

CLASSIFIEDS

Next Publication of *NEWS & VIEWS*
January 10, 2020
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Clubs & Groups

by *Kathy Hiller*

All clubs and groups at WEG must reapply each year for their meeting space. Get application forms from the main office if you do not have one. After January 1, meeting rooms may be reassigned to new clubs or groups. Do NOT Lose your space! If your club or group has disbanded, please let the office know so they may reassign to others as needed. Thank you!

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Estates & Golf
Active 55+ Community

NEWS AROUND THE NEIGHBORHOOD

Music Jammers

by *Dena Hollod*

In January 2020, we will be back to two jam sessions a month. I have a 2020 Jam Session calendar posted on the bulletin board in the Dining Hall. It shows the few dates that we will **not** be meeting.

Jam Sessions for the month are on January 12 and January 26 in the Woodburn Estates Dining Hall at 1:00 p.m. We have some new musicians and more people attending. Everyone seems to be enjoying these jam sessions so let's keep this interest going on throughout 2020!

Not to forget; our Christmas potluck was a huge success. Thank you everyone for all the food that you brought.

Music Makers

by *Dena Hollod*

January 6, 2020 will be our first meeting of the Music Makers group. Char and Debbie will be decorating our tables, and Barbara and Sharon will be bringing us some delicious goodies to eat. We'll be meeting at 1 p.m. in the Woodburn Estates Auditorium. Come on out and let's have a big turnout for the new year! We have Jared coming to sing and play his guitar for us. He's a very accomplished musician, so I know everyone will enjoy the afternoon with us.

Woodburn Estates Dance and Social Club

by *Bill Coleman, Chairman*

RE: “A Rockin' Rocket New Year's Eve!”

Ring in the New Year at “The Rockin' Rocket New Year's Eve Ball” at Woodburn Estates & Golf Auditorium. We’re startin’ at 8:00 p.m. with an appetizer buffet provided by the Cascade Park Retirement Community. Then turn up the heat at 9:00 p.m. with “Billy & the Rockets”.

Your \$15 admission includes food and dancing, door prizes, and complimentary champagne for toasting the New Year! Bring your own wine or choose from a selection of domestic and imported beers. You might even win a big cash prize in the evening's 50/50 raffle.

Don’t forget to reserve a table of four or more by calling 503 989-8590.

Next up: Our annual Valentine's Dance this year will feature hearts, flowers, and the sounds of “Taska and the Party Band” on Saturday, February 8, 2020.

You Can Write

by *Donna Wood*

There isn’t anyone reading this who hasn’t had an interesting experience, known an interesting person, or known of an interesting incident. At our age, it is good to relive those memories and the best way to do that is to write them down. The more you try to remember, the more you will remember. Writing about the past might be a nice legacy to leave your children.

Don’t worry if you think you are not a writer. Just start, and you might surprise yourself. One learns to write by writing. After you write something down, see if you can rewrite it in a different way. Are you writing to inform, shock or entertain? Next day read what you have written out loud and see if your subconscious mind has come up with any new facts or an idea for a better arrangement of your sentences. What needs more emphasis? What needs more explanation? Please be cognizant that others may not share your views on politics or religion.

When you are ready to share with friends, join us at the Estates Writers Guild at 1:00 p.m., the first Wednesday of the month, in Conference Room 1, next to the library. We try to help each other become better writers with positive constructive criticism.

St. Monica’s Circle

by *Katie Taylor*

The monthly meeting was held December 2 in The Estates Dining Hall. The luncheon was prepared by Rita Girard. A long-time member, Anne Woehler, has passed away. A funeral service is scheduled for January 17 at 11 a.m. at St. Luke’s Church with a reception to follow in Rubis Hall.

Betty Judevine announced upcoming birthdays: Jan. 20 Toni Perry; Jan. 21 Bev Ramsey; Jan. 27 Becky Butts. Volunteers for Church Linens: Dec. 16-31 Rita Girard; Jan. 1-15 Becky Butts; Jan. 16-31 Rita Girard. A discussion was held, and a decision made regarding our yearly donations. Chris Lopez had questions about the prayer request book located near the handicap area in the church.

Rita Girard gave a report on members who are unable to attend meetings. Barb Campbell in #152 at Cascade Park is planning to sell her home. Peggy Matter in #159 at Cascade Park has had a stroke but is doing well. Ryllis Linday #130 at Cascade Park is adjusting well to her new home.

News & Views

Delivery Subs Needed

by Vicki Spencer

For my last time, I need subs for two routes for a few months. Route maps will be available.

The first route is 52 papers on both sides of Thompson Road between Vanderbeck and Country Club Road, plus the Thompson Road cul de sac south of Country Club Road. The regular delivery person is having health problems but will be back stronger, I'm sure, and shows interest in continuing.

The second route is 26 papers on both sides of Vanderbeck east of Umpqua including three houses across Astor Way.

If you are interested in either of these routes, call Vicki Spencer at 503-982-2027 or contact *News & Views* at 503-981-3313. If no answer we are not in the office, but please leave your name and phone number. Speak slowly and loudly so we can return your call. Thank you.

Getting Older

by Donna Rector

Gray hair? Check.

Arthritis in knees and hands? Check.

Undue interest in health books? Check.

Have most of the healthy food lists? Check.

Taking psyllium to stay regular? Check.

Add an extra five seconds for memory to recover? Check.

Little by little, a small change at a time until... voila! You're older. Oh well, I know a lady in Woodburn Estates & Golf who is in her 80s and still plays water volleyball and golfs; lives independently; still drives. So there! Age may just be a state of mind.

Mud Puddles and Dandelions

Author Unknown

When I look at a patch of dandelions
I see a bunch of weeds that are going to take over my yard.
My kids see flowers for Mom
and blowing white fluff you can wish on.

When I look at an old drunk and he smiles at me,
I see a smelly, dirty person
who probably wants money and I look away.
My kids see someone smiling at them and they smile back.

When I hear music I love, I know I can't carry a tune
and don't have much rhythm so I sit self-consciously and listen.
My kids feel the beat and move to it. They sing out the words.
If they don't know them, they make up their own.

When I feel wind on my face, I brace myself against it.
I feel it messing up my hair and pulling me back when I walk.
My kids close their eyes, spread their arms and fly with it,
until they fall to the ground laughing.

When I pray, I say Thee and Thou and grant me this, give me that.
My kids say, "Hi God! Thanks for my toys and my friends.
Please keep the bad dreams away tonight.
Sorry, I don't want to go to Heaven yet.
I would miss my Mommy and Daddy."

When I see a mud puddle I step around it.
I see muddy shoes and dirty carpets.
My kids sit in it. They see dams to build,
rivers to cross and worms to play with.

I wonder if we are given children to teach or to learn from?
No wonder God loves the little children!!

In Memory of...

- Agee, Daniel – December 8, 2018
- Thatcher, Alice – December 14, 2018
- Bale, Bill (FR) – December 22, 2018
- Scholer, Robert – January 14, 2019
- Plowman, Jack – January 16, 2019
- Jones Jr., William – January 20, 2019
- Bettendorff, John – January 22, 2019
- Thompson, Marjorie – February 26, 2019
- Tomminger, Gertrude (FR) – February 26, 2019
- Allen, Skelly (FR) – February 27, 2019
- Longest, Sid – March 4, 2019
- Deinhardt, Walt (FR) – February 27, 2019
- Gibbons, Helen (FR) – March 16, 2019
- Muhleman, Cheryl – March 18, 2019
- Rose, Dale – March 20, 2019
- Yonce, Iona (FR) – March 25, 2019
- Krieger, Helen – February 27, 2019
- Weinert, David – April 14, 2019
- Rees, Gertrude – April 25, 2019
- Johnson, Rosemary – May 7, 2019 (age 98)
- Horton, Maxine – July 7, 2019
- Rehm, Harry – July 7, 2019 (Associate)
- Dykes, Mike – July 9, 2019
- Haworth, Don – July 9, 2019
- DeCeglie, Joan – July 16, 2019
- Powers, William – July 18, 2019
- Davidson, Edna “Teddy” (FR) – September 21, 2019
- Dony, Joan (FR) – September 30, 2019
- Lanning, Michael – October 1, 2019
- Higgins, Larry (FR) – October 3, 2019
- Mann, David – October 10, 2019
- Morris, Victor Doyle (FR) – October 11, 2019
- Brassel, Maxine – October 12, 2019
- Lowry, Eldora (FR) – October 19, 2019
- Halbritter, Don – October 31, 2019
- Woehler, Anne (FR) – November 27, 2019
- Erdahl, Ted (FR) – November 28, 2019

(FR) = Former Resident

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**
Clam Chowder

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A Personal Guide for Elders

by Betty Judevine

If you live alone, as I do, it may be difficult to take care of yourself without another partner. But even with a partner, things can get out of hand. For instance: yesterday I found myself washing my hair in the shower with my hearing aids still in my ears. This incident could have been caught by a partner or not. I still don't know how the hearing aids might be affected.

If your memory is starting to follow trails of its own, don't forget to look in the 'fridge' for your wallet. The last place to find your eyeglasses may be on your nose. Check your car for things on or not closed. I wore a battery down and AAA out, on that one. Check your stove burners before you leave the house. That kind of forgetfulness comes along fast. Have a place for your keys outside the house so firemen and policemen can get in without breaking your door down. Let them know soon, too, where that place is.

There are a million things I could say but I only remember my stuff. Keep the office informed of your whereabouts. Leave phone numbers with them to inform people if you are missing, physically, mentally or both.

Pre-arrange your funeral. After all, all this should lead to a happy ending. Being sure not to be 'caught dead' in that dress, suit or place, probably won't happen. We all know how that goes. However, on the other hand, there is solace in the fact that good books and movies, previously read and seen, can be enjoyed again and again and again. Laughing at yourself with your friends never fails. Thus, lies the "Crux of the Matter." Need I say more?



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A Commentary on *The Overstory*

by Dagmar Dettinger

A while ago, after hearing an NPR report on the book *The Overstory* by Richard Powers, my husband bought the book for me as a surprise. Starting to read it, I was so taken by this powerful novel based on historical happenings, it became a love-story for trees and nature and, for me, even more.

Having lived in Oregon since 1965, I have been a witness to never-ending timber issues and other environmentally sensitive issues. Not understanding all the honest (and dishonest) goings-on in this industry, nor the science of those wonderful trees growing in our state, one thing I do know: I have always loved trees and the outdoors. "Tread gently through life", is my motto that I live by.

It was the year 1945. My sister was 5 years old; I was 4. It was the end of WW2. Our father had died in 1943, and our mother was scrambling to find a safe place for us to live. She had placed us kids into a "Kinderheim"(a state-owned and run facility for homeless and orphaned children). It was located outside a big town which had been destroyed during the war, next to a lovely forest with a river flowing through a big meadow. We walked to school through the fields and along dirt roads and helped the farmers at harvest time. I don't remember any weed spraying going on, but I had a good nose for the natural fertilizers going onto the fields. Those, I believe, are some of the many reasons I love the outdoors.

Does it occur to you that by using fertilizers for your garden tomatoes etc. you eat some of the fertilizer as well? If we, here in Woodburn Estates, could do away with using poisons like Weed and Feed, Round-Up, and other so-called "fertilizers", we could live in a healthier environment. Can you remember the lovely smell of a fresh-cut lawn? Do you take off your shoes after having used Round-Up when going back inside? Do you change your trousers too, even after playing golf? Are your pets healthy? Are you? Would you consider not using poison to eliminate weeds and give the earthworms a chance for a come-back and thereby provide food for the birds? Speaking of birds, what about bees, butterflies, and bumblebees? When I moved to the Senior Estates 15 years ago, we had a huge amount of them all.

We have a large AG Business Extension Office in Marion County. We could ask these experts to come speak to us on how to garden and grow poison-free flowers and vegetables in our backyards. Perhaps they could give us directions on how to take care of the golf course the "green way". Give it all a thought and give Mother Nature and yourselves a leg-up for the New Year.

Laid to Rest

by Rick A. Wehler

"Mr. Wehler is it? I'm your urologist, Dr. Peebody. Based upon C.T. scans, your kidney mass is most likely a cancer. Even if it is not, we'll still need to remove your kidney in its entirety." After a 20-minute question and answer session, Cora and I agreed to set a surgery date, dependent upon the flow of Dr. Peebody's schedule.

We returned home and had "the talk" in case my life trickles downhill. We covered several subjects, the first of which I'll share.

I explained, "Cora, I'd like my remains to be handled in one of two fashions. You may choose to have me frozen and set aside until your departure. Have the funeral director place me within your coffin, as per normal, in the position of your choice. Please dear, allow me to finish my inclinations while I'm emotionally stable.

Secondly, you may choose to have me cremated. When your time has come, have my ashes sprinkled on your fine frame.

No matter your preference, we'll be loving each other up for eternity. That's what I call getting 'laid to rest'."

Cora, in her inimitable fashion, replied, "I'd like to have some time to myself."



Men's Golf General Meeting Minutes

Woodburn Estates Men's Golf Club
Membership Meeting
December 4, 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 31 members in attendance at today's meeting.

New Members Present: None.

President's Report: President Bourne welcomed the members and then stated he had nothing to report today.

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

Treasurer's Report: Treasurer Mark Jorgensen was absent with notice. He provided President Bourne with his report which President Bourne read as follows: Balance of the Club's Account as of November 29, 2019...\$4,369.13. Balance of the Club's Voucher Account as of November 29, 2019...\$6,771.06.

Secretary's Report: Secretary Chuck Johnson announced that he appreciated the support of the members and of the officers of our Club during his tenure as Secretary. Secretary Johnson has served as the Club Secretary since November 2010, and today concludes his service. President Bourne thanked Secretary Johnson for his service and the members present applauded his service.

COMMITTEE REPORTS:

Handicap: VP Abshere is a co-chair of this Committee with Clint Hansen. Will provided the following information relative to golf in 2019: Most Rounds Posted...Len Westphal with 162 rounds; second most rounds posted...Gene Mickey with 158 rounds; third most rounds posted...Mike Wentworth with 146 rounds posted. Most Improved Golfer...Mike Archer; second most improved golfer was Tony Pye; third most improved golfer was Rudy Garcia; fourth most improved golfer was Fred Bourne; and fifth most improved golfer was Jimmy Carter. Will then announced that Russ Krussow and Len Westphal will soon be attending a Training Workshop to learn the new handicap system. Will concluded his report by reminding members that 2020 Club dues paid by December 31, 2019, would prevent deactivation in the handicap system.

Greens: Len Westphal and Will Abshere attended the last Greens Committee Meeting. The problems with the current scorecard were discussed at this meeting. Scorecards ordered in the future will correct the problems as found in the current scorecards. The white tee markers for the 3rd and 6th holes on the course have been moved just in front of the current tee boxes that have been renovated. This new location will make the yardage closer to the course yardage from the renovated tees. Russ Krussow stated that he painted yardage markers on the cart path to provide golfers with a guide to find the actual markers embedded in the course.

Mixed Tournaments: Representative Fred Bourne had nothing to report.

Rules: Chairman Jim Hutchinson had nothing to report.

Sunshine: Chairman Ron Gripenstraw sent out appropriate cards to members Clint Hansen, Larry Holland, and Larry Kemper. A brief report was presented on the health of member Mark Deller and it was requested that a second card be sent to Mark.

OGA: Representative Paul Eaton was absent with notice.

Membership: Chairman Stan Hiller reported no change from the previous month's report. Currently we have a total of 271 members and 46 Associate Members.

Unfinished Business: Nothing to report.

New Business: Nothing to report.

Closing Comments: Steve Krieg stated that there is a need for a new shoe cleaner located near the air hoses. The shoe cleaner at this location is completely worn out. President for next year, Len Westphal, will follow up on this request. Len Westphal stated that members interested in Committee positions should let him know which committees they would volunteer to serve on, either as a Chairman or a Representative. Fred Bourne announced the time and date for the next poker game. Stan Hiller reminded members to review the current phone book to verify that all information is correct. Any corrections must be reported to Stan ASAP as the new phone book will soon be printed. President Bourne thanked the membership and officers for their support during his tenure as President.

Door Prizes: The 50/50 Raffle was then held. The total money collected for today's raffle was \$78.00. Jerry Biddle had the winning ticket and split the pot, winning \$39.00.

Closing: President Bourne asked for a motion to adjourn our Meeting, the motion made, seconded, and approved. The Meeting was adjourned at 10:25 AM.

NOTE: THE NEXT MEN'S GOLF CLUB MEMBERSHIP MEETING WILL BE HELD ON WEDNESDAY, JANUARY 8, 2020, AT 10 AM IN THE DINING HALL.

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

Veterans Take Note

by Dawn Cole

Eddie Grainger Jr, the Veteran Service Officer, will be back on-site on the first Monday of each month from 9 a.m. - 5 p.m. in Conference Room 2 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. Veterans can also reach Eddie at 971-707-4400 or by email at: eddie.grainger@mwvcaa.org.



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Three Women in Heaven

Submitted by Karen Linton

Three women die together in an accident and go to heaven. When they get there, St. Peter says, “We only have one rule here in heaven: Don’t step on the ducks!”

So, they enter heaven, and sure enough, there are ducks all over the place. It is almost impossible not to step on a duck, and although they try their best to avoid them, the first woman accidentally steps on one.

Along comes St. Peter with the ugliest man she ever saw. St. Peter chains them together and says, “Your punishment for stepping on a duck is to spend eternity chained to this ugly man!” The next day, the second woman accidentally steps on a duck and along comes St. Peter who doesn’t miss a thing. With him is another extremely ugly man. He chains them together with the same admonishment as for the first woman.

The third woman has observed all this and, not wanting to be chained for all eternity to an ugly man, is very, VERY careful where she steps. She manages to go months without stepping on any ducks, but one day St. Peter comes up to her with the most handsome man she has ever laid eyes on... very tall, long eyelashes, muscular.

St. Peter chains them together without saying a word. The happy woman says, “I wonder what I did to deserve being chained to you for all of eternity?”

The guy says, “I don’t know about you, but I stepped on a duck.”

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Woodburn AA Meeting

How It Works — Men's Group

Saturday • 7:30 p.m.

Immanuel Lutheran Church
1036 E Lincoln Street
Woodburn, OR 97071

Meeting entry is at the back of the church in the basement meeting room.

Speakeasy Party

SAVE THE DATE

FRIDAY, JANUARY 31ST | Country Meadows Village

4PM - 6PM

RSVP: (503) 982-2221

Health Benefits

by Anna Phillips

After a lengthy visit to my doctor, I decided to visit the adjoining little coffee shop. I ordered a bagel and coffee and took a seat at one of two tables. A woman occupied the other table, so when a gentleman entered, ordered, then looked around, I asked if he would like to share my table. He accepted my offer with a cute remark about enjoying my company with his coffee.

We introduced ourselves and began to converse. It was clear to me early on that he really wanted to talk politics as he shared in a general way some of his views with me.

I remember the division of the 2016 elections and the pain it caused me as well as others. I learned some lessons from that and decided that this day I would listen quietly. After he had laid out a few of his concerns and ideas and received non-committal replies, he got around to asking me about my profession.

We spent the next 20 minutes or so talking about our worst jobs, our favorite jobs, and what we thought was the most important thing about a job. We both agreed that helping others was highest on our list. He (Andy) had spent the bulk of his career supervising large groups of people who designed, built, transported and assembled booths for trade shows. Some were as large as 60,000 feet. He felt that helping his crew learn how to be successful was his biggest reward. My favorite was as director of a senior center where people came to receive services ranging from meals to line dancing and everything in between. I loved the vibrance of the setting and the problem solving that happened daily. Involving large numbers of volunteers made them feel useful and we all benefitted. A win, win!!

When the topic turned to children and grandchildren, we both had photos to share. I tried not to get too gushy about my family, but I’m sure I let him know that mine were perfect in every way. Andy was equally enamored of his kin, so I didn’t feel too bad. That’s the nature of grandparents! When all the bragging was done, we agreed that we only wanted them to be happy, healthy and kind.

It came time for me to leave and when I shook his hand and expressed my delight at sharing coffee with a new friend, I meant it. I doubt I’ll ever see him again, but I’ll remember Andy. I’ll remember that even though we are on opposite sides politically, we both have the same goals for ourselves and others. If we enjoy good health, try to be useful and practice kindness, the happiness will follow. I certainly left that coffee shop with a smile on my face, thanks to a chance encounter with a guy named Andy.



Short Winter Jokes

Yoga Class Has New T-Shirts

Q: What eight letters can you find in water from the Arctic Ocean?
A: H to O! (H2O)

Q: What do you call a gangsta snowman?
A: Froze-T

Q: Why didn't the tourist in the Arctic get any sleep?
A: He plugged his electric blanket into the toaster by mistake - and kept popping out of bed all night!

Q: What happened when all the muskox wool that was collected was stolen?
A: The police combed the area.

Q: If the sun shines while it's snowing, what should you look for?
A: Snowbows.

Q: What did one Greenland Shark say to the other?
A: "Say, good lookin' ... didn't I meet you last night at the feeding frenzy?"

Q: What did the seal say when it swam into a concrete wall?
A: "Dam!"

Q: What do women use to stay young looking in the Arctic?
A: Cold cream.

Q: Why was the snowman sad?
A: Because he had a meltdown.

Q: What do you call a reindeer with no eyes?
A: I have no eye deer.

Q: What did the detective in the Arctic say to the suspect?
A: "Where were you on the night of September to March?"

Our New Alphabet at 60+

Submitted by Doris Rogers

A is for arthritis.
B is for bad back.
C is for chest pains. Perhaps cardiac?
D is for dental decay and decline.
E is for eyesight – can’t read that top line.
F is for fissures and fluid retention.
G is for gas (which I’d rather not mention.)
H is for high blood pressure (I’d rather have low).
I is for incisions with scars you can show.
J is for joints that now fail to flex.
L is for – wait I forgot about K!
K is for my knees that crack when they’re bent.
M is for (please forgive me, my memory ain’t worth a cent.)
N is for neurosis, pinched nerves and stiff neck.
O is for osteo – and all bones that crack.
P is for prescriptions; I have quite a few.
Give me another pill; I’ll be good as new!
Q is for queasiness. Fatal or Flu?
R is for reflux...one meal turns into two.
S is for sleepless nights, counting my fears.
T is for tinnitus – I hear bells in my ears.
U is for urinary; difficulties with flow.
V is for vertigo, that’s “dizzy” you know.
W is for worry. Now what’s going ‘round?
X is for X-Ray and what might be found.
Y is for another year I’ve left behind.
Z is for zest that I still have my mind,
Have survived all the symptoms my body has deployed,
And kept twenty-six doctors gainfully employed!



FRONT ROW (L-R): Amy Peck, Joann Munson, Barb Rose, Lollie Vittoria.
MIDDLE ROW (L-R): Carol Nemish, Carolyn Sweeney, Lee Kellow, Karen Cupps, Rosemary Bender, Anne Venner, Lani Biddle, Priscilla Giammalva, Mary McGrath. BACK ROW (L-R): Jan Tindall, Linda Hoover, Marilyn Conway, Rhonda Mancini, Sharon Hazlett, Dennis Wichert, Alicia Kelley, Katie Taylor.

by Barb Rose

Every Monday, Wednesday, and Friday at 9:15 a.m. in the Auditorium, you will find 20+ members participating in a yoga class. The class is free and welcome to all. This is gentle yoga, making it easier on our senior bodies. We do slow stretches of our whole body. We sometimes work with weights that are provided. We even have yoga mats for those who want to check it out before you purchase your own. At the end of each class, we do breathing relaxations to calm our minds. The first Friday of most months, we have a potluck social which is so much fun. Try us! You might like it, and your body will thank you. Namaste!

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Traveler's Report

by Kathy Hiller

Merry Christmas 2019 and 2020 Happy New Year to all! Stan and I traveled several times with our favorite company - OregonWest Excursions (with Tony Minden) out of Salem, Oregon. Trip #1 was 5 days in San Diego (Jan. 11-15). I had never been that far south into California. We saw the Coronado Hotel and visited many of the sights in and around San Diego. The food was wonderful at the various local restaurants where we dined each evening.

We, and our friend Peggy Misner, who often travels with OregonWest, had lunch at the brand new Sugar Factory in San Diego. We casually mentioned to the manager that we were visiting from Oregon and had really enjoyed our lunch and the service from our waiter. He rewarded each of us with tickets to see any movie in their upstairs theaters. We were almost the only ones in the theater so we found three seats that were actually lounges complete with food service directly to our seats. We saw "A Dog's Way Home" which had just been released to theaters. The weather was good most days and we had a great time.

Trip #2 (Mar 21-26) A Mystery Trip! Tony gave us several hints, but they were not all that helpful. We were surprised to end up in the Dallas/Fort Worth airport. While in Fort Worth, we got to see Longhorn Steers very close up because 10 to 15 steers were paraded from their pens for about 5 or 6 blocks up the street at least twice daily. They all seemed to know the route and really didn't need any cowboys directing them. The best part was when we visited several horse ranches and Clyde, one of the young horses really liked me.

We also experienced a Wild West Murder Mystery Dinner Theater production at the Texas Star Dinner Theater in downtown historic Grapevine, Texas - located between Dallas and Fort Worth. Stan's group of four correctly guessed who the guilty character was and each won a free t-shirt.

Next was Dallas where one of the sites we visited was the Texas School Book Depository where Lee Harvey Oswald hid in wait before shooting President Kennedy as the president's motorcade passed by Dealey Plaza. It is now a museum, with all the details on display of that day, November 22, 1963.

Trip #3 (June 22-24) Quick trip to nearby Mt St Helens and then Mount Rainier. Even though Mt St Helen's erupted in 1980, it was not until this trip that we had visited the observatory. We were happy to see how much the mountain has recovered over the past nearly 40 years.

Trip #4 (Oct 12-24) Maine! It puzzled me at first when I looked at our tickets and the first part of the flight showed Portland to Washington and the second part of the flight showed Washington to Portland. It was actually Portland Oregon to Washington D.C. THEN Washington D.C. to Portland Maine. It took most of the first day to get to Portland, Maine.

Our first full day, we had a sightseeing bus ride all around Portland, Maine and enjoyed learning about our "twin". The fall leaves on their trees were pretty but no prettier than in Oregon. I felt the same way on a fall trip to Branson, MO, when we traveled with Dianna Hyder and Bucket List Travel. However, I was in for a surprise over the next few days, because after our tour of Portland, we went to dinner on the waterfront.

We had pre-ordered our meals so Stan had the lobster and I had opted for the top sirloin. Our salad had an unusual dressing on it and goat cheese crumbles. Dessert was a small blueberry compote (about three teaspoons worth.) Later, as we went to bed, my hands began to itch. I have had this happen every now and then for several years but never realized it could be from a food allergy as I had searched the internet for causes of itchy hands and couldn't find an answer that satisfied me as to its cause.

The next day I stayed in our hotel room due to the itching and accompanying diarrhea. That evening, we had a buffet dinner prepared by the staff of our hotel. Dessert was a small slice of blueberry pie.

OMG!!! The itching at bedtime nearly drove me crazy! I had to get up several times due to the diarrhea, and finally, around 2 a.m., Stan woke up as I was getting up for about the third time. He asked me what was wrong and before I could answer, I passed out and hit the back of my head on the bench at the end of my bed. I was dazed and reached back to feel my head and it was bleeding.

Stan tried to help me up, but I was too weak to get up. I finally did an "Army crawl" around his bed and into the bathroom. By then, he had called the hotel staff and a security guard came to our room, saw my condition and called for an ambulance. I had hives on my arms and body from my neck to my waist! Stan helped me out of my soiled nightie, and I was able to put on a t-shirt and pants before the ambulance crew showed up. They were very nice, asked me what happened, and determined I should go to the hospital. Stan rode in the front and I was in the back, flashing my boobs when they pulled up my t-shirt to attach stick-on things to hook me up to a monitor. The gal with the ambulance gave me a shot of epinephrine in my thigh, and soon I was at the hospital. I don't remember much after being wheeled in, but Stan said the doctor told him I missed hitting the back of my head at the brain stem by about 2 inches. As it was, I had four staples to close the gash in the back of my head, and a bag of saline to get me hydrated again. I was told to go to their pharmacy and pick up a twin-pack of Epi-pens (\$47!) before leaving the hospital. We got out of there around 9am, but the rest of our travelers had already bussed towards the next stop of the itinerary. Stan was keeping in touch with Tony. We called a cab to get back to the hotel, packed our bags, called another cab, told them how far we needed to go, and they charged us \$165 for the trip. Thankfully, between us we had enough cash plus a \$5 tip. (I know... BIG TIPPERS!!) Our woman driver got us to the next destination before the tour bus arrived.

We waited for the bus to show up and after about 40 minutes we saw it arrive, and we joined up with everyone for the rest of the day's activities which included a big bridge and a Civil War fort. While there, half of our group visited the Penobscot Narrows Bridge an internationally recognized landmark which was built to replace the Waldo-Hancock Bridge. Most took the elevator up the 420-foot tower of the observatory. The other half visited Fort Knox. The fort was named for Major General Henry Knox, America's first Secretary of War. There was a gift shop, with several inflated Halloween characters outside- a coach with a much-patched-up mule being driven by a skeleton, a crouching cat whose head moved back and forth, a vulture with its head moving back and forth, and a few others.

Before we went to the fort, I wanted another photo with another inflated cat. I had stepped behind the cat and in front of a post that I didn't want in the photo, but I couldn't get Stan's attention. I took another step to my right and snagged my foot on an electrical cord and immediately fell face-first to the ground! After all the commotion with the blueberries, one would think all the hoopla was done, but, oh no... Luckily, I was not hurt. The ground was soft and I bent my glasses slightly.

That evening we spent the night in Camden, Maine. We had some free time the next afternoon so we decided to visit the bank across the street as we were looking for a few Philadelphia mint quarters to complete our collection. Stan's brother, George, had several that he needed also. We exchanged a \$10 bill for a roll of quarters, and began the hunt. The first few rolls were no good, but we eventually found the 11 quarters we needed for Stan and George after going through 11 rolls. Stan had enough quarters in his pocket to replace in the rolls for the ones he kept. The bank was approaching closing time so we turned in the last roll and left. It wasn't until we were on the bus leaving Camden that Stan realized he had not gotten back his \$10 bill. We notified the bank when we got back to Woodburn and the branch manager remembered us and said, "That's why we were exactly \$10 over the other day!" He sent us a check for \$10 shortly thereafter.

All in all, it was quite an adventure but we are looking forward to three more OregonWest trips in 2020!



Coronado Hotel



Sugar Factory



Dealey Plaza Map



Mt. Saint Helens

2020 News & Views Publishing Schedule

Articles due in the office by 9:30 a.m. on:

- January 2
- January 16
- February 6
- February 20
- March 5
- March 19
- April 2
- April 16
- April 30
- May 14
- June 4
- June 18
- July 2
- July 16
- August 6
- August 20
- September 3
- September 17
- October 1
- October 15
- November 5
- November 19
- December 3
- December 17
- December 31, 2020

To be published on:

- January 10
- January 24
- February 14
- February 28
- March 13
- March 27
- April 10
- April 24
- May 8
- May 22
- June 12
- June 26
- July 10
- July 24
- August 14
- August 28
- September 11
- September 25
- October 9
- October 23
- November 13
- November 27
- December 11
- December 25
- January 8, 2021

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Coffee Hour

December 19, 2019

by Kathy Hiller

The entertainers at December 19 Coffee hour were the Woodburn Community Chorus, directed by Trudy Fowlks. The audience sang along with them for many of their Christmas songs.

Before the chorus began, Activities Director Sharyn Cornett, with assistance from Stan Hiller, presented a lovely plaque in honor of Vicki & Will Spencer who have kept the *News & Views* delivery routes running smoothly for about 20 years. They count out the papers for the many routes, deliver papers to various retirement centers in Woodburn, keep track of the delivery people – each of whom deserve their own recognition – as well as delivering Meals on Wheels each week. These two have been an invaluable asset to *News & Views* and the Woodburn Estates & Golf community.

Photos by Don Robarge



Trudy Fowlks directs the Christmas singers from the Woodburn Community Chorus


Woodburn Estates & Golf

coffee hour

JANUARY 2020

Jan 2nd

Music by "MO n' DOC"



Jan 9th

GameShow "SECRET IDENTITY"

Jan 16th


Music by "KIM & TERRY"

Jan 23rd

Music by "DAVID ASTON"

Jan 30th

Music by "ELLEN WHYTE"



Thursdays at 9:30am

Dining Hall / Auditorium

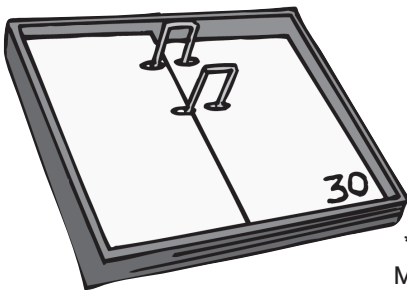
Performers listed are subject to change without notice.



(L-R) Stan Hiller, Sharyn Cornett, Vicki & Will Spencer with Trudy Fowlks and Woodburn Community Chorus members in the background.



The plaque that was presented to Vicki & Will Spencer for their years of service

<div></div> <div><h1>Activities Calendar</h1><p>* Any change of date, time, activity, or place MUST be made with the office 503-982-1776.</p></div>		<div><div>Monday, December 30</div><div>8:00a Water Exercise – Swimming Pool 8:30a Estates Quilters – Craft Room 8:30a Walking Club – Aud 9:00a Ladies Pool – Billiard Room 9:15a Yoga – Aud 9:30a Ladies Chat and Laugh Group Meeting – Blue Room 10:00a Needle Craft – Card Room 10:15a Easy Bridge – Blue Room 10:15a Zumba – Aud 1:00p Mixed Bridge Swiss Pairs – Blue Room 2:00p Afternoon Pool Aerobics – Swimming Pool 5:45p Water Volleyball – Swimming Pool 6:30p Son Shiners Bible Study Club – Blue Room 7:00p Golden Square Square Dancing – Aud/Kit</div></div> <div><div>Tuesday, December 31</div><div>8:00a Water Exercise – Swimming Pool 8:30a Ping Pong – DH 10:00a Bicycle Club – by the Flag Pole 11:00a Tai Chi for Better Balance – Aud 12:00p Uke-De-Do's (Beginners) – Craft Room 12:30p Canasta – Blue Room 1:00p Uke-De-Do's (Intermediate & Advanced) – Craft Room 2:45p Water Volleyball – Swimming Pool 5:00p Poker – Card Room</div></div>	
<div><div>Saturday, December 28</div><div>8:30a Ping Pong – DH 2:45p Water Volleyball – Swimming Pool 4:00p Hand & Foot Cards – Blue Room</div></div> <div><div>Sunday, December 29</div><div></div></div>			

<div><div>Wednesday, January 1</div><div>8:30a Walking Club – Aud 9:00a Woodburn Estates Wood Carving – Craft Room 9:15a Woodburn Estates Yoga Bees – Aud 10:00a Men's Golf Club Monthly Meeting – DH 10:15a Zumba Gold – Aud 12:30p Double Deck Pinochle – Blue Room 1:00p Writing Club – Conf Room 1 6:00p Pinochle – Blue Room</div></div> <div><div>Thursday, January 2</div><div>All Day <i>News & Views</i> Copy Deadline 8:00a Water Exercise – Swimming Pool 8:30a Senior Estates Quilting Group – Craft Room 9:30a Coffee Hour – Aud/Kit 3:00p Diabetes Prevention Program – DH 4:30p Rules Committee Meeting – Conf Room 1 6:00p Pinochle – Blue Room 6:00p Advanced Line Dancing – Aud</div></div> <div><div>Friday, January 3</div><div>8:30a Ping Pong – DH 8:30a Walking Club – Aud 9:00a Estates Bible Study – Craft Room 9:00a Ladies Chat and Laugh – Blue Room 9:15a Woodburn Estates Yoga Bees – Aud 10:15a Zumba Gold – Aud 12:00p Friday Bridge – Blue Room 12:30p Bunco – Craft Room</div></div> <div><div>Monday, January 6</div><div>8:30a Senior Estates Quilting Group – Craft Room 8:30a Walking Club – Aud 9:00a Ladies Pool – Billiard Room 9:00a Veterans Assistance – Conf Room 2 9:00a Ladies Chat and Laugh – Blue Room 9:15a Woodburn Estates Yoga Bees – Aud 10:00a St. Monica's Circle – DH/Kit 10:00a Needle Craft – Card Room 10:15a Zumba Gold – Aud 11:00a Tai Chi with Judy – Aud 1:00p Veterans Assistance – Conf Room 2 1:00p Music Makers – Aud/Kit 7:00p Golden Squares Square Dancing – Aud/Kit</div></div>		<div><div>Saturday, January 4</div><div>8:30a Ping Pong – DH 4:00p Hand & Foot Cards – Blue Room 4:00p Private Party – DH</div></div> <div><div>Sunday, January 5</div><div></div></div>	
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<div><div>Tuesday, January 7</div><div>8:00a Water Exercise – Swimming Pool 8:30a Ping Pong – DH 9:00a Senior Fitness - Aud 10:00a Sit-N-Fit - Aud 12:00p Uke-De-Do's – Craft Room 6:00p Card Making Class – Craft Room 6:00p Beginning Line Dancing – Aud 7:00p Intermediate Line Dancing – Aud</div></div> <div><div>Wednesday, January 8</div><div>8:30a Ping Pong – DH 8:30a Walking Club – Aud 9:00a Woodbun Estates Woodcarving – Craft Room 9:00a Ladies Chat and Laugh – Blue Room 9:15a Woodburn Estates Yoga Bees – Aud 10:15a Zumba Gold – Aud 10:30a Crafts for Fun – Blue Room 12:00p Ladies Pool – Billiard Room 12:30p Double Deck Pinochle – Blue Room 1:00p Woodburn Estates Library – Conf Room 2 1:00p Car Show Committee Meeting – Conf Room 1 1:30p Wii Bowling – DH 6:00p Bingo – DH 6:00p Pinochle – Blue Room</div></div> <div><div>Thursday, January 9</div><div>8:00a Water Exercise – Swimming Pool 8:30a Senior Estates Quilting Group – Craft Room 9:00a Coffee Hour – Aud/Kit 11:00a Activities Monthly Meeting – Conf Room 1 1:30p Genealogy Interest – Conf Room 1 2:00p Neighborhood Bunco – Blue Room 3:00p Diabetes Prevention Program – DH 4:30p Rules Committee Meeting – Conf Room 1 6:00p Pinochle – Blue Room 6:00p Advanced Line Dancing – Aud</div></div> <div><div>Friday, January 10</div><div>All Day <i>News & Views</i> Publication 8:30a Ping Pong – DH 8:30a Walking Club – Aud 9:00a Estates Bible Study – Craft Room 9:00a Ladies Chat and Laugh – Blue Room 9:15a Woodburn Estates Yoga Bees – Aud 10:00a Ladies Chat and Laugh Happy Hearts Bunco – Blue Room 10:15a Zumba Gold – Aud 12:00p Friday Bridge – Blue Room 12:30p Bunco – Craft Room</div></div>	
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