container puckers me up like a lemon fed chipmunk.

Once in a while, Dad prepared our school lunches, when Mom needed some private time to contemplate the teacher’s notes. Dad was imaginative when it came to sandwiches. He called his inventions, “Fistarus sandwiches.” One exceptional example comes to mind. Dad made it from expensive ingredients: two pieces of Wonder Bread (a real treat because Captain Kangaroo and Mr. Green Jeans both said that it was the best bread anywhere), mayonnaise instead of oleo, liverwurst and sweet pickle chips. I could hardly wait for lunch time.

Dad served untold other Fistarus creations, although their makeup escapes me at the moment. When he was in control of our lunches, I was able to escape the effects of brown sugar sandwiches: hyperactivity, ear lengthening, nasty notes, mood swings, and colon cleansings.

To her credit, one of Mom’s evening meals leaned towards the unusual. Dad referred to it as “Fistarus meat loaf.” It contained all the week’s leftovers--animal, vegetable, and mineral--mixed together and cranked through the meat grinder. She baked the conglomerate in a cake pan, and we swamped the final product in catsup.

Well, I’ve gotten off subject, lost my sense of time, and missed the lunch hour. No matter, we’re out of peanut butter.

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Traveler's Report



This photo was intended to be in with the Travel Report in our last issue but didn't make it! Here it is now. Pictured in front of the Colosseum in Rome, Italy are Alice Tvetan (holding *News & Views*) and her sister-in-law, Mary Stotler. Looks like you are having fun, gals!

Halloween

by D. Rector

Well, it's over once again. I had to buy candy for all the trick-or-treaters coming to my door. I had Hershey's, Heath Bars, and, of course, the Reese's Peanut Butter cups to hand out. I didn't want to disappoint even one of the little ones.

I pictured them in capes and dressed as little ghosts and goblins, maybe even a Superman or Superwoman. But, alas, not even one showed up. I left the light on and opened the front door but not even one little soul showed up in a masked face.

Someone had to partake of all that candy and I'm really glad my TOPS membership is in good standing, as it turns out that ten minutes on the treadmill burns about 100 calories. One of those little candy bars has approximately 100 calories. If I spend several hours there, and swim a lot of laps, Halloween may be just another sad memory.

So the moral of the story is: no more candy on Halloween. Just turn out the lights and don't buy any. Being a mature adult, and all, I do, however, have one cool Halloween trick to pass along. After carving the pumpkin, you can take it to the next level by putting a glass of water with dry ice inside it. Spooky smoke will billow out of its face. *Here is to many future happy Halloweens!*

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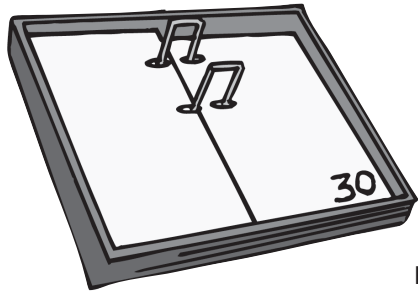
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Activities Calendar

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

Saturday, November 23		Sunday, November 24	
8:30a	Ping Pong – DH	1:00p	Music Jammers – DH/Kit
2:45p	Water Volleyball – Swimming Pool		
4:00p	Hand & Foot Cards – Blue Room		

Monday, November 25		Tuesday, November 26	
8:00a	Water Exercise – Swimming Pool	8:00a	Water Exercise – Swimming Pool
8:30a	Estates Quilters – Craft Room	8:30a	Ping Pong – DH
8:30a	Walking Club – Aud	9:00a	Senior Fitness – Aud
9:00a	Ladies Pool – Billiard Room	10:00a	Bicycle Club – by the Flag Pole
9:15a	Yoga – Aud	10:00a	Sit-N-Fit – Aud
9:30a	Ladies Chat & Laugh Group – Blue Room	11:00a	Tai Chi for Better Balance – Aud
10:00a	Needle Craft – Blue Room	12:00p	Uke-De-Do's (Beginners) – Craft Room
10:15a	Easy Bridge – Blue Room	12:30p	Canasta – Blue Room
10:15a	Zumba – Aud	1:00p	Uke-De-Do's (Intermediate & Advanced) – Craft Room
11:00a	Tai Chi for Better Balance – Aud	2:45p	Water Volleyball – Swimming Pool
1:00p	Mixed Bridge Swiss Pairs – Blue Room	5:00p	Poker – Card Room
2:00p	Aftn Pool Aerobics – Swimming Pool	6:00p	Beginning Line Dancing – Aud
5:45p	Water Volleyball – Swimming Pool	7:00p	Intermediate Line Dancing – Aud
6:00p	Clackamas Circle Potluck – DH/Kit		
6:30p	Son Shiners Bible Study Club – Blue Rm		

Wednesday, November 27		Thursday, November 28		Friday, November 29		Saturday, November 30	
8:00a	Water Exercise – Swimming Pool	8:00a	Water Exercise – Swimming Pool	8:00a	Water Exercise – Swimming Pool	8:30a	Ping Pong – DH
8:30a	Ping Pong – DH	8:30a	Estates Quilters – Craft Room	8:30a	Ping Pong – DH	2:45p	Water Volleyball – Swimming Pool
8:30a	Walking Club – Aud	9:30a	Coffee Hour – Aud/DH/Kit	8:30a	Walking Club – Aud	4:00p	Hand & Foot Cards – Blue Room
9:00a	Woodburn Estates Wood Carving – Craft Room	10:00a	Bicycle Club – by the Flag Pole	9:00a	Estates Bible Study – Craft Room	6:30p	Golden Squares Square Dancing – Aud/DH
9:15a	Yoga – Aud	1:00p	Woodburn Estates Community Chorus – Country Meadows Activity Room	9:15a	Yoga – Aud	Sunday, December 1	
9:30a	Ladies Chat & Laugh Group – Blue Rm	4:30p	Rules Committee – Conf Room	9:30a	Ladies Chat & Laugh Group – Blue Room		
10:00a	Metaphysical Book Club – Blue Room	5:00p	Poker – Card Room	10:15a	Zumba – Aud	2:00p	Private Party – Conf Room
10:15a	Zumba – Aud	5:45p	Water Volleyball – Swimming Pool	11:00a	Tai Chi for Better Balance – Aud	6:00p	Athey Creek Bible Group – Blue Room
12:00p	Ladies Pool – Billiard Room	6:00p	Pinochle – Blue Room	12:30p	Bunco – Craft Room		
12:00p	Friends of Bill W. – Craft Room			1:00p	Private Party – DH/Kit		
12:30p	5 Handed Pinochle – Blue Room			1:00p	Friday Bridge – Blue Room		
1:00p	Library – Travel Office			2:00p	Aftn Pool Aerobics – Swimming Pool		
1:00p	Mixed Bridge – Card Room						
1:30p	Wii Bowling – DH						
2:00p	Aftn Pool Aerobics – Swimming Pool						
2:00p	Communications/Publications Meeting – N&V Office						
6:00p	Pinochle – Blue Room						
6:00p	Bingo – DH						

Monday, December 2		Tuesday, December 3		Wednesday, December 4		Thursday, December 5	
8:00a	Water Exercise – Swimming Pool	8:00a	Water Exercise – Swimming Pool	8:00a	Water Exercise – Swimming Pool	All Day	<i>News & Views</i> Copy Deadline
8:30a	Estates Quilters – Craft Room	8:30a	Ping Pong – DH	8:30a	Ping Pong – DH	8:00a	Water Exercise – Swimming Pool
8:30a	Walking Club – Aud	9:00a	Senior Fitness – Aud	8:30a	Walking Club – Aud	8:30a	Estates Quilters – Craft Room
9:00a	Ladies Pool – Billiard Room	10:00a	Bicycle Club – by the Flag Pole	9:00a	Woodburn Estates Wood Carving – Craft Room	9:30a	Coffee Hour – Aud/DH/Kit
9:00a	Veterans Assistance – Travel Office	10:00a	Sit-N-Fit – Aud	9:15a	Yoga – Aud	10:00a	Bicycle Club – By the Flag Pole
9:15a	Yoga – Aud	11:00a	Tai Chi for Better Balance – Aud	9:30a	Ladies Chat & Laugh Group – Blue Rm	1:00p	Mixed Bridge Swiss Pairs – Blue Room
9:30a	Ladies Chat & Laugh Group – Blue Rm	12:00p	Uke-De-Do's (Beginners) – Craft Room	10:00a	Men's Golf Club Monthly Mtng – DH	1:00p	Woodburn Estates Community Chorus – Country Meadows Activity Room
10:00a	St. Monica's Circle – DH/Kit	12:30p	Canasta – Blue Room	10:15a	Zumba – Aud	3:00p	Diabetes Prevention Program – DH
10:00a	Needle Craft – Blue Room	1:00p	Uke-De-Do's (Intermediate & Advanced) – Craft Room	11:30a	The Alice Lunch Group – Country Cottage Restaurant	4:00p	Christmas Golf Cart Parade – Maint Shop Line Up
10:15a	Easy Bridge – Blue Room	1:30p	Board Meeting – DH	12:00p	Ladies Pool – Billiard Room	4:30p	Rules Committee – Conf Room
10:15a	Zumba – Aud	2:00p	Exec Session – Conf Room	12:00p	Friends of Bill W. – Craft Room	5:00p	Poker – Card Room
11:00a	Tai Chi with Judy – Aud	2:45p	Water Volleyball – Swimming Pool	12:30p	5 Handed Pinochle – Blue Room	5:45p	Water Volleyball – Swimming Pool
1:00p	Mixed Bridge Swiss Pairs – Blue Room	5:00p	Poker – Card Room	1:00p	Library – Travel Office	6:00p	Pinochle – Blue Room
1:00p	Veterans Assistance – Travel Office	6:00p	Card Making Class – Craft Room	1:00p	Writing Group – Conf Room		
2:00p	Aftn Pool Aerobics – Swimming Pool	6:00p	Beginning Line Dancing – Aud	1:30p	Wii Bowling – DH		
3:00p	Bucket List Travel Club – Conf Room	6:30p	Private Party – Blue Room	2:00p	Aftn Pool Aerobics – Swimming Pool		
5:45p	Water Volleyball – Swimming Pool	7:00p	Intermediate Line Dancing – Aud	6:00p	Pinochle – Blue Room		
6:30p	Son Shiner's Bible Study Club – Blue Room			6:00p	Bingo – DH		
7:00p	Golden Squares Square Dancing – Aud/Kit						

Friday, December 6		Saturday, December 7		Monday, December 9		Tuesday, December 10	
8:00a	Water Exercise – Swimming Pool	8:30a	Ping Pong – DH	8:00a	Water Exercise – Swimming Pool	8:00a	Water Exercise – Swimming Pool
8:30a	Ping Pong – DH	9:00a	Texas Hold-Em – DH	8:30a	Estates Quilters – Craft Room	8:30a	Ping Pong – DH
8:30a	Walking Club – Aud	2:45p	Water Volleyball – Swimming Pool	8:30a	Walking Club – Aud	9:00a	Senior Fitness – Aud
9:00a	Estates Bible Study – Craft Room	4:00p	Hand & Foot Cards – Blue Room	9:00a	Ladies Pool – Billiard Room	10:00a	Bicycle Club – By the Flag Pole
9:15a	Yoga – Aud	Sunday, December 8		9:00a	Green's Committee Meeting – Conf Rm	10:00a	Sit-N-Fit – Aud
9:30a	Ladies Chat & Laugh Group – Blue Rm			9:15a	Yoga – Aud	11:00a	Tai Chi for Better Balance – Aud
10:15a	Zumba – Aud	8:00a	Set up for Elvis Love Santa Benefit – Aud/Kit	9:30a	Ladies Chat & Laugh Group – Blue Room	12:00p	Uke-De-Do's (Beginners) – Craft Room
10:30a	Yoga Social – DH/Kit	1:00p	Music Jammers – DH/Kit	10:00a	Needle Craft – Card Room	12:30p	Canasta – Blue Room
11:00a	Tai Chi for Better Balance – Aud	4:30p	Elvis Love Santa Benefit – Aud/DH/Kit	10:15a	Easy Bridge – Blue Room	1:00p	Uke-De-Do's (Intermediate & Advanced) – Craft Room
12:30p	Bunco – Craft Room			10:15a	Zumba – Aud	1:30p	Board Meeting – DH
1:00p	Friday Aerobics – Blue Room			11:00a	Tai Chi with Judy – Aud	2:00p	Exec Session – Conf Room
2:00p	Aftn Pool Aerobics – Swimming Pool			1:00p	Mixed Bridge Swiss Pairs – Blue Room	2:45p	Water Volleyball – Swimming Pool
4:00p	Christmas Golf Cart Parade – Maint Shop Line Up			2:00p	Aftn Pool Aerobics – Swimming Pool	5:00p	Poker – Card Room

Wednesday, December 11		Thursday, December 12		Friday, December 13	
8:00a	Water Exercise – Swimming Pool	8:00a	Water Exercise – Swimming Pool	All Day	<i>News & Views</i> Publication
8:30a	Ping Pong – DH	8:30a	Estates Quilters – Craft Room	8:00a	Water Exercise – Swimming Pool
8:30a	Walking Club – Aud	9:30a	Coffee Hour – Aud/DH/Kit	8:30a	Ping Pong – DH
9:00a	Woodburn Estates Wood Carving – Craft Room	10:00a	Bicycle Club – By the Flag Pole	8:30a	Walking Club – Aud
9:15a	Yoga – Aud	11:00a	Activities Meeting – Conf Room	9:00a	Estates Bible Study – Craft Room
9:30a	Ladies Chat & Laugh Group – Blue Rm	1:00p	Woodburn Estates Community Chorus – Country Meadows Activity Room	9:15a	Yoga – Aud
10:15a	Zumba – Aud	1:30p	Neighborhood Bunco Group – Blue Room	9:30a	Ladies Chat & Laugh Group – Blue Room
10:30a	Crafts for Fun – Blue Room	1:30p	Genealogy Club – Conf Room	10:00a	Walking Club Bunco – Blue Room
12:00p	Ladies Pool – Billiard Room	3:00p	Diabetes Prevention Program – DH	10:15a	Zumba – Aud
12:00p	Friends of Bill W. – Craft Room	4:30p	Rules Committee – Conf Room	11:00a	Tai Chi for Better Balance – Aud
12:30p	5 Handed Pinochle – Blue Room	5:00p	Poker – Card Room	12:30p	Bunco – Craft Room
1:00p	Library – Travel Office	5:45p	Water Volleyball – Swimming Pool	1:00p	Friday Bridge – Blue Room
1:30p	Wii Bowling – DH	6:00p	Pinochle – Blue Room	1:00p	House Committee – Conf Room
2:00p	Aftn Pool Aerobics – Swimming Pool			2:00p	Aftn Pool Aerobics – Swimming Pool
2:00p	Communications/Publications Meeting – N&V Room			5:00p	Walking Club Christmas Dinner – DH/Kit
6:00p	Pinochle – Blue Room				
6:00p	Bingo – DH				

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of exercise
do lazy
people do?

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