

# News & Views

Official Publication of Woodburn Estates & Golf



Regular Board Meeting 4th Tuesday of Each Month • All ads and articles are published on a space available basis

VOL XLIX NO. 2

www.woodburnestatesgolf.com • Main Office 503-982-1776 • N&V Office 503-981-3313

Friday, January 24, 2020

Woodburn Estates & Golf

## CHILI Feed - \$5

**SATURDAY, FEB. 1st**  
**4 - 6pm Dining Hall**



Woodburn Estates & Golf™

## SUPER BOWL PARTY & POTLUCK

on the Auditorium HUGE SCREEN

**Sunday, Feb. 2nd**

**Party starts @ 2:30 Kickoff @ 3:30**

**Bring your favorite POTLUCK DISH to share!**

**Members and Guests Only!**

## Bugle Blast Advisory

by Allan Lindberg

The communication team always strives to provide the best service in communication. Bugle Blast information is gathered, assembled and then sent via a (free) email sending service. To qualify for the free sending service we are required to maintain a clean list of recipients.

After each Bugle Blast is sent, we receive counts of how many members opened their blast and how many did not. As of this article, we have 448 subscribers who have signed up to receive Bugle Blasts. You need not worry; we do not share or sell any information. Of the two most recent Bugle Blasts sent, 53% of the recipients opened and 47% did not open the blast. While 53% is considered a good score, the 47% that did not is troublesome. There are reasons for not opening the blasts and among those include: time, no interest, too many emails or you think the Blast is junk mail.

If you signed up to receive Bugle Blast and now no longer wish to receive Bugle Blasts, we certainly understand. A few subscribers have reported Bugle Blast as Spam. As a result, our sending service was suspended. If you no longer wish to receive Bugle Blasts, please let us know and we will remove your email address. If you do want to continue to receive Bugle Blasts do nothing. If later, you change your mind the option to Unsubscribe is always available.

At the bottom of every Blast is the option to Unsubscribe. Simply scroll to the bottom of the blast email and click Unsubscribe and you will be removed. To avoid being suspended in the future, know that the system will be set so if you do not open a blast in a six-month period, you will automatically be removed as a subscriber. If you have any questions or comments, please contact the communication team.

## Free Tax Prep by AARP Tax Aide

by Dawn Cole, Site Manager

It's tax season, and once again we are partnering with AARP Tax Aide! They will be taking appointments to help prepare taxes for free on Tuesdays, Wednesdays, and Thursdays between February 4 and April 9, 2020. To schedule an appointment, please call them directly at (503) 980-8704 Monday through Friday between 10:00 a.m. and 2:00 p.m.

*Please note that this is a cell phone with no call waiting and no voicemail -- if you do not reach a volunteer directly, you need to continue calling back until you do. While we love to help, we CANNOT schedule appointments for you at the library: they need to be scheduled with our tax volunteers directly. Thank you for understanding!*

### News & Views Publication Schedule February 2020

Copy due by 9:30 a.m.

Thursday, Feb 6, 2020

Thursday, Feb 20, 2020

Publication Date

Friday, Feb 14, 2020

Friday, Feb 28, 2020

Thank you, everyone, for your cooperation.



# Estates Quilters 2019 Annual Report

by Carolyn Waterman

We are pleased to announce that the Estates Quilters are still trying to make a difference in our Estates as well as the community.

Donations in 2019, totaling \$1,450, were given to the following:

- \$600.00 - Woodburn AWARE Food Bank
- \$300.00 - Love Santa Inc.
- \$250.00 - Woodburn Proud Flower Baskets
- \$150.00 - Liberty House/Salem
- \$100.00 - Love INC
- \$50.00 – Meals on Wheels

In addition to the money, we donated:

32 tied quilts to the Veterans	
57 crocheted afghans to the Veterans	
25 tied quilts to the Veterans Hospice Program	
9 crocheted afghans to the Veterans Hospice Program	
31 tied Children’s quilts to the Liberty House (Children’s Advocacy Center/Salem)	
2 receiving blankets to Liberty House	
2 crocheted afghans to Liberty House	
Total quilts donated for 2019.....	88
Total afghans donated for 2019 .....	68
Total receiving blankets donated for 2019.....	2

Fabrics for most of these quilts were donated to us and the quilts were sewn by several in our group. Betty Stenger hand crochets all the afghans. Most of the yarn is given to her but she does have to buy some. If you have 4ply yarn you no longer need or want (any color), she would be most grateful to receive.

Thank you to everyone who donated material and thread, and especially those of you who bought a quilt raffle ticket at the Craft Show. We appreciate all your help.

If you are interested in joining our group, please feel free to come by the Craft Room on Monday and Thursday from 8:30 to 2:30. Even if you don’t know how to quilt, we will be happy to help you learn.

We do have space for quilting on quilt tops so if you are interested in having a quilt top-quilted we would be more than happy to talk to you about it. Our charges are much lower than most places because we are a non-profit organization. Please contact Carolyn at 503-816-6637 or Loreta at 503-981-9528.

## CLASSIFIEDS

Next Publication of NEWS & VIEWS

February 14, 2020

Deadline for Articles, Thursday, Feb 6, 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](mailto:nv@WoodburnEstatesGolf.com).

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

FOR SALE: 2005 Ford Explorer, 4 Wheel Drive, 3rd Row Seat, \$2,000. Call Jim at 503-780-7763.

## NEWS AROUND THE NEIGHBORHOOD

### 3rd Brigade Band and Social Orchestra Performance

by Bill Coleman

“3rd Brigade Band and Social Orchestra Performance”

You are cordially invited to step back in time as the 3rd Brigade Band and Social Orchestra celebrates President Abraham Lincoln’s birthday commencing at 7:00 p.m. on Wednesday, February 12th at the Woodburn Christian Church, located at 126 N. Workman Drive (Behind the Settlemier House). The special evening will feature a visit from President Lincoln, portrayed by noted Lincoln impressionist Steve Holgate, who will offer “a few appropriate words to suit the occasion.” Admission is free to the public with a “free will” offering requested to benefit the performers.

The “3rd Brigade Band” was formed in the late 1980’s by individuals with an intense interest in the history and music of the American Civil War. Led by band master, Maestro D. H. Shearer, the brass band dresses in period Union uniforms using instrumentation typical of Civil War era bands. This is, “...the music President Lincoln loved to hear...” Enjoy melodies by such noted American authors as Stephen Foster, George F. Root, Julia Ward Howe, Henry Clay Work, and Daniel D. Emmett among others.

Their mixture of patriotic melodies, and folk songs arranged in 19th century style have been a staple at historical events across Oregon and Washington. As a non-profit, educational organization of volunteer musicians hailing from Vancouver, Washington to Roseburg, Oregon, the 3rd Brigade Brass Band performs at Civil War reenactments, retirement homes, and other special historical events including Oregon’s “Sesquicentennial Anniversary”.

Praised as “the best Lincoln in America,” impressionist Steve Holgate offers rare insights into the life of Abraham Lincoln. As an actor with over forty years’ experience, Mr. Holgate, has brought Lincoln alive for fifteen years in two different programs suitable for civic groups, schools, retirement homes and in theaters.

Lending to the atmosphere of the evening, Civil War reenactors dressed in period clothing will be in attendance. Audience members are encouraged to meet and greet the performers at an informal intermission over refreshments.

### Clackamas Circle Potluck

by Carol Bolton

Please join your friends and neighbors for the first Clackamas Circle Potluck of the New Year on January 27, 2020, in Woodburn Estates Dining Hall at 6:00 p.m.

We will be serving turkey enchiladas and beef enchiladas along with Mexican rice. Please bring your favorite salad or dessert. If you have questions, please contact Carol Bolton @ 503-639-6200.

### Music Makers

by Dena Hollod

Music Makers' meeting is to be held on February 3, at 1 p.m. in the Woodburn Estates Dining Room. Ida and Lon will be singing love songs for us. Ida and Dena will bring the goodies and take care of decorating the tables. It should be a fun Valentine's party. Hope everyone will come!

### Woodburn Estates Dance and Social Club

by Bill Coleman, Chairman


“Valentine’s Ball”

Melt the chilly winter weather at “The Valentine's Ball” on Saturday, February 8, at the Woodburn Estates & Golf Auditorium, located at 1776 Country Club Road. Rockin’ fun begins at 7:00 p.m. sharp with the crazy “Taska & the Party Band.”

Dances hosted by the Woodburn Estates Dance & Social Club are designed for mature adults and open to the public. A \$10.00 cover charge at the door allows you to enjoy the dancing, a chance to win a door prize, and indulge in an assortment of snacks and desserts provided by Cascade Park Retirement Community.

We proudly offer an assortment of imported and domestic beers, and wine by the glass for a nominal fee, or bring your favorite wine and we’ll gladly cork it for you. Reserve a table of four or more by calling JoAnn at 503 989-8590.

Next up: It's a “Spring Fling!” ... a fun filled party with dancing and surprises featuring the country sounds of “The Jesse James Band” on Saturday, April 18.



## News & Views


**N&V Office:** 503-981-3313 • **Main Office:** 503-982-1776  
**Email:** [nv@WoodburnEstatesGolf.com](mailto:nv@WoodburnEstatesGolf.com)  
**Website:** [woodburnestatesgolf.com](http://woodburnestatesgolf.com)

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

**Editor and Advertising Sales:** Kathy Hiller    **Co-Editor:** Shirley Bishop  
**Golf Photographer:** Don Slezak (503-708-4872)  
**Coffee Hour Photographer:** Don Robarge (503-981-3313)  
**Distribution:** Jim & Linda Hoover (503-380-8422)

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. If email is not an option, please submit your information to the N&V office. Use the mail slot in our door. All submissions must include name and member number. Thank you.

**Disclaimer**  
*Woodburn Estates & Golf greatly appreciates the advertisers in this newspaper. However, we would like our homeowners to know that these advertisers are independent businesses and Woodburn Estates & Golf cannot assume any responsibility for their goods or services rendered. Every effort has been made to ensure the accuracy and dependability of all materials; it is, however, limited by and subject to omissions and changes.*      Rules Committee 12/12/2016





# Can I Afford to Live in a Retirement Home?

by Tami Randel, Community Relations Director

We get asked this question often. Seniors come in for a tour at Country Meadows Village and fall in love with our community but worry about the cost.

Let's break down basic home ownership. On your own, considering your home is paid for, you pay for property taxes, property insurance, water, sewer, electricity, gas, garbage, cable, wi-fi, car payment, car insurance, gas, groceries and the endless costs of maintenance, including lawn care. The list goes on and on.

At Country Meadows Village, your cost includes all of this! Plus, you don't have to mow the lawn, vacuum the carpets or cook your food. We have personalized care plans, restaurant-quality food and dining, entertainment, 24-hour on-site staff, cognitive support groups, all wrapped up in beautiful and comfortable accommodations.

Here's the best part: some of our residents utilize government help like Veterans Aid and Attendance. Moreover, we accept long term care insurance for assisted living and as an added plus, we accept Medicaid. If a resident runs out of money and has qualifying health needs, they can transfer over to Medicaid to stay. No need to move.

In Oregon, a senior living ombudsman can help you navigate any potential benefits. Visit [adrcforegon.org](http://adrcforegon.org) or call 1-855-673-2372 to speak with a representative to help you.

Now is a perfect time to start looking into senior living. Aging ain't for sissies and the sooner you plan for your golden years, the better. Together let's take away the burdens of home ownership and begin each day with carefree fun!

# Sewer and Drain Information

by Rannie Niece

A few weeks ago, NBC News had a special on sewer back-ups. This program focused on various objects that are deposited in our toilets. They focused on disposable wipes and hand towels. These items along with other things are causing an overabundance of labor and overhead to our sewer systems. A great deal of these things do not dissolve like tissue paper.

Our wastewater treatment plant must spend a great deal of time and money to remove these items. The items must be removed by hand. It cannot be done by machine or special pumps. I focused on this fact due to the experience I had before I moved to Woodburn Estates. I was maintenance manager for a manufacturing home park which had 138 homes. I cleaned the sewer pumps and lines once a month for over 8 years.

So, I drove to our local waste treatment plant on Molalla Ave. and talked with their operations manager, Craig Prosser, about this problem. He advised me that all residents should use biodegradable wipes. Some of the wipes claim to be flushable but they are *not* flushable, and they are often not biodegradable, so they should not be put in the toilet. Biodegradable wipes cost more so either pay more or throw them in the trash. You must read the fine print on the package.

The operations manager says he will email pictures showing this problem and he also would come and talk to residents at one of our meetings if we give him some notice. *(We have notified Coffee Hour about this. Editor)*

Remember, when our homes were built in the 50's and 60's, the drainpipes were smaller than now. The cost of unplugging the pipes in your home is at your expense. I hope this information will help.

# Oregon Law on Plastic Bags

by Country Cottage Restaurant

Beginning January 1, 2020, Country Cottage Restaurant will be complying with statewide Oregon law regarding single-use plastic bags.

Use of single-use plastic bags is prohibited at restaurants. Diners should bring their own bags (if needed), or paper bags will be provided at a small cost.

Straws will no longer be included with soft drinks or water. They must be requested by diners, or diners may bring their own straws.

We appreciate our patrons' understanding and compliance with the new statewide law. Thank you.


Woodburn Estates & Golf

coffee hour

FEBRUARY 2020

Feb 6th

Music by JESSE SAMSEL



Feb 13th


GameShow SIBLING RIVALRY

Feb 20th

Music by OREGON OLD TIME FIDDLERS

Feb 27th

Music by JIMI HARDIN



Thursdays at 9:30am

Dining Hall / Auditorium

Performers listed are subject to change without notice.

In Memory of...

Tymchuck, Georgiana (FR) – November 28, 2019

Clark, Elton – December 27, 2019

Harris, Ralph – January 5, 2020

Harrison, Herb – January 18, 2020

Daily Dinner Specials

MondayBurger Baskets

TuesdayAll-You-Can-Eat Tacos  
Nachos

WednesdayBeef Stroganoff  
Chef's Choice Special

ThursdayLiver & Onions  
Stir Fry

FridayAll-You-Can-Eat Fish & Chips  
Baby Back Ribs

SaturdayPrime Rib

Sunday

Daily Soup Specials

DailyHamburger Veggie  
Chef's Choice

FridayClam Chowder

Daily Lunch Specials • Fresh Desserts Daily • Catering Available

503-982-3883

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

Country Cottage

RESTAURANT

at Woodburn Estates & Golf

 Like us on Facebook







Men’s Golf General Meeting Minutes

Woodburn Estates& Golf  
Men’s Golf Club Membership Meeting  
January 8, 2020

President Len Westphal 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 38 members in attendance at today’s Meeting.

**New Members Present:** Tim Hugo and Glen Goodson from Mulino attended the Men’s Golf Club Meeting for the first time.

**President’s Report:** President Westphal welcomed the members for his first Meeting 2020. He indicated that he didn’t have anything new to report.

**Vice President’s Report:** Jerry Biddle indicated he had nothing new to report.

**Treasurer’s Report:** Mark Jorgenson indicated as of 01/08/2020 the Voucher Account is \$3095.89. Men’s Club Checking of 01/08/2020 is \$6950.34. Yet to be deposited 2020 Dues (3) so far is \$135.00. Outstanding dues to OGA (to be billed in March) of the 79 members activated so far for 2020 & \$35 per member is \$2765.00.

**Handicap:** Chairman Russ Krussow highlighted some of the changes that have been implemented beginning 2020 with new World Handicap System.

- 1. The minimum number of scores to establish a Handicap Index will be three 18-hole rounds made up of any combination of 9 or 18-hole scores. A new player establishing a Handicap Index will use PAR + 5 as their maximum score per hole. (Previous system required five 18-hole rounds, or ten 9-hole scores combined).
- 2. For a full scoring of 20 scores, the system will take the lowest score differentials to calculate the Handicap Index. Previous system took 10 lowest score differentials. New system will use the 8 lowest score differentials.
- 3. When abnormal playing conditions causes scores to be unusually high, or low on a given day, a Playing Conditions Calculation, or PCC, will adjust score differentials to better reflect the player’s actual performance. Previous system had no comparable adjustment.
- 4. The Maximum Handicap Index for men and women will be 54.0. This will encourage more novice golfers to get a Handicap Index. The previous system had a max of 36.4 for men and 40.4 for women.
- 5. Under the World Handicap System, a Handicap Index will update daily.

This feature should encourage golfers to post their scores immediately after their round. Previous system updated Indexes on the 1st and 15th of the month

- 6. There are some new terms: Player’s Handicap, not Course Handicap.
- 7. Russ also requested we use 1 Scorecard in Tournaments.
- 8. Also new is the ESR, Exceptional Score Reflection, that adjusts your Handicap Index if your score is 7 scores better than your last 8 rounds.
- 9. New Software coming for the new system. We will need to post each hole score.
- 10. The Handicap Sheets showing each player’s Course Handicap posted every 2 weeks will be discontinued. Possibly once a week. To be determined.
- 11. The new scorecards personal information required to be determined when turned in.

Larry Jones indicated the App on our Smartphones can also be used with the new system as well as the computer in the Golf Lounge. Steve Krieg also indicated we can retrieve the other players in your group Handicap Info and a lot of Course Information.

**Greens Committee:** Mark Jorgensen attended the December Meeting and indicated the next meeting is Monday, January 13, 2020. The course is being evaluated with new Score Cards pending. The Rating and Slope to be determined with the measurements and new Tee Boxes being evaluated. The new Score Cards will reflect different number of players. Course Maintenance was discussed with Communication being an element that was emphasized between Maintenance Crews, the Pro Shop, Men’s and Women’s Clubs. As far as course Maintenance, projects such as filling in Cart Path edges, Greens approach areas, Sprinkler Heads being raised was discussed. Maintenance of Blades on the Mowers was discussed for proper Greens Upkeep. New Signs for the Tee Boxes was brought up and Larry Jones indicated it involved advertisers so was still in progress. Smaller crews were mentioned as challenging to keep up with the demand. Poplar trees were discussed as it relates to players needs and budget. The White Lines approaching the Greens was discussed whether straight or curved lines should be used. Driving around the left side was also discussed as being unsafe in some cases. Mark indicated it is a work in progress.

**Mixed Tournaments:** Nothing to Report.

**Rules:** Len Westphal brought up the rule change that we have 3 minutes after arriving at an area to search for a lost ball. You also cannot hit a Provisional Ball after leaving the Tee Box. Also, Mike Archer volunteered for Rules for 2020.

**Sunshine:** Chuck Johnson volunteered to Chair the Sunshine Committee for 2020.

**Membership:** Stan Hiller indicated the Pro Shop is taking over Membership. Larry Jones indicated he will follow-up on how the Men’s Club will get updates.

**OGA:** Nothing to Report.

**Unfinished Business:** Les Westphal indicated we need a person to lead the 9-Holers.

**New Business:** Darold Pederson brought up that Associate Members should include an option of having Golf Carts Included in their package. Larry Jones indicated he would look into it. The subject of whether we need a Marshal on the course was brought up. Obedience and communication among the players on the course vs a Marshal getting called in or interacting with players. Budget for a Marshal was a concern. More signage might help as well. Very few players it was mentioned really need talking to. Russ Krussow brought up that we should sign up as 4 rather than 2 in Tournaments if possible.

**Closing:** President Westphal asked for a motion to adjourn our Meeting, the motion was made, seconded and approved. The Meeting was adjourned at 11:10 AM.

**Note:** Our next General Membership Meeting will be held in the Dining Hall at 10 AM on Wednesday, February 05, 2020.

Submitted by David Schuur Jr., Secretary—Minutes approved by President Len Westphal.

# McCully

## REALTY

### Leaders in Service & Sales

**Jaime White**  
Assoc Principal Broker  
503-910-0701

**Pauline Podawiltz**  
Broker  
503-989-5555

**Casey Oliver**  
Broker  
503-851-1441

**Jim White**  
Principal Broker/Owner  
503-569-4965

**Jeanie White**  
Principal Broker  
503-569-7210

**Terry Northrup**  
Broker  
541-401-7434

**Carol Wellington**  
Broker  
971-983-9911

## 503-981-6000

## www.mccullyrealty.com

2255 Country Club Rd  
Member Portland (RMLS) and Salem (WVMLS) Listing Services



Women’s Golf General Meeting Minutes

Woodburn Estates& Golf  
Women’s Golf Club General Meeting  
December 16, 2019

Meeting was called to order at 11:32 a.m. by President Vickie Hibberd and followed by the Pledge of Allegiance.

Sandy Blaylock moved to approve the minutes for the November 18, 2019, meeting reported in *News & Views*. Motion was seconded by Louise Davidson and approved.

**President:** Vickie Hibberd – Installation of 2020 Officers – Vickie opted to install the new officers at the end of the meeting.

<b>Treasurer:</b> Nancy Reed	
Operating Fund Balance 10/31/2019 .....	\$1,449.29
Income .....	\$1,394.50
Expenses .....	\$377.38
Operating Fund Balance 11/30/2019 .....	\$2,466.41
Voucher Fund Balance 10/31/2019.....	\$7,276.86
Expenses .....	\$1,144.75
Voucher Fund Balance 11/30/2019.....	\$6,141.91
Snowbird Balance 11/30/2019.....	\$812.32
Rose-A-Rama Balance 11/30/2019.....	\$364.94
Fall Scramble Balance 11/30/2019 .....	\$603.71
Total Cash on Hand.....	\$10,389.29

Nancy read the names of the ladies who still had voucher funds available from 2018. She reminded them to spend the funds before December 31, 2019 or the funds will revert to the Women's Club.

**Vice President:** Bernie Bourne – No report.

**Secretary:** Karen Ewing – No report.

COMMITTEE REPORTS

**Membership & Books:** Marge Epling/Cyndi Longest - Marge reminded everyone to pay their membership dues by the end of the week. Sally Carter reiterated the need to make payment no later than December 26. The new World Handicapping System going into effect January 1 will cause the GHIN system to be unavailable for several days and she will need to ensure all those who have paid their dues are entered into the system before it becomes unavailable. Ladies not paying by the 26th will have to re-establish handicaps. Cyndi reported she had received the necessary membership information to date and will be updating as more ladies pay their dues. In mid-January she will need people to proof the rough draft of the membership book.

**Social:** Paula Kilgore Introduced Jan Stein as the new Social Chairperson. Jan introduced her committee members: Mary Edinger and Connie Cobb. They have some new ideas to encourage the ladies to purchase a lunch and to make the meeting more enjoyable. Jan requested entertaining a motion to raise the cost of lunches from \$9.00 to \$10.00. Sandy Blaylock made the motion and Mary Edinger seconded it. The motion carried.

**Drawings:** Vickie Hibberd announced the 50/50 and Badge Drawing Chairperson position has been vacated by Sharon Price and asked Jan if her committee would like to take on this duty. Jan consented.

**Tuesdays Play Captain:** Paula Kilgore – No report.

**Wednesdays Play Captain:** Ali Pye – Absent with notice.

**Handicap:** Sally Carter/Karen Ewing – No report.

**Golf Committee:** Paula Kilgore/Sally Carter – Paula read the Green's Committee report which will be published in *News & Views* with the Association Board Minutes. She also thanked the Women's Club for their participation in her tenure as the Golf Committee Chairperson and, thanked Sally Carter and Karen Ewing for their assistance on the committee.

**Sunshine:** Jeanne Hutchinson – Cards sent to: None this month.

**Lady Putters:** Mickey Harrison – Mickey reported Barbara Knox will be assisting her this next season. She also reported Lady putters gave Tim O’Larey (Golf Superintendent) \$600 toward the purchase of new cup holders and flags for the putting green.

Announcements:

Outgoing President Vickie Hibberd installed three of the four new officers: President Barbara Lucas, Secretary Karen Ewing and Treasurer Nancy Reed. Vice President Joanne Delnick will be installed upon her return.

**50/50 and Badge Drawing:** Mickey Harrison

50/50 winner	\$13.50 Barbara Lucas
Badge winner	\$ .25 Connie Hacquet

Sandy Blaylock moved to close the Women's Golf General Meeting. Meeting adjourned at 11:57 a.m.

Karen Ewing, Secretary

# Why I Love Getting Older...

from the Internet

1. My goal for 2019 was to lose 10 pounds. I only have 14 to go.
2. I ate salad for dinner. Mostly croutons and tomatoes. Really just one big round crouton covered with tomato sauce and cheese. FINE, it was a pizza. I ate a pizza, are you happy?
3. How to prepare Tofu: a. Throw it in the trash. b. Grill some meat, chicken, or fish.
4. I just did a week's worth of cardio after walking into a spider web.
5. I don't mean to brag, but I finished my 14-day diet food supply in 3 hours and 20 minutes.
6. A recent study has found women who carry a little extra weight live longer than men who mention it.
7. Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the TV channel.
8. Senility has been a smooth transition for me.
9. Remember back when we were kids and every time it was below zero outside they closed school? Yeah, me neither.
10. I may not be that funny, or athletic, or good looking, or smart, or talented... hmm... I forgot where I was going with this.
11. I love being almost 79. I learn something new every day and forget 5 others.
12. A thief broke into my house last night. He started searching for money so I woke up and searched with him.
13. I think I'll just put an "Out of Order" sticker on my forehead and call it a day.
14. November 4, 2019 marked the end of Daylight-Saving Time. Hope you don't forget to set your bathroom scale back 10 pounds on Saturday night.
15. Just remember, once you're over the hill you begin to pick up speed.

**Office: 503-540-9038**  
**Mobile: 503-569-3751**

**ROBERT CORNETT**  
Certified Arborist #PN-6032A  
*Bonded & Insured CCB #152991*

**Bill Pay LLC**  
*Keeping your bills organized and paid*

Bookkeeping Service:  
I will organize your mail, bills  
and paperwork to unclutter your life.

**PO Box 336 • Hubbard, OR 97032**  
**Ph. 503-982-1012 • Cell 503-209-9853**

**Diana Wells**  
diana@billpayllc.com

**Make sure your heating and cooling systems  
are running their best!**

**SENIOR TUNE-UP SPECIAL**

**\$99 per unit or call for additional specials**

**JAMES**  
HEATING & AIR CONDITIONING  
COMMERCIAL & RESIDENTIAL  
SALES • SERVICE • INSTALLATIONS  
www.jamesheating.com  
**(503)581-9982**

**Time to replace your heating and cooling equipment?**  
**We offer free consultations. Ask about our senior discounts.**

- \* 10 yr. parts and labor warranty
- \* 24 hr. emergency service
- \* 100% satisfaction guarantee

**Ask About cash incentives**

**A trade ally of Energy Trust of Oregon**

ccb.123023

Trade Ally of

**EnergyTrust**  
of Oregon



# LA-LA LAND

by Rick A. Wehler from “East of Excelsior A Senior’s Minne-Sconsin Stories”

### PART I

Cora and I decided to visit her sister Bev and brother-in-law Ed at their new home in Northern Iowa, a 5-hour drive. While on the road, a story idea interrupted my shotgun slumber. I keep a legal pad and a pen on hand for such invasions of creativity. At my age, remembering the tale at a more convenient time is unlikely. I managed to fill 3 pages, as I balanced the pad on my knees, with printing, mixed caps and lower case, and a form of cursive, enhanced by the wintertime road conditions.

At Bev and Ed’s place, we learned of an upcoming blizzard. Unconcerned, Bev and Cora went shopping, and Ed and I traveled to their farm to burn trash: brush, cardboard boxes, fabric scraps, barn litter, and my new coveralls.

We all returned at about the same time. After a weather update, Cora and I decided to head home before the storm hit. We left at 4 p.m. and met the winter blast at about 4:30 on the I-90 freeway. As the designated driver, I took it easy and watched for a guide. Others have proven better at following the trail when one is not visible. Once found, I kept Sacagawea in sight as I belted out the rock song "I Can’t Drive 55". We parted company when Cora and I pulled into the LaCrosse Culver’s for dinner.

Cora took over behind the wheel, much to my delight, as I’d surmised that the upcoming drive would be frightening and somewhat difficult to master without a guide, and my eyes closed. I laid the bucket seat back and tried to relax while "Highway to Hell" played in my head. Not helpful.

We arrived home safely. It’s a day or two later; I’ve regained equilibrium, mostly, and decided to decipher my writings.

### PART II

Cora and I met, June 26th, 1970. Since then, we’ve developed a wide-ranging catalogue of incompatibilities:

- Cora likes to drive, all the time. I dislike riding shotgun.
- Cora enjoys shopping. I enjoy the simple life of the forest, and its lack of stores. Cora grew up in a northern Minnesota 1890s farmhouse that lacked running water and bathrooms until she was a teen. She has stated, “If you think that I’m going to return to the “simple life,” then you’re living in La-La land.”
- Cora loves to talk with anybody about anything. I love the forest.
- Cora was raised on fruits, vegetables and fresh game. I was raised on sugar. The menus persist.
- Cora is into reality TV shows that involve emergency, reconstructive and cosmetic surgery. I’m into action TV shows that result in emergency, reconstructive, and cosmetic surgery.
- Cora likes all the bedcovers and I like sleeping on her side of the bed.
- I appreciate having everything clean, neat, organized, and lined up in its proper place. Cora is not inflicted with that psychological profile.
- I exercise daily in many fashions: forestry and yard work, biking, weight-lifting and hiking. Cora watches me suffer.

### PART III

On occasion, Cora and I find an activity that we may enjoy together. No, not the one where I get lucky. In 1972, we attended the movie *What’s Up Doc?* We sat next to each other, laughed a lot, and I managed to slink my arm around her shoulder, and steal a couple kisses.

In 1981, based on my previous success, I convinced Cora to accompany me to see the movie *Raiders of the Lost Ark*; an easy task as she had, has “the hots” for Harrison Ford. After the scene where a boa constrictor crawled out of a skull, Cora removed my arm with “the hots” from its surroundings, gave me the evil eye and exclaimed in no uncertain terms, “If you think that we’re going on a date to an action movie ever again, then you’re living in La-La land.”

Cora, having made use of La-La land more times than I can’t remember, took note of a movie by that title and enticed me to attend by means of a shoulder shimmy.

I commented, “Maybe the movie is about a guy with my problem.”

Cora replied, “Could be. Most men live there.”

I looked it up online and shouted, “It’s a musical!”

Cora stood her ground, “Too late. You agreed. We’re going.”

It had been a few years since we attended a show together, thirty-five or thereabouts. During our hiatus, Marcus Co. developed a state-of-the-art movie theater experience and opened a location in our town.

I strode to the ticket counter, having already removed a \$10 bill from my wallet.

“What! The tickets are \$12 each?”

Cora said, “Calm down. It’s more expensive to sit next to your girl these days.”

After I coughed up the \$24, we headed for the concession stand.

“There’s not one jumbo box of Raisinets, Milk Duds or Red Hots!”

Cora said, “Calm down. They have soda and popcorn. That’ll be fine.”

“What! A “tub” of popcorn is \$8.00?”

Cora said, “Calm down. There are free refills.”

“What! A freaking coke is \$5.75? I don’t see any signs for free refills either.”

Cora said nothing. The look said it all.

I brushed off the billfold lint from my last \$20 bill and paid up as I thought, “I’m going to ask for a raise in my allowance.”

I loosened up my right arm as we scanned for seats in the middle of the theater. I grumbled, “This place is laid out in pairs of reclining, bucket seats with center consoles. \$45 so far, and there’s no way I’m going to be able to cop a feel.”

The movie ripped loose with sound levels that I hadn’t dealt with since Cora and I attended the drag races not long after *What’s Up Doc?* My ears rang for a minute and then shut down.

Cora enjoyed the movie, and her private seating.

Afterwards, I stated, “If you think that I’m going to visit this theater again, shell out that kind of money, and not even get some sugar, then you’re living in La-La Land.”

Fortunately, my hearing had not as yet recovered.

## The Sign of Excellence

**Jack Berkey, GRI**  
503-989-1421

**Dave Christoff, CRS, GRI**  
Owner & Principal Broker  
503-989-1676

**Bill Leder**  
503-951-2221

**Erica Haworth**  
503-984-1345

**Annie Kirsch**  
503-989-1124

**Amanda Burlingham**  
503-951-1185

**Kerin Ostrom, GRI**  
503-510-2259

**Nancy Bellinger, GRI**  
503-467-1751

**Tonia Ellington**  
971-409-4537

**James Audritsh**  
503-951-2366

**Gina Audritsh**  
503-951-2344

**George Bean**  
503-752-7263

**HALLMARK PROPERTIES INC.**

EQUAL HOUSING OPPORTUNITY REALTOR®

503-981-0621

Members of both Portland & Salem Multiple Listing Services  
735 Glatt Circle, Woodburn (off Hwy 214 at Meridian)

[hpihomes.com](http://hpihomes.com)

# 15% OFF Repairs

## Heating Air Conditioning Duct Cleaning Duct Sealing Service On all Brands

*It's Hard To Stop A Trane.*  
Independent Trane Dealer

**503-378-7482**  
[meltonheating.com](http://meltonheating.com)  
2060 Davcor Ct. SE  
Salem, OR 97302  
CCB#124993

**Melton's**  
Heating & Air Conditioning, Inc.  
*Honest, dependable and efficient service*

Locally owned and operated by Randy and Greg Melton.



# Between 65 and Death

*submitted by Sandra Gregory*

Many of us are between 65 and death. An old friend sent me this excellent list for aging, and, I have to agree it is good advice to follow ... particularly the item 19.

01 – It’s time to use the money you saved up. Use it and enjoy it. Don’t just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard-earned capital. Warning: This is also a bad time for investments, even if it seems wonderful or fool-proof. They only bring problems and worries. This is a time for you to enjoy some peace and quiet.

02 – Stop worrying about the financial situation of your children and grandchildren, and don’t feel bad spending your money on yourself. You’ve taken care of them for many years, and you’ve taught them what you could. You gave them an education, food, shelter and support. The responsibility is now theirs to earn their own money.

03 – Keep a healthy life, without great physical effort. Do moderate exercise (like walking every day), eat well and get your sleep. It’s easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor, do tests even when you’re feeling well. Stay informed.

04 – Always buy the best, most beautiful items for your significant other. The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then. Enjoy it together.

05 – Don’t stress over the little things. You’ve already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don’t let the past drag you down and don’t let the future frighten you. Feel good in the now. Small issues will soon be forgotten.

06 – Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbor and remember: *A man is not old as long as he has intelligence and affection.*

07 – Be proud, both inside and out. Don’t stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.

08 – Don’t lose sight of fashion trends for your age, but keep your own sense of style. There’s nothing worse than an older person trying to wear the current fashion among youngsters. You’ve developed your own sense of what looks good on you – keep it and be proud of it. It’s part of who you are.

09 – Always stay up-to-date. Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You’ll be surprised what old friends you’ll meet. Keeping in touch with what is going on and with the people you know is important at any age.

10 – Respect the younger generation and their opinions. They may not have the same ideals as you, but they are the future, and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday’s wisdom still applies today.

11 – Never use the phrase *in my time*. Your time is now. As long as you’re alive, you are part of this time. You may have been younger, but you are still you now, having fun and enjoying life.

12 – Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it’ll rub off on you and your days will seem that much better. Spending your time with bitter people will make you older and harder to be around.

13 – Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. If you’ve lost your partner (our deepest condolences), then find a person to move in with you and help out. Even then, do so only if you feel you really need the help or do not want to live alone.

14 – Don’t abandon your hobbies. If you don’t have any, make new ones. You can travel, hike, cook, read, and dance. You can adopt a cat or a dog, grow a garden, play cards, checkers, chess, dominoes, golf. You can paint, volunteer or just collect certain items. Find something you like and spend some real time having fun with it.

15 – Even if you don’t feel like it, try to accept invitations. Baptisms, graduations, birthdays, weddings, conferences. Try to go. Get out of the house, meet people you haven’t seen in a while, experience something new (or something old). But don’t get upset when you’re not invited. Some events are

limited by resources, and not everyone can be hosted. The important thing is to leave the house from time to time. Go to museums, go walk through a field. Get out there.

16 – Be a conversationalist. Talk less and listen more. Some people go on and on about the past, not caring if their listeners are really interested. That’s a great way of reducing their desire to speak with you. Listen first and answer questions, but don’t go off into long stories unless asked to. Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are. Everyone is going through the same things, and people have a low tolerance for hearing complaints. Always find some good things to say as well.

17 – Pain and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of the cycle of life we’re all going through. Try to minimize them in your mind. They are not who you are, they are something that life added to you. If they become your entire focus, you lose sight of the person you used to be.

18 – If you’ve been offended by someone – forgive them. If you’ve offended someone – apologize. Don’t drag around resentment with you. It only serves to make you sad and bitter. It doesn’t matter who was right. Someone once said: *Holding a grudge is like taking poison and expecting the other person to die.* Don’t take that poison. Forgive, forget and move on with your life.

19 – If you have a strong belief, savor it. But don’t waste your time trying to convince others. They will make their own choices no matter what you tell them, and it will only bring you frustration. Live your faith and set an example. Live true to your beliefs and let that memory sway them.

20 – **Laugh A Lot.** Laugh at everything. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life. But you did. So what’s not to laugh about? Find the humor in your situation.

21 – Take no notice of what others say about you and even less notice of what they might be thinking. They’ll do it anyway, and you should have pride in yourself and what you’ve achieved. Let them talk and don’t worry. They have no idea about your history, your memories and the life you’ve lived so far. There’s still much to be written, so get busy writing and don’t waste time thinking about what others might think. Now is the time to be at rest, at peace and as happy as you can be!

Brainnovations

At CMV

MIND MATTERS MONDAYS

Free - Public Welcome

ALWAYS ON A MONDAY, ALWAYS AT 3:00PM

Class Schedule:

October 7<sup>th</sup>: Brain Building with Cathy Parkinson

October 21<sup>st</sup>: The Nose & Brain Connection

November 4<sup>th</sup>: Thinking Patterns Uncovered

Join us as we strengthen our brains through classes, activities, and presentations

CountryMeadows

VILLAGE

Retirement Living at its Best

RSVP: (503) 982-2221

[www.CountryMeadowsVillage.com](http://www.CountryMeadowsVillage.com)  
155 S. Evergreen Rd. Woodburn



# My Most Favorite Job

by Judi Slack

I just read in the *News & Views* an article about "The Most Favorite Job" the writer had had. It got me thinking of my favorite job, working with the physically-handicapped, developmentally-challenged and the chronically mentally ill populations.

I had worked as a volunteer for the state of Oregon volunteer services program in Roseburg, Oregon, where my 3 sons and I resided. I had been volunteering in that community, coordinating various projects and programs for nearly three years, my sons also being involved at times.

One day, the supervisors of the state welfare program and the county mental health program approached me with their concerns and the problems they were having with many of the clientele that were reporting to their offices on a daily basis. There had also been concerns/issues with other agencies, also housed in the same building due to clients hanging out in waiting rooms, in hallways, in bathrooms, or loitering after their appointments. This was creating a myriad of concerns/problems.

At that time, in Roseburg, Douglas County, Oregon, there were no provisions or facilities where that particular clientele could meet to socialize with their friends. This had created a sizable problem for the community at large.

In the 1970's Roseburg was a small rural community with one theater, one bowling alley, and a skating rink. However these community facilities were not usually friendly to the clientele mentioned and preferred that these individuals not attend or participate in these events: bowling, skating or movies. Where were these individuals to meet and socialize was the question? They were thought to be "second class citizens and lowlifes".

They looked different. They acted and behaved differently. The mentally ill in those times were most certainly thought of as being people the public did not wish to deal with. Of course, when one does not take the time to

understand others differences or have empathy towards those who appeared to being different, they certainly could not show and did not show empathy for those also having a need for socialization and a place to meet with their friends.

I was asked if I could think of ways to remove these clients coming from the state mental health department and the state welfare department. Could I find a way to re-direct them in order to clear this building of what they called, "riff-raff"? These were individuals having appointments for their welfare checks, medication management, pick up their food boxes, or gather needed clothing from the volunteer clothes closet. This "riff-raff" were also known to be troublemakers, in general. Whether they were, or not, was another question.

That bothered me greatly, as my children and myself were, at that time, also welfare clients. Times were tough and jobs were far and few in between for one parent families. We were also eating from those food boxes, and had a need to shop at the volunteer clothes closet. I had been volunteering in between employment, to pay back to the community what we had received being on welfare. I didn't particularly like being called a second-class citizen. My children suffered at times, due to those persons in the community who were less than desirable creatures themselves.

I was known to be a very active volunteer in the Roseburg community. I was also known to be a very creative and energetic person. I was innovative and had a good sense of what I could provide to these individuals to enhance their chances for a better life. I knew the community needed to change; they needed to have a more positive attitude towards those who were disadvantaged.

I was the first woman in Oregon to be allowed a membership into the Toastmasters Club, where the mayor had invited me for a breakfast meeting, and said of me: "This woman is a power house of information and has the potential to better our community. Let's stand behind her ideas and prepare to assist her with this project."

I worked hard to raise funds for a volunteer program which eventually became known as "People Together Inc." a tax exempt not-for-profit agency. Soon, I was offered the position of a paid director. We were a full time volunteer program seeking funds in order to hire a director and eventually a full staff while still employing volunteers from the community. They were invaluable, and now we were thought of as a professional organization.

People Together Inc. provided activities/socialization both in-house and in the community. I continued to glean needed supplies, items and furniture. We continued to put on fundraisers in order to pay for the fulltime staff. We had relocated into a larger facility. Our clientele had increased/having 14 referral sources. Agencies such as the Oregon State Hospital, the People First program, the Roseburg Veterans Hospital, group homes, and nursing homes to name but a few.

Douglas county commissioners (my immediate supervisors) along with our board of directors saw the need for our program to also provide our clientele with mental health, alcohol/drug counseling services, and medication management. We had arrived! We were now a county umbrella program, incorporated as part of the overall Douglas County Mental Health Department.

Let's go back a little to the beginning of this mental health program.

Once the supervisors of these agencies had approached me, it took me but one week and I was visiting the nearest church, speaking with the pastor, requesting the use of their church one day or evening a week, to provide the mentioned individuals a chance to participate in activities and to be able to have a social network.

I first organized a bingo/game night. I gleaned low-price bingo presents from Payless, who, in time, donated the needed items for the game winners. Wow! The first night was a success, having approximately 35 men/women and children who were hungry for this get together. What fun we had! I had eventually rounded up what was known as People Together members. They voiced that they were tired of being called "clients" and worse!

This activity program had developed into such a fun project, that my family, a mentally ill friend, and another friend, who was in a wheel chair, gathered to put our creative juices together and I became the volunteer coordinator/director. We now were prepared to add more days and nights to this volunteer program. Activities were choices made by these members. What did they want to do? Where did they wish to go on field trips? What more could we provide for these community citizens?



**LOOKING FOR  
A FRIENDLY, RELIABLE,  
AFFORDABLE  
SERVICE?**

**Residential & Commercial  
Cleaning**

**Windows • Maid Services**

**We work with your budget**

**CALL 503-951-7000**



**Kirk A. Schmidtman,  
Attorney at Law**

Wills, Trusts, Probate,  
Estate Planning,  
Contracts, and Real Property.  
Serving Woodburn Since 1976

\*\*\*

610 Glatt Circle, Woodburn  
Kschmidtman@woodburnlaw.net  
engleschmidtmanlaw.com

**503-981-0155**

**STEVE ROSSMAN, CPA**  
SINCE 1979

*A Local Firm Devoted  
to Personal Service*

---

•Tax Preparation & Consulting  
•Estate and Trust Administration  
•Business Accounting Services

*Conveniently located on Hwy 214  
in Northwood Office Park between  
Senior Estates and Highway 99E*

Phone us at **503-982-5201**

---

E-mail:  
steve@ahrecpa.com

**CONCRETE  
CONSTRUCTION**

Family Operated. We do the work.  
Specialize in tear-out and replace  
Driveways – Patios – Sidewalks  
Broom Finish, Color Stamping, and  
Exposed.

**FREE ESTIMATES**

**Website:**  
[www.danskeyconstruction.com](http://www.danskeyconstruction.com)

Pole Barn Concrete Floor &  
Construction.

**Danskey Construction, LLC**  
**503-871-4544** or  
503-982-1702 leave message  
CCB# 168267



Service - Repair - Installation

**503-233-1779**

Serving Woodburn since 1989 | CCB#64597

[www.bensheating.com](http://www.bensheating.com)





Activities became so valuable to the mental health of these people. Changes were being made. I was able to redirect individuals as was requested by community supervisors and soon owners/managers of group homes, family members, the welfare department, and the mental health department were satisfied beyond words, for my volunteer efforts.

Once we got acquainted with members, we began a professional filing system. We activated a list of these individuals’ skills/talents and learned of their dreams and hopes to have the same community awareness and opportunities provided to them as others in the community.

We organized classes, we formed groups of people, and taught members how to better themselves; how to be seen as valuable people in the community and how to eventually disprove the negative stigma that these people had to bear. They were soon to discover that the community was now thinking quite differently about our members, learning that these people had their own set of skills and talents, pride and values.

We now had redirected these folks; found a variety of ways to allow them their own voice and show the community that they were not all that different after all. They were becoming the so called “normal” people of Douglas County. They became individuals who had made changes; who had cleaned up their act so to speak and who were now proud members of the community.

The community fathers, were pleased to advocate for our program. They visited our site meetings, and proposed that we: (1) Form a legal board of directors. (Volunteers, of course). (2) Design more sophisticated social activities that would encompass the Douglas County area. (3) Learn how to provide a professional annual budget to be placed into the county budget in order to receive funds for said activities. (4) Be able to house this program in a larger and more professional facility, to become a viable mental health program that meet the members’ needs. (5) Become known as an agency that is also recognized by the state and federal government. A one-of-a-kind facility! One individual had been overheard saying, "...and only could have been coordinated and organized by a "one-of-a-kind superwoman!"

Myself, the local Mental Health Association, the Douglas County Mental Health Department, the State Mental Health, and the Douglas County Alcohol/ Drug Council, put our heads together and formed what is known today as "title 19 monies" proposals put in during budget season, locally, that would benefit not only the People Together Inc. program, but similar programs throughout Oregon, and eventually throughout other states. I was thought of now as being an advocate for these populations, especially by the Oregon State Mental Hospital and other similar programs. I was being asked to speak at various agencies/ programs throughout the northwest, California, Chicago and other places where I had been sent to take in seminars, counseling programs and also some political allies for these populations.

Six days a week, two nights a week (Friday and Saturday), and I was still going full speed ahead. (50 sometimes 60 hour work weeks). The highlight of this program’s existence was our two-week trip to Disneyland with 43 members, 3 staff and 4 volunteers.

The next year, in 1975, we also raised funds that the county matched, as they had the year before, for another trip to Vancouver, Washington, into Canada and then back through Wyoming, Montana, Idaho and back home to Oregon. Again, we took 43 different members, 7 staff, 3 volunteers and one greyhound bus driver venturing out with individuals who took part in hundreds of social events; some having never been out of the city they were born and raised in.

On these trips, and many more that we took, we had few problems. We had cities contact us through news articles/telephone calls with nothing but "kudos" for these "different and difficult" people. Well, not exactly, anymore. They had been taught in hygiene classes, how to appear in public in a more positive light and we taught classes in groups of 50/60 people on how to act/react in public to where the public would no longer call them lowlifes, riff-raff or second class citizens. Like I said before, we had arrived!

Reaganomics eventually closed the doors of our facility in 1980. Even though we became a very successful county umbrella program, our program and 17 other county umbrella programs, had to close their doors. People Together Inc. had served 1,859 individual clients.

Approximately 70 members, staff, volunteers and family members sat in a "love circle" reminiscing of our adventures, tears running down our faces and so many hugs and kisses, to say good-bye to a real need in the community.

I later relocated to Portland, Oregon, and earned my GED. My overall education being from the “University of Hard Knocks," the 100 plus workshops and seminars the board of directors and the Douglas County Commissioners sent me to, was the additional education as well as the hands on education I needed to gain these certifications. Professionally, I worked for 26 years with the

chronically mentally ill population, and 13 years as an alcohol/drug counselor.

I received a certification as a qualified mental health professional through the state of Oregon, as well as becoming an accredited alcohol/drug counselor. Through the University of Oregon in Eugene, I received a certification as a Therapeutic Recreational Coordinator/Counselor for specialized populations.

I had an opportunity to not only work with these wonderful individuals, but it allowed me to grow in the spirit of volunteerism into a professional woman. I, and my children, learned to work alongside these individuals and to like/love others unconditionally. How fortunate I was to have worked/played on a job that my creative juices afforded me.

Without the many volunteers/the staff and our board of directors that assisted me and my efforts, the People Together Inc., program would not have gotten off the ground. Alone, I couldn’t have provided these individuals the opportunity I did. This old gal could not have found her place in this world. My favorite job, my legacy and my overall joy.

Where those individuals are presently is anyone’s guess! Roseburg and Douglas County is sorely missed by this woman known as "Earth Mama” and “Tutti Frutti Judi"! Not bad for a gal without a formal education, but having a "zest" for living/giving and a head full of ideas.



**Durite Painting, Inc.**  
Interior, Exterior,  
Cabinet Refinishing, etc.

Nick Matveev  
Cell 503-969-3084  
duritepainting@gmail.com  
CCB#96811

*Renew Beauty  
& Barber*

2233 Country Club Rd

*We offer EVERYDAY SPECIALS  
for our Senior Clientele*

**Shampoo - Cut - Style - Set  
Color - Weaves - Perms**

 Lee & Sue 

**503-982-5558**

**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.*

Join Us for Monthly Support Groups

4<sup>th</sup> Thursday of every month



Beginning January 23<sup>rd</sup> at 6:00pm  
Cascade Park  
950 N. Cascade Dr.  
Woodburn, OR 97071

Coffee & Cookies provided

Alzheimers & Dementia



# Cockroach Experiences

by Donna Wood

My introduction to cockroaches was when I moved into the women’s dormitory at Ottawa University in Ottawa, Kansas. It was my second year of college and my first year away from home. Each floor of the dorm had two kitchens. When you entered the kitchen at night and turned on the light, the sink would be full of small German cockroaches that would all disappear so fast you wondered if you really saw them. You learned to keep any food in a tight container or in the refrigerator. At least I never saw any cockroaches in the refrigerator.

The summer I graduated, I took a three-week field biology class at Kansas State University in Manhattan, Kansas. We had a different topic every day of the week, and on Friday it was insects. Our teacher, Dr. Fred A. Lawson, was showing us around the Entomology Department the first day. Dr. Lawson held the U.S. Public Health Department cockroach research grant for 25 years. When we came to the cockroach rearing room, there were several large colonies in open metal bins. Dr. Lawson ran his fingers through the critters and with pride said “These are my cockroaches.” As he brushed a few off of his arms and hands, we noticed a couple in the corner of the room. Looks like a few got away. Years later, Dr. Lawson was part of my team when I worked on my Masters degree in entomology at the University of Wyoming. He took us on field trips to catch several kinds of cockroaches outside in the field. Whoever thought they would be part of the Wyoming ecology?

I never had a problem with cockroaches in either Hawaii or Florida as some people complain about. But, Costa Rica is a different story. My first trip there was with a research team from the Los Angeles County Natural History Museum and we lived in a logging camp on a 640 acre property known as Hacienda La Suerte near the Nicaraguan border. Larger red shouldered cockroaches abounded. My second trip there, I knew I was renting a house by myself, so I stopped in San Jose and bought two of the biggest cans of Bygone insect spray I could get. When I moved in, I sprayed and an hour later swept up about 100 dead cockroaches, then sprayed again. An hour later I swept up another 100 dead ones and sprayed again. This kept up until I was out of insect spray and decided they were hatching out under the house faster than I could kill them, so I just lived with them. I didn’t like them dropping off of the ceiling at night though.

My third trip to Costa Rica, I rented a room in Isabel’s rooming house as I had a job for the summer at an International Experiment Station in Turrialba. As soon as I turned the light off at night, I could hear the rustle of the critters in my Kleenex box or other things in the room. There was no glass in the windows so they and the rooster could come and go. The rooster was my alarm clock every morning as he sat on my window ledge and crowed. Each time I took an article of clothing off of the hook on the wall, I gave it a big shake to make sure I wasn’t giving anything a free ride. One day I started to take a shower, but found a lit candle in the bottom of the shower stall. I presumed it was another method of fighting off the roaches, but later learned (not having had a Catholic upbringing) that Isabel was burning a candle to commemorate the anniversary of the death of her mother and put it in the shower so she wouldn’t burn the house down!

On one of my subsequent trips to Costa Rica, I was living in San Jose, the capital; and rented a car to drive to Turrialba to visit Isabel. There was a hotel near the train station. Thinking it would be cooler, I rented a room in the basement. I awoke in the night to strange noises. Turning on the light I saw the largest cockroaches ever. They were about 5 inches long with silvery colored wings and so numerous that I thought at first it was a wallpaper pattern – but they were moving and coming up over the edge of the bed. I sat up the rest of the night with the light on, brushing them off of the bed and for the next night rented a room upstairs where the cockroaches were a smaller species.

The forty years I taught biology, I kept a menagerie of animals in my classroom: hamsters, aquarium fish, mice, a cockatiel that rode on my shoulder, etc. The Educational Service District even supplied us with a few reptiles and other exotics like skunks and weasels. We tried baby chicks, which were a mess when they learned to fly out of their box. One year I ordered whistling cockroaches from Carolina Biological Company. They were about the size of the large silvery roaches at the train hotel, but did not fly or move around much and made a strange whooshing noise. As interesting as they were, we didn’t keep them long as the custodian was afraid we could pollute our old building.

I look forward to my next cockroach experience!

Woodburn Estates Dance and Social Club  
Proudly present a gala

Valentine's Ball

Featuring ...



Taska & the Party Band

Saturday, Feb. 8<sup>th</sup>  
7:00 PM

Come join your friends at ...


Woodburn Estates Auditorium

\$10 Cover ...

Buffet and Door Prizes Sponsored by:


Cascade Park Retirement Community

In Honor of President Lincoln's Birthday!



Wednesday, February 12<sup>th</sup>  
A Grand Concert Performance Commencing at  
7:00 pm  
Hosted by  
Woodburn Christian Church  
126 N. Workman Dr. (Behind the Settlemier House)

Focusing the Combined Talents of the ...




3rd Brigade Band

Performing the favorite songs and melodies of President Lincoln!

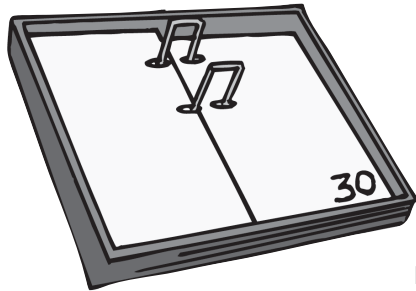
Featuring an appearance by his honor  
Pres. Abraham Lincoln  
AS PRESENTED BY IMPRESSIONIST STEVE HOLGATE

Free: A DONATION BASKET WILL BE PASSED TO DEFRAY THE EXPENSES OF THE PERFORMERS

Attention: LADIES AND GENTLEMEN ARE ENCOURAGED TO DRESS IN 19<sup>TH</sup> CENTURY, CIVIL WAR ERA "Period Attire!"







# Activities Calendar

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

Saturday, January 25	Sunday, January 26
8:30a Ping Pong – DH 2:45p Water Volleyball – Swimming Pool 4:00p Hand & Foot Cards – Blue Room	1:00p Music Jammers – DH/Kit

Monday, January 27	Tuesday, January 28
8:00a Mermaids Water Aerobics – Swimming Pool 8:30a Senior Estates Quilting Group – Craft Rm 8:30a Walking Club – Aud 9:00a Ladies Pool – Billiard Room 9:00a Ladies Chat and Laugh Group Meeting – Blue Room  9:15a Woodburn Estates Yoga Bees – Aud 10:00a Needle Craft – Card Room 10:15a Zumba Gold– Aud 11:00a Tai Chi with Judy – Aud 12:30p Swiss Pairs Dup Bridge – Blue Room 2:00p Afternoon Pool Aerobics – Swimming Pool  5:45p Water Volleyball – Swimming Pool 6:00p Clackamas Circle Potluck – DH/Kit 6:30p Son Shiners Bible Study Club – Blue Rm	8:00a Water Exercise – Swimming Pool 8:30a Ping Pong – DH 9:00a Senior Fitness – Aud 10:00a Sit and Fit – Aud 11:00a Tai Chi – Aud 12:00p Uke-De-Do's – Craft Room 1:30p Board Meeting – DH 2:30p Exec Session – Conf Room 2 2:45p Water Volleyball – Swimming Pool 5:00p Tuesday Poker – Card Room 6:00p Beginning Line Dancing – Aud 7:00p Intermediate Line Dancing – Aud

Wednesday, January 29	Thursday, January 30	Friday, January 31	Saturday, February 1
8:00a Mermaids Water Aerobics – Swimming Pool 8:30a Ping Pong – DH 8:30a Walking Club – Aud 9:00a Woodburn Estates Woodcarving – Craft Room  9:00a Ladies Chat and Laugh – Blue Room 9:15a Woodburn Estates Yoga Bees – Aud 10:00a Metaphysical Book Readers – Conf Room 1 10:15a Zumba Gold – Aud 12:00p Friends of Bill W – Craft Room 12:00p Ladies Pool – Billiard Room 12:30p Double Deck Pinochle – Blue Room 1:00p Woodburn Estates Library – Conf Room 2 1:30p Wii Bowling – DH 6:00p Bingo – DH 6:00p Pinochle – Blue Room	8:00a Water Exercise – Swimming Pool 8:30a Senior Estates Quilting Group – Craft Rm 9:00a Coffee Hour – Aud/DH/Kit 3:00p Diabetes Prevention Program – DH 4:30p Rules Committee – Conf Room 1 5:00p Poker – Card Room 5:45p Water Volleyball – Swimming Pool 6:00p Pinochle – Blue Room 6:00p Advanced Line Dancing – Aud	8:00a Mermaids Water Aerobics – Swimming Pool 8:30a Ping Pong – DH 8:30a Walking Club – Aud 9:00a Estates Bible Study – Craft Room 9:00a Ladies Chat & Laugh Group – Blue Room  9:15a Woodburn Estates Yoga Bees – Aud 10:15a Zumba – Aud 11:00a Tai Chi for Better Balance – Aud 12:00p Friday Bridge – Blue Room 12:30p Bunco – Craft Room 2:00p Aftn Pool Aerobics – Swimming Pool	2:45p Water Volleyball – Swimming Pool 4:00p Hand & Foot Cards – Blue Room 4:00p Chili Feed – Aud/DH/Kit
			Sunday, February 2
			2:30p Super Bowl Party – Aud/DH/Kit 4:45p Athey Creek Bible Group – Blue Room

Monday, February 3	Tuesday, February 4	Wednesday, February 5	Thursday, February 6
8:00a Mermaids Water Aerobics – Swimming Pool 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 & Laugh Group – Blue Rm 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 Swiss Pairs Dup Bridge – Blue Room 1:00p Veterans Assistance – Conf Room 2 1:00p Music Makers – Aud/Kit 2:00p Aftn Pool Aerobics – Swimming Pool 5:45p Water Volleyball – Swimming Pool 6:30p Son Shiner's Bible Study Club – Blue Room  7:00p Golden Squares Square Dancing – Aud/Kit	8:00a Water Exercise – Swimming Pool 8:30a Ping Pong – DH 9:00a Senior Fitness – Aud 10:00a Sit and Fit – Aud 11:00a Tai Chi – Aud 12:00p Uke-De-Do's – Craft Room 12:30p Woodburn Garden Club – Conf Room 1 2:45p Water Volleyball – Swimming Pool 5:00p Tuesday Poker – Card Room 6:00p Card Making Class – Craft Room 6:00p Beginning Line Dancing – Aud 7:00p Intermediate Line Dancing – Aud	8:00a Mermaids Water Aerobics – Swimming Pool 8:30a Ping Pong – DH 8:30a Walking Club – Aud 9:00a Woodburn Estates Wood Carving – Craft Room  9:00a Ladies Chat & Laugh Group – Blue Rm 9:15a Woodburn Estates Yoga Bees – Aud 10:00a Men's Golf Club Monthly Mtng – DH 10:15a Zumba Gold – Aud 12:00p Ladies Pool – Billiard Room 12:00p Friends of Bill W. – Craft Room 12:30p Double Deck Pinochle – Blue Room 1:00p Woodburn Estates Library – Conf Room 2  1:00p Writing Club – Conf Room 1 1:30p Wii Bowling – DH 2:00p Aftn Pool Aerobics – Swimming Pool 6:00p Pinochle – Blue Room 6:00p Bingo – DH	All Day <i>News &amp; Views</i> Copy Deadline 8:00a Water Exercise – Swimming Pool 8:30a Senior Estates Quilting Group – Craft Room  9:00a Coffee Hour – Aud/DH/Kit 3:00p Diabetes Prevention Program – DH 4:30p Rules Committee – Conf Room 5:00p Thur Night Poker – Card Room 5:45p Water Volleyball – Swimming Pool 6:00p Pinochle – Blue Room 6:00p Advanced Line Dancing – Aud

Friday, February 7	Saturday, February 8	Monday, February 10	Tuesday, February 11
8:00a Mermaids Water Aerobics – Swimming Pool 8:30a Ping Pong – DH 8:30a Walking Club – Aud 9:00a Estates Bible Study – Craft Room 9:00a Ladies Chat & Laugh Group – Blue Rm 9:15a Woodburn Estates Yoga Bees – Aud 10:15a Zumba Gold – Aud 11:00a Tai Chi – Aud 12:00p Friday Bridge – Blue Room 12:30p Bunco – Craft Room 2:00p Aftn Pool Aerobics – Swimming Pool	8:30a Ping Pong – DH 2:45p Water Volleyball – Swimming Pool 4:00p Hand & Foot Cards – Blue Room 7:00p Valentine's Ball – Aud/DH/Kit	8:00a Mermaids Water Aerobics – Swimming Pool  8:30a Senior Estates Quilting Group – Craft Rm 8:30a Walking Club – Aud 9:00a Ladies Pool – Billiard Room 9:00a Green's Committee – Conf Room 1 9:00a Ladies Chat & Laugh Group – Blue Rm 9:15a Woodburn Estates Yoga Bees – Aud 10:00a Needle Craft – Card Room 10:15a Zumba Gold – Aud 11:00a Tai Chi with Judy – Aud 12:30p Swiss Pairs Dup Bridge – Blue Room 2:00p Aftn Pool Aerobics – Swimming Pool 5:30p AARP Smart Driver Course – Conf Room 1  5:45p Water Volleyball – Swimming Pool 6:30p Son Shiner's Bible Study Club – Blue Room	8:00a Water Exercise – Swimming Pool 8:30a Ping Pong – DH 9:00a Senior Fitness – Aud 10:00a Sit and Fit – Aud 11:00a Tai Chi – Aud 12:00p Uke-De-Do's – Craft Room 2:45p Water Volleyball – Swimming Pool 5:00p Tuesday Poker – Card Room 5:30p AARP Smart Driver Course – Conf Room 1  6:00p Beginning Line Dancing – Aud 7:00p Intermediate Line Dancing – Aud
	Sunday, February 9		
	1:00p Music Jammers – DH/Kit		

Wednesday, February 12	Thursday, February 13	Friday, February 14
8:00a Mermaids Water Aerobics – Swimming Pool 8:30a Ping Pong – DH 8:30a Walking Club – Aud 9:00a Woodburn Estates Wood Carving – Craft Room  9:00a Ladies Chat & Laugh Group – Blue Rm 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 12:00p Friends of Bill W. – Craft Room 12:30p Double Deck Pinochle – Blue Room 1:00p Woodburn Estates Library – Conf Room 2  1:00p Car Show Committee Meeting – Conf Room  1:30p Wii Bowling – DH 2:00p Aftn Pool Aerobics – Swimming Pool 6:00p Pinochle – Blue Room 6:00p Bingo – DH	8:00a Water Exercise – Swimming Pool 8:30a Senior Estates Quilting Group – Craft Room  9:00a Coffee Hour – Aud/DH/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 – Conf Room 1 5:00p Thurs Night Poker – Card Room 5:45p Water Volleyball – Swimming Pool 6:00p Pinochle – Blue Room 6:00p Advanced Line Dancing – Aud	All Day <i>News &amp; Views</i> Publication 8:00a Mermaids Water Aerobics – Swimming Pool 8:30a Ping Pong – DH 8:30a Walking Club – Aud 9:00a Estates Bible Study – Craft Room 9:00a Ladies Chat & Laugh Group – Blue Room  9:15a Woodburn Estates Yoga Bees – Aud 10:00a Happy Hearts Bunco – Blue Room 10:15a Zumba Gold – Aud 11:00a Tai Chi – Aud 12:00p Friday Bridge – Blue Room 12:30p Bunco – Craft Room 2:00p Aftn Pool Aerobics – Swimming Pool

What noise  
wakes you up  
at the North  
Pole around  
March 18?

THE  
CRACK  
OF DAWN





**SAVE UP TO 40%**  
on Select  
Waterproof Floors



24403 S Hwy 99E. Canby  
mclarencarpetonecanby.com  
**503-266-4095**



**CLEAN & POLISHED  
INSIDE  
AND OUT**

**CALL OR TEXT KYLE AT:  
971-338-8164**

**OPEN 24 HOURS**  
EXPRESS DETAILS | SELF SERVE | DOG WASH | BUY GIFT CARDS  
HWY 99E in Hubbard | 503-981-2979 | [www.thedriveincarwash.com](http://www.thedriveincarwash.com)



**When it comes to Roofing... Don't be fooled by what the competition may have to offer!**

**FACT**

Over the past 15 years RoofRite Services has successfully installed over **140+ New Roofs within Woodburn Estates** and we have the statistics to back it up! It has always been our goal to exceed the minimum requirements for roof installation. New roofing contractors come and go, but RoofRite Services has a proven track record and, the reason we install the larger number of roofs can be summed up in three ways:

1. Above Standard Quality Products and Service.
2. Long Term Service and Stability with Proven Track Record.
3. Lifetime Warranty High Wind Algae Resistant Shingles

For a free estimate or consultation on your roof call

**503-984-0924**

RoofRite Services  
Licensed/Bonded/Insured  
CCB#156243

**WHOLE-HOUSE HEALTH BEGINS AT THE FOUNDATION**

- 50% Of The Air You Breathe On The First Floor Comes From The Crawl Space.
- Dirt Crawl Spaces Do Not Have To Be Wet Or Flooded To Be Extremely Unhealthy.
- Dirt Crawl Spaces Allow A Naturally Occurring Gas, Radon, To Enter The Home Easily.





**WET/DAMP BASEMENT OR CRAWLSPACE?**  
Guaranteed Dry ▪ Wall Cracks Repaired ▪ Free Written Estimates

**ALL JOBS GUARANTEED IN WRITING**

**John's Waterproofing Company**



**Keeping Basements & Crawl Spaces Dry & Healthy Since 1974**

[www.johnswaterproofing.com](http://www.johnswaterproofing.com)  
Licensed Bonded Insured CCB#15830

**503-233-0825**



**Thelma's Place**  
BRIDGING THE GAP BETWEEN GENERATIONS

**Ways you can support:**

- Vehicle donations
- Cash donations
- Sponsorships
- Volunteer

**Your support makes a difference!**

Canby: 503-266-5100  
Day Respite and Support Groups  
[www.thelmasplace.org](http://www.thelmasplace.org)



**WH REALTY**  
YOUR VOICE IN REAL ESTATE



**Lorrie Cox, Owner**  
LIS OR Principal Broker  
503.989.1986



**Jackie Benham**  
LIS OR Principal Broker, GRI  
541.913.7822



**Diana Cundiff**  
Broker  
503.999.5220



**Ron Hind**  
LIS OR Principal Broker  
503.380.8946



**Pat Soelberg**  
LIS OR Broker, ABR, SRES  
503.989.2263



**Lila Timmons**  
Principal Broker  
503.544.8800

**503.981.0664**



1755 Mt. Hood Ave. #120  
Woodburn, OR 97071  
[www.WHRealty.com](http://www.WHRealty.com)



**Fall** **MOVE-IN SPECIAL**  
**\$1,000 OFF!**

**QUALITY INDEPENDENT & ASSISTED LIVING**



**CALL 503.981.0033 TO SCHEDULE A TOUR.**

**"Neighbors Caring for Neighbors"**  
CascadeParkRetirement.com  
950 North Cascade Drive  
Woodburn, OR 97071



**CASCADE PARK**  
A SENIOR LIVING COMMUNITY

140668