

Upcoming Events

Upcoming Events in The Estates

- **BOD General Meeting**, 4th Tuesday, 1:30 p.m., Dining Hall.
- **Neighborhood Watch Meetings**, 4th Wednesday, 5 p.m., Conference Room.
- **Keizer Big Band**, Sunday, March 30, 3 p.m., Auditorium, \$5 cover charge.
- **Chelsea Pickens - Hospice 101**, Tuesday, April 1, 6:30-8 p.m., Conference Room, FREE.
- **P.E.O. Scholarship Fundraiser**, Saturday, April 5, 11 a.m. - 2 p.m., Auditorium, \$15.
- **S. Thompson/V. Burk Birthdays**, Saturday, April 12, 6:30 p.m., Auditorium, \$5 cover charge for the band.
- **Green Thumbs**, Monday, April 14, 10 a.m., Dining Hall.
- **AARP Driver Safety Class**, Tues. & Wed., April 15 & 16, 5:30 p.m.-8:30 p.m., 503-982-1776 to register.
- **Spring Fashion Show & Luncheon**, Friday, May 2, Noon, Auditorium, \$10 tickets at Coffee Hour.

Upcoming Events in Woodburn

- **Woodburn City Council Meetings**, 2nd & 4th Mondays, 7 p.m., City Hall.
- **Alzheimer’s Support Group**, 3rd Monday, 2-3:30 p.m., Woodburn Health Center.
- **AARP Tax-Aide**, make your appointment. 503-980-8704.
- **Poetry Contest**, Begins April 1. Submit your entry by April 26 to Woodburn Public Library.
- **1st Thursday Technology Triage**, April 3, 4-5 p.m., Woodburn Public Library Conference Room.
- **Marlin & Arlene Hammond Celebration**, Saturday, April 5, 1:30 - 3:30 p.m., Country Meadows (no gifts).
- **2nd Tuesday Senior Gaming Afternoons**, April 8, 1-2:30 p.m., Woodburn Public Library Multipurpose Room.
- **2nd Thursday Afternoon Book Club**, April 10, 12 - 1 p.m., Woodburn Public Library Conference Room.
- **Tatting Classes**, Thurs., April 10 & 17, 6:30-8 p.m., Woodburn Public Library Multipurpose Rm., \$30, 503-982-5266.
- **“Who’s On Third?” Concert**, SECOND Sunday, April 13, 3 - 4:30 p.m., Woodburn United Methodist Church, freewill offering.
- **Formatting Word Document**, Tuesday, April 15, 4 - 5 p.m., Woodburn Public Library Multipurpose Room.
- **3rd Monday Senior Book Club**, April 21, 10 - 11 a.m., Country Meadows, 2nd floor kitchen.

* All events are subject to change without notice.

Notes from Sharyn Cornett

The high school has 30 students wanting to do community services, starting May 13-June 12. If you have some projects needing done, please contact Sharyn Cornett by turning in your request at the main office. We need your name, phone, address and project request. The students are available on Tuesday and Thursday from 2-4p.m. The school came to us, so let’s keep them busy.

2014 News & Views Schedule

In April, News & Views will publish as follows:

<u>Copy due by 9:30 a.m.</u>	<u>Publication Date</u>
Thursday, April 3rd	Friday, April 11th
Thursday, April 17th	Friday, April 25th

Thank you, everyone, for your cooperation.



Most People Are Not Here for the Golf

by Pat Burt

Why are we here? This was Treasurer Chuck Johnson’s question to us in his article in the March 14th *News & Views*. The job of collecting past-due HOA fees is surely not that much fun. But it was good that Chuck acknowledged that some people are having a hard time making the payments, and I’m guessing that most of these people cannot afford golf memberships either.

We hear a lot about what’s happening at the golf course in this newsletter, including minutes of Men’s and Women’s Golf Club meetings and happenings at tournaments. This might lead us to believe that we all have plenty of disposable income. The reality is, only a small percentage of residents of The Estates play golf. I’m told it’s only 10 to 20 percent of residents who actually play golf.

So why are the rest of us here? For many of us living on fixed retirement incomes, it is for a low cost of living in a nice environment. That’s definitely what brought my wife and me here almost two years ago. We volunteer for Dial-A-Ride, taking some of our less able older residents to medical appointments. We often hear them say how hard it is to get by, especially with their medical bills and expensive prescriptions.

There are also people in The Estates with homes they can’t sell. One of our neighbors recently moved to assisted living, and because she can’t sell or rent the house, it sits empty while she pays taxes and HOA fees on it, as well as living expenses

at her new place. This, while a house across the street, which was inherited when the owner died, is being legally rented by his heirs.

So aren’t we asking the wrong question? Shouldn’t we be asking what we can do to help those who are not paying the fees? Should we be assuming that they all just don’t want to pay or could there be more problems we don’t know about? Let’s instead see this as an opportunity to help our neighbors, not just a financial problem to be solved.

Here are a few suggestions to consider:

- Reach out to people having difficulty paying because they may not know where to turn for other help. Groups like Meals on Wheels and the AWARE Food Bank, and others help people stay in their homes and we could be letting residents know about them.

- Some communities have funds set aside to help in hardship cases, and maybe we could do that too. (We came up with money for new golf course sprinklers, right?)

- We could also change the CC&Rs to allow people in need to rent their homes. After all, the rentals would still only be available to people 55+ and other rules would apply.

Lastly, thank you, Chuck Johnson, and the rest of the volunteer board. This is not a criticism of your work. We do agree with you, this is a great place to live. Let’s try to keep it that way for all of us, including those who are having a tough time getting by.

April 2014 Library Events

by Elvira Sanchez Kisser

Poetry Contest, April 1-26, open to the whole family

April is National Poetry Month. The library is celebrating by having a poetry contest to kindle everyone’s creative spark. Check the website for contest rules. Submit your entry by April 26.

1st Thursday Technology Triage, April 3, 4-5 p.m., Conference Room.

Get help with basic features using your mobile devices (Kindle, iPad, laptop, or phone).What would you like help with? We are not experts, but we can help. Sign up for an afternoon with your contact information and a description of what you need help with at the Reference desk. Don’t forget to bring your device.

2nd Tuesday Senior Gaming Afternoons, April 8, 1-2:30 p.m. in the Multipurpose Room

Spend the afternoon at the Library meeting other seniors while playing cards, chess, checkers, and Wii Sports. Games and snacks will be provided.

2nd Thursday Afternoon Book Club, April 10, 12-1 p.m. in the Conference Room

Join us for coffee, cookies, and conversation on the second Thursday of each month at noon. Books are available at the Circulation desk for check out after the following book club meeting.

***Gone Girl* by Gillian Flynn**

One morning of his fifth wedding anniversary, Nick’s wife Amy suddenly disappears. So what really happened to Nick’s beautiful wife?

Formatting a Document with Word, Tuesday, April 15, 4:00- 5:00 p.m., Multipurpose Room

Learn how to format a document using Microsoft Word. Create a header and footer; set tabs and margins; and much more.

3rd Monday Senior Book Club, April 21, 10-11 a.m. at Country Meadows Village, 2nd floor Kitchen

Join us for coffee, cookies, and conversation on the third Monday of each month. Books are available at the Circulation desk for check out after the following book club meeting.

***The Sisters Brothers* by Patrick DeWitt**

When a frontier baron known as the Commodore orders Charlie and Eli Sisters, must track down and kill a prospector named Herman Kermit Warm. They will run into a witch, a bear, a dead Indian, a parlor of drunken floozies, and a gang of murderous fur trappers along the way.

The Library Comes to You!

If you live in Woodburn or in the surrounding towns and are stuck at home due to illness, disability, or age, we can help! Call the Library and ask about setting up Homebound Delivery Service for library materials. After our initial interview, we’ll bring you a monthly selection of regular print books, large print books, audiobooks, or movies to suit your tastes and needs. Contact our Homebound librarian, Elvira Sanchez Kisser, at 503-982-5254 or Elvira.sanchez-kisser@ci.woodburn.or.us today!

For more information contact the library at 503-982-5252 or check the calendar on www.woodburnlibrary.org and events on Facebook.

Neighborhood News

AARP Driver Safety Evening Classes

by Kathy Hiller

Another set of AARP Driver Safety Classes will take place from 5:30 p.m. to 8:30 p.m., Tuesday and Wednesday, April 15 and 16. Note: the days of the week are different from usual. Registration is required. Contact the main office at 503-982-1776. Prices are \$15 for each AARP member and \$20 for each non-AARP member. My husband and I took the evening classes in March and were pleasantly surprised to get \$36 reduction for our car insurance for three years, so it is definitely worth it, as well as refreshing our memory on old traffic rules and educating us on newer ones. Safer driving for everyone, please.

Coffee Hour

by Dick Koessel

Happy Easter to everyone from the Coffee Hour crew. Coming attractions for April 2014!

April 3 – The Estates Line Dancers
April 10 – The Jim & Alan Show
April 17 – Easter Party & Easter Hat Contest and Parade. Be ready to strut your stuff!

April 20 – Happy Easter!
April 24 – “The Breeze” (a Barber shop group)

In our continuing going green effort, please remember to bring your own coffee cups. Come on out and join your neighbors for a morning of fun and fellowship.

Green Thumbs

by Becky Butts

The Green Thumbs will be meeting on April 14th at 10 a.m. in the dining hall. Please come and join us if you would like to help work in the flower beds and keep the clubhouse looking beautiful.

Lost Art of Tatting

Submitted by Woodburn Recreation and Parks

April 10 & 17, 6:30 - 8:00 p.m. First class includes a brief history of tatting, how to read patterns, introduction to the tools and starting practice with rings. The second class teaches techniques with rings and chains (completing a small doily) and using two shuttles for complex patterns, as well as how to finish a piece.

Attendees gain skills in correctly making slide knots and picots, consistent sizing and tension, and finishing a piece.

\$30 per person including all supplies and instruction. Location: Woodburn Library Multi-purpose Room. For questions, visit www.woodburnparks.org or call 503-982-5266

Saint Monica’s Circle

by Ryllis Lindsay

Our next meeting will be on April 7th at 10 a.m. in the Dining Hall. Our last meeting was held on March 3rd and it was very nice to have Katheryn Finley join us.


At the March meeting, Anne Woehler brought her rosary for Show & Tell. It was a beautiful Franciscan Monk’s rosary given to her by a golfing friends in California. It was very old and had been blessed by a pope prior to 1901. It is brown in color, 98 inches long, probably made of wood and metal with seven decades. [A decade of the rosary is a grouping of prayers that consists of one “Our Father” followed by ten “Hail Mary” prayers. While reciting the ten Hail Mary prayers, one must also meditate on one of the Mysteries of the Rosary. It is the added meditation which makes “decade” different than ordinary prayer.] Anne is considering donating this rosary to a museum, but has not decided what to do with it yet. It is too heavy to carry with her and its age plus the friendship it represents makes it invaluable to Anne.

Becky Butts served a delicious corned beef and cabbage with potatoes and carrots in honor of St. Patrick’s Day and the lunch was enjoyed by all.

The April 7th meeting will be the installation of officers. Everyone is welcome to attend. See you on April 7.

Disclaimer

News & Views is printed for you, the membership of The Estates Golf and Country Club. Articles of common interest do not reflect current Association policy or regulations, or the views of the Board of Directors unless so stated. This paper is made available to all members to provide information and announcements to the membership.



News & Views

Office phone: 971-338-6131 • Email: nv@seniorestatesgolf.com
Website: www.woodburn-estates.com
Published the 2nd and 4th Friday of each month.
Subscriptions are available at the rate of \$1 per issue to cover postage and handling.

Editor – Kathy Hiller • Advertising Sales Manager – Ted Erdahl
Photographer – Ken Leonard • Distribution – Vicki Spencer

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



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Women’s Golf Club Meeting

Estates Women’s Golf Club General Meeting March 17, 2014

President Sandy Blaylock called the meeting to order at 11:30 a.m. A quorum was determined followed by the Pledge of Allegiance. The minutes from February 17, 2014, as published in the *News & Views* on February 23, was approved by a motion from Mary Bauer and second by Pam Matthews. Motion passed.

Treasurer’s Report – Nancy Reed:

Statement Balance 1/31/14	\$ 4,375.96
Deposits	1,550.00
Expenses	(384.24)
Balance – 2/28/14	\$ 5,541.72

Nancy stated we will receive a bill for our OGA fees soon and that fee will take a large chunk of our balance. Nancy read a note from Diana Lindberg that she had completed the audit of our Columbia Bank Account and all balanced. Diana also noted that our Bank account is under the name of: **Womens Golf Club of Senior Estates**. This reflects our IRS Tax exempt status and **all checks should be made out to that name**. (Note: There is no apostrophe in Womens as the IRS does not use them.)

VP – Jan Stein: Jan has the tickets to the Bernie & Red Show. They are bundled in batches of 10 and sell for \$10.00 each. They will go on sale at Coffee Hour on April 3 at a card table in the back of the room. Each ticket has attached a coupon for \$3.00 off a meal at Country Cottage. See Jan for tickets. The Bernie & Red Show is set for May 11, 2014. Great way to spend Mother’s Day!

Secretary – Arlene Langendoerfer: Arlene reminded all committee people

to leave her a copy of their reports after each meeting for record. She also thanked the people who were doing a great job.

OGA – Nancy Littlemore: OGA will be sending regular newsletters that will include news, tournament information, upcoming events, special benefits, and opportunities only available to OGA members. Also will share news and events from around the Pacific Northwest pertaining to the game of golf. The Evans Scholarship Foundation, which provides scholarships to students who work as caddies at golf courses around the country, selected the University of Oregon as its newest host for a Scholarship House, first in the Pacific NW and the first to be established by the Western Golf Association in 27 years. Up to 50 Scholarship recipients will live together at the U of O while attending school.

Membership & Books – Marge Epling & Nancy Littlemore: Marge handed out books to all paid members. She stated there were some errors and for everyone to be sure to check their information and tell her if there is something that needs correcting. Marge will wait for the “Snow-Birds” to return and make all corrections then with a posting to appear in the *News & Views*. Each member can then update their books. There are now 51 - 18 hole players, 49 - 9 hole players and 10 Social Members.

Social – Penny Sealy & Louise Davidson: The next luncheon will be April 21st with the menu to be determined. Your \$8.00 lunch fee must be paid by April 16th. Penny and Louise will be meeting with Gary’s B-B-Q to determine the next few months of menus. Look for the posting for April on the Menu Board in the Ladies Golf

Lounge.

Handicap – Marlene Johnson: Few 18 and 9 hole Ladies have played to date. Some braved the weather and had a great time. We hope for good weather soon.

Golf & Greens – Janice Aiken: Janice received a nice Thank You letter from the OGA ladies at Tukwila Golf Course. They all enjoyed being our lunch guests at our February meeting. They have indicated an interest in participating in some of our events. They also are looking into a date they can invite our membership to lunch at Tukwila.

Greens Committee Meeting – New arborvitae will be planted by April 14 on #8 Tee Box by Tim and his crew. Approval was given for arborists to trim trees on the course. The work has begun. The Rules Committee will tour the course to review out of bounds areas and issues that need to be addressed. Sound Wall – ODOT will install a black screen along the second Tee Box and fairway that will end with the 3rd Estates sign along the freeway. The screen will be 15 to 20 feet into the rough from the out of bounds stakes. It was decided that The Estates will not have bench advertisers on our course. Clean Ball rule is in place as of March 1. Mark, clean and place within six inches of the mark.

Mixed Tournaments – Diana Lindberg: Diana’s committee has contacted all sponsors and all but one seems to be on board. The one holding back has to talk to their marketing committee. The games have been planned and they hope to print a full schedule in April.

Sunshine – Mary Bauer: Cards were sent to Betty Cook and Iona Hoeye for their recent health issues.

Eclectic 9 Hole – Mary Bauer: The fee for the full year is \$4.00.

Eclectic 18 Hole – Susan Gsell: The fee for the full year is \$5.00.

9 Hole Captains – Nancy Reed & Rita Girard: April 1 will be a surprise!

18 Hole Captains – Susan Gsell & Rosa Nichols: Hoping more girls will come to play.

Unfinished Business:

Rose-A-Rama – Carol Bettendorff & Dorothy Monnier: Signup sheets are now in the Golf Lounge. Registration Forms will be out no later than April 1. The theme is

“Building Friendships and Memories”. Friday, June 6, 2014 is the practice round with Play on Saturday, June 7.

Fashion Show – Becky Butts: Friday, May 2, 2014 at 12:00 p.m. The Lunch will be catered by Country Cottage with tickets at \$10.00 each. Tickets must be purchased by April 24. Starting April 3 you may get tickets at Coffee Hour or the main office. Call Becky Butts at 503-982-3979 for more information.

Relay for Life – Becky Butts: The Estates Excellars will be selling plants, hanging baskets and first aid kits to raise money for cancer research. For more information call Becky Butts at above number.

New Business:

General Manager – Sharon Schaub: Sharon wanted a show of hands with any interest in ladies stylish golf clothing to be purchased either by mail order or perhaps expand the clothing line in the Pro Shop. This is only a fact-finding issue and she will look into it.

Yellow T’s – Par Three Course: Yellow T’s can be played on Friday mornings at 10:00 a.m. or still Thursday afternoons at 1:30 p.m.

50/50 and Badge Drawing – Marie Worley: (absent) Rita Girard carried out the duty for Marie.

Badge Winner – \$ 1.55 Nancy Reed.

50/50 Winner – \$31.00 Nancy Littlemore.

Announcements:

April 21 – Executive Meeting – 10:00 a.m. – Conference Room.

April 21 - General Meeting & Lunch – 11:30 a.m. – Dining Hall.

April 24 - Bake Sale – Rally for the Cure, Golf Lounge.

May 2 - Fashion Show & Luncheon – 12:00 p.m. Auditorium.

May 11 - Bernie & Red Show – 3:00 p.m. Auditorium.

May 13, 14, 15 – Rally for the Cure Play Days.

The Meeting was adjourned by President Sandy Blaylock at 12:20 p.m. Mary Bauer gave the blessing prior to lunch.

Submitted by: Secretary, Arlene Langendoerfer

Approved by President Sandy Blaylock

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The Lost Photos Have Been Found!



WGC Officers - Pres. Sandy Blaylock, VP Jan Stein, Secty Arlene Langendoerfer, Treas Nancy Reed



WGC Past Presidents-Diana Lindberg, Donna Wood, Marge Epling, Kathy Holland, Marjorie Thompson, Nancy Littlemore, Sandy Blaylock, Betty Cook

by Kathy Hiller

Using the *News & Views* camera that was purchased for us by the Activities Committee, I took photos of the 2014 Women’s Golf Club Officers and Past Presidents who were being honored at the October 21, 2013 luncheon. I intended to print them with the minutes from that meeting, but by then, I could not find the pictures.

I took a replacement photo of the officers later but, of course, could not recapture the Past Presidents.

Then, last week, while looking through my recycle bin on the *N&V* computer, I found the missing pictures! So, at long last, these are the lovely women who should have appeared last fall. And none of you look even one second older!

Thanks, Franks!



Earl Plummer tries the light from the new lamp

by Kathy Hiller

Isn’t it nice to have all three of our Clubhouse Maintenance employees named Frank (or a variation, like Francisco)? It makes it so much easier to just say, “Thanks, Frank”, since I don’t know which of them to actually thank. In this case, I want to thank Frank for the very well-constructed billiards lamp that was recently installed over one of

the pool tables. From what I understand, more of these lamps will be built and installed over the remaining tables, making our pool room much dressier. Stop in and admire Frank’s hard work. I know Earl Plummer (pictured) likes the new lamp.

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Shauna Thompson from Cascade Park
& Sharyn Cornett Activities Chair



Mardi Gras DANCE

by Kathy Hiller

Bill Coleman, chairman of the Saturday Night Dance Club, his band, and his committee put on a great Mardi Gras Party on March 15. Cascade Park was a sponsor of the event, represented by Shauna Thompson who brought their famous (and delicious!) wraps and veggies to help feed the dancers and people-watchers alike. Everyone seemed to be enjoying themselves according to the photos that Ken Leonard brought in. I had a much harder time recognizing everyone thanks to all their masks.

Dave Bryan had a very colorful costume that I jokingly referred to as his bedspread, but I think he was going for the “Swami” look. Dennis Wichert & Merra Frochen had matching colorful costumes also, and Dennis has great legs! Who knew? Marilyn Whelan posed for her picture without husband, Ray, and showed off her slim figure – A real “Hot Mama!” Marian Green won the wine basket door prize from Cascade Park. They have been a wonderful and much appreciated sponsor for us on many of the events our residents have enjoyed.



The crowd really got into line dancing.
I recognize Sharon Morse, Gil Jamison, and Sue Bryan.



Mike Burton & Sharon Wright



Bernadine & Fred Bourne



Bernie Bourne & Mary Bowling



Bill & Kathy Kuchan



Bill Kuchan presenting the wine basket from Cascade Park to winner Marian Green



**Connie Lum,
our Coffee Hour Hostess**



David & Sue Bryan (No fair wearing your bedspread!)



**Dennis Wichert & Merra Frochen
(Nice legs, Dennis)**



**Fred Bourne & Jim Worley
(Who is the photobomber in the back?)**



Hot Mama Marilyn Whelan



Marge Epling & Carroll Aebi



Ron & Janice Aiken



Sharon & Rich Morse

Hospice 101 at Caregiver Support Group

by Mary Reitan

Chelsea Pickens from Serenity Hospice will present “Hospice 101” at the Frontotemporal Dementia Support Group that meets on April 1 from 6:30 p.m. to 8 p.m. at The Estates Golf & Country Club. The group regularly meets on the first Tuesday of each month and is sponsored by Willson House in Salem and facilitated by Lorrie Cox, a resident of The Estates.



Chelsea Pickens

Many caregivers may be months, or even years, away from needing to contract the services of Hospice. However, the journey of a caregiver of someone with dementia or any illness is made easier by receiving knowledge of what might lie ahead. Knowledge takes away the fear of the unknown. Often there are misconceptions about what Hospice is and, more importantly, what it is not. Our goal is to talk about the basics and how helpful it can be to families as well as to the person needing care.

A person is treated with dignity and respect and the emphasis is on pain relief and quality of remaining life, rather than curing an illness when Hospice is involved. Hospice staff provides support, care, and encouragement to the entire circle of family and friends.

Hospice can be provided in their home or in a long term care community and the cost to you? Nothing! It’s

provided under Medicare. No one should have to go through the journey of dementia by themselves. Caregiver Support Group meetings are FREE and offer education, hope and support to family caregivers and anyone who wants to learn more about the disease. An Alzheimer’s Caregiver Support Group also meets on the 3rd Monday of each month at Woodburn Health Center (formerly Wellspring) from 2 p.m. to 3:30 p.m. and at Silverton Hospital on the 3rd Tuesday of each month from 2:00 p.m. to 3:30 p.m.

For more information about any of the support group meetings call Mary Reitan at 503.502.4509. Visit www.umrcsalem.org for information about all support groups sponsored by Willson House.

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Secondary Education: Four Yrs vs. Five Yrs

by Carol Wellington

The phrase “on time graduation” by which school districts are measured has recently caught my attention. After researching the meaning of the phrase, I realize that a high school’s graduation rate is measured by the number of students who complete their requirements in FOUR years. Four years has been the norm for decades and decades. Some students require five years to complete their graduation requirements. They, too, receive a diploma. Why would they not be counted in the graduation rate?

My concern is that those who need a year longer to complete their course work are being labelled “inferior”. The fact that they persevered is cause to celebrate and congratulate!

Aside from the obvious reasons why students may not have all requirements

completed in four years, I think of the additional chapters that have been added to history, literature, and science in the last three centuries. For example, three hundred plus years have passed since 1776; those years created many more chapters of history to study. Think of the advances in science and the great authors who have added to literature; they add many pages to literature and science.

Schools are frequently in the news. My hope is that we in the community will commend and do what we can to help the students in those institutions succeed. We can do that by praising their achievements whether they occur after three years, four years or five years.



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Neighborhood Watch Tips

by Sharyn Cornett, Neighborhood Watch Committee

Beware of your surroundings and pay attention. If something doesn't look right to you report it. Call 503-982-2340 the **new number** for a hero.

One of your neighbors did call about a garage door left open with no cars inside. It appeared that no one was home. The police checked the house and closed the garage door. Luckily, nothing was amiss.

So what should *you* do? **Call 503-982-2340! Call 503-982-2340! Call 503-982-2340!** The police will come and check the house. In this day and age, you cannot trust people or circumstances as you did in the past. If it walks and talks like a duck... it may *not* be a duck. Special effects can produce anything in this computer age.

We are not more vulnerable... people just assume we are. But, if your hair stands up; or you feel uncomfortable, or threatened... **Call 503-982-2340! Call 503-982-2340! Call 503-982-2340!** No one should make you do anything you don't want to do.

Sometimes we are our own worst enemy. We are friendly and give away too much information without even knowing it. Be nice, but be firm and say "NO" to anyone asking for information even if you are walking in the street. Kids on bikes asking for information... what are they going to do with the information? Never give information over the phone or online unless you made the call or inquiry.

You be careful out there... and have a nice safe day.

Bees, Bees, Bees

by Kathy Hiller

Out of concern for the bees in our area, Diana Lindberg emailed to me *A Pocket Field Guide: Native Bees of the Willamette Valley* that had been produced by Melissa Broussard, Sujaya Rao, and W. P. Stephen and created with funding by the OSU Women's Giving Circle. This poster shows the many varieties of bees found in the Willamette Valley.

A two page copy has been printed out and posted on the *News & Views* bulletin board, or you can find it on the internet at <http://entomology.oregonstate.edu/system/files/Field-guide-Willamette-Native-Bees.pdf>. The information provided is very interesting and although Albert Einstein had reportedly said, that without bees, mankind would die off within four years, I found a reference to this "misquotation".

The following is an excerpt from *On Einstein, Bees, and Survival of the Human Race*, an invitational editorial first appearing in the newsletter of

the British Bee Keepers Association, Keith S. Delaplane, Professor, Dept. Entomology, University of Georgia, Athens, GA 30602 USA states: "...it is with pardonable pride that beekeepers have been known to endorse quotes like the one attributed to Albert Einstein: "If the bee disappears from the surface of the Earth, man would have no more than four years left to live." Now I must quickly say that there is no good evidence that Albert Einstein actually said this. In fact he most assuredly did not. All you have to do is Google 'Einstein bees,' and you'll get the whole story."

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Memory (With Nostaliga)

by Rhonda Hadlock

Memory,
how I'd love to have one now.
I'd know where my sunglasses are
and where I parked my car.

Where is the remote?
Have you seen my watch?
Must tend to my affairs.
Why am I upstairs?

Memory,
what an awful thing to lose.
Right up there with lists and debit cards.
My dead cell phone, too.

No big sale today
My coupon has strayed.
We'll have fun anyway.
Pardon, what was your name?

Memory,
I would really like to know
How I ended up at Walgreens.
Is that where I meant to go?

Though the river flows
Surely to the sea,
I'll be staying home.
Somewhere, I lost my keys.

Memory,
Life takes longer since you've gone.
All I have is distant memories
Of my memory.

Stress, Clutter and Your Memory

Submitted by Mary Reitan

What effect does stress have on your brain and your ability to remember things? Stress is good for you if you are being attacked by a bear or if you need to flee other dangerous situations. During these stressful events your adrenal glands create a significant amount of cortisol which helps your body get you to safety. Your body then returns to a normal level of cortisol once the stressful situation is over.

However, if your body and brain are always stressed, your cortisol level can remain too high affecting the formation of new memories and your ability to retrieve old information in your brain.

Many people also experience a high level of cortisol because they have too much stuff. Paper, emails, possessions, and collectables begin to accumulate to the point that they are no longer a joy to have and instead become a stress to keep organized. They become clutter!

Here are a few ideas on how to start to "de-clutter" your life and put an end to some of the stress that may be impairing your memory.

Avoid trying to tackle the whole house at once. When beginning to de-clutter belongings tackle one room or area at a time. About two hours at a stretch is ideal.

Begin with multiple items. Start with clothing, kitchenware, tools, books and anything else you have in abundance, and narrow it down to only the amount of items that will fit in the space you have.

Focus on the most-used items. Don't sort to keep by the newest and best; keep only what you will use and what you love.

Sort and keep only a few of favored items. Piles of photos, memorabilia, and papers take up too much space. Many

services digitize images and papers for a reasonable fee. Business supply stores often offer shredding services on a per box basis.

"Which are your favorites?" Choose two to three "most loved" pieces of a collection to keep. Donate, sell or gift the rest of your collection.

Take photos of the rest of a collection and present them in a special book. While it's not exactly the same as owning, it's a space-saving way for you to continue enjoying a collection.

Target recipients for specialty items. While it's time-consuming to find recipients for everything, it may be worth the effort for some items. Schools may welcome musical instruments, old costumes, or tools. Auto repair shops and community non-profits may take tools and yard tools.

Consider getting help. A local Salem company that is skilled at De-cluttering and getting your home ready to sell is Smooth Transitions Willamette Valley LLC. Contact Shellee Lowery at 503-779-5836 or shellee@movingforseniors.com for a no-cost consultation.

Willson House has partnered with Smooth Transition to help with another kind of stress. The stress that caregivers have when caring for someone with Alzheimer's or other dementia can be overwhelming. Two support groups held in Woodburn can help. A group meets on April 21 at Woodburn Health Center (formerly Wellspring) from 2-3:30pm. Lorrie Cox, a resident in Senior Estates, facilitates a group on April 1st from 6:30 p.m. to 8 p.m. at The Estates Country Club. Visit www.umrcsalem.org for more information about stress and memory.



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by Ona Cunningham

The Golden Squares are inviting former square dancers to join us for a refresher course at our workshop each Wednesday from 1:30-3:30 p.m. in the Auditorium. At this time,

advanced dancers are working on Mainstream With Plus from 3-3:30 p.m. Put some fun back in your life! Call Ona Cunningham at 503-989-9901 for more information.

Bridge Tournament

Saturday, April 12th

9:30 a.m.

You are cordially invited to the 1st Annual Cascade Park Bridge Tournament. Check in is at 9:30 a.m. There will be 3 rounds of Bridge from 10 a.m. until Noon. After a light lunch, bridge will resume for 3 more rounds from 1 to 3 p.m.

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R.S.V.P by Wednesday, April 9th

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This Isn't Wine, It's Grape Juice!

by Maxine Guerry

When I was a young girl around the age of 12, I spent part of my summer vacation with my Baptist cousins in Semmes, Alabama, a country fork in the road situated in piney woods. Everything smelled like pine sap -- even the people, except for my Aunt Susie who smelled like the Noxzema she slathered on her face every night. My cousins and I would spend those hot summer days in the swing on the front porch shelling Crowder peas and spitting them at each other. Sometimes we went swimming at the pumping station. The holler in the woods, back of their house, was where I tried to perfect my skills shooting holes in tin cans with my cousin's BB gun.

Mostly, though, life centered around church -- church on Sunday and Training Union on Wednesday night. It was a far cry from Christ Episcopal Church in Mobile, Alabama, which is where I lived. Semmes Baptist Church was just a little wooden building with a steeple -- no altar, no stained glass windows, just a podium for the preacher. I loved the singing of old hymns -- they were belted out, unlike the soft singing of Episcopalians, who were too polite to sing too loud. I was fascinated by the fact that I seemed to be related to everybody in that little church -- I knew it to be true because Aunt Susie and Uncle Willie called everybody "Brother this" and "Sister that." I can't remember the preacher's name, but he was called "Brother something," so I figured he

was a relation, too. I was thought of as "that city girl." But I wanted to be a country girl, too.

I remember they had communion one Sunday. I don't think that's what they called it, though. It was nothing like communion in the Episcopal Church. A man came around with a rustic-looking wooden tray that had slots in it. In the slots were tiny white paper cups, which I took to be wine that, as I had been taught, had miraculously turned into the blood of our Lord and Savior. When he came around to me, I took my paper cup and with great reverence took a sip. In my snobby city voice, I loudly exclaimed, "This isn't wine, it's grape juice! I had that for breakfast!" Aunt Susie was mortified, as were the rest of the congregation, judging by the gasps of those around me. I'm sure they thought my mother and daddy were raising a heathen. It should come as no surprise that, for the remainder of my stay, Aunt Susie allowed me to sleep in on Sunday mornings.

Hitting the Mark

by Rhonda Hadlock

Frisbee on the beach with my family - what could be more fun than that? Anything! Just ask my kids.

They know I mean well. My sincere intent is to fling the plastic disk to my "teammates" in a manner that not only doesn't embarrass me, but also shows some finesse. Unfortunately, it never happens. I've tried coaching, state-of-the-art disks with holes in the center, and prayer, but my skills remain remedial at best.

My throws are remarkably deceptive. Most start out straight as an arrow, then veer mid-course, careen to the left, and drift back towards me like

a dysfunctional boomerang. At other times I snap the Frisbee with my wrist only to have it lodge sideways in the sand six feet from me.

My children roll their eyes in frustration, and then gradually begin to exclude me from the game. Even the patient black lab becomes confused when it's my turn. She darts one way, then the other, then finally sits with her head cocked and looks at me sympathetically. So now I take it for granted that I'll be the designated cheerleader at the beach and console myself with the thought that we can't all be ace marksmen.

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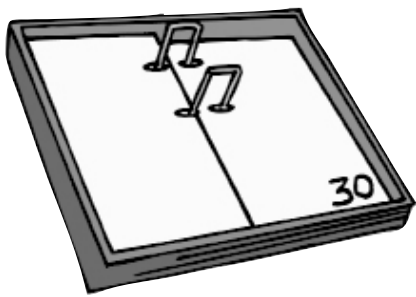
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Activities Calendar

Saturday, March 29	Sunday, March 30	Monday, March 31	Tuesday, April 1
8:30a Ping Pong Players– DH 3:00p Water Volleyball – Swimming Pool 7:00p Learn to Dance – Aud	3:00p Keizer Big Band Concert – Aud/Kit	8:00a Fit For You/Ball Exercise – Aud 8:00a Water Exercise – Swimming Pool 8:30a Estates Quilters – Craft Room 8:50a Walking Club Indoors – Aud 9:00a Ladies Billiards – Billiard Room 9:00a Walking Club Meeting – Blue Room 10:00a Tai Chi – Conference Room 10:10a EZ Bridge Club – Blue Room 11:00a Zumba Gold – Aud 1:00p Ladies Poker – Card Room 6:30p Water Volleyball – Swimming Pool 7:00p Golden Squares – Aud/Kit/Aud Foyer	8:00a Water Exercise – Swimming Pool 8:30a Ping Pong Players – DH 9:00a Bicycle Club – by Flag Pole 10:00a Tuesday Morning Crafters Club – Card Room 11:00a Ukulele Group Beginners – Aud 12:00p Tuesday Afternoon Bridge – Blue Rm 1:00p Ukulele Group Advanced – Aud 5:30p Tuesday Night Poker – Card Room 6:00p Dementia Care Group – Conf Room 6:00p Line Dancing Beginners – Aud 6:30p Card-Making Class – Craft Room 7:00p Line Dancing Intermediate – Aud

Wednesday, April 2	Thursday, April 3	Friday, April 4	Saturday, April 5
8:00a Fit For You Exercise – Aud 8:00a Water Exercise – Swimming Pool 8:30a Ping Pong Players – DH 8:50a Walking Club Indoors – Aud 9:00a Estates Woodcarvers – Craft Room 9:00a Walking Club Meeting – Blue Room 10:00a Blackjack – Card Room 10:00a Tai Chi – Conf Room 11:00a Zumba Gold – Aud 12:00p Ladies Billiards – Billiard Room 1:00p Golden Squares Workshop – Aud 1:00p Writer’s Group – Card Room 4:00p Rules Meeting – Conf Room 6:00p Wed. & Thur. Eve Pinochle – Blue Rm 7:00p Bingo – DH	All Day <i>News & Views</i> Copy Deadline 8:00a Water Exercise – Swimming Pool 8:30a Estates Quilters – Craft Room 9:00a Bicycle Club – by Flag Pole 9:30a EZ Bridge Club – Blue Room 9:30a COFFEE HOUR/Doors Open - Refreshments 10:00a COFFEE HOUR PROGRAM – Aud/DH/Kit 11:15a Estates Chorus – Aud 12:30p Bridge Dup 1st Thurs – Blue Rm 12:30p 1st Thur Party Bridge – Card Rm/Kit 6:00p Wed & Thurs Pinochle – Blue Room 6:00p Advanced Line Dance – Aud 6:30p Water Volleyball – Swimming Pool	8:00a Water Exercise – Swimming Pool 8:30a Fit For You Exercise – Aud 8:30a Ping Pong Players – DH 9:00a Walking Club Meeting – Blue Room 9:45a Bible Study – Craft Room 10:00a Red Hat Group – Blue Room 1:00p Bunco – Craft Room 1:00p Bridge Friday Party – Blue Room 1:00p Dulcimer Group – Conf Room	8:30a Ping Pong – DH 10:00a Mens Golf Meeting – DH 12:00p PEO Auction/Tea – Aud/Kit 3:00p Water Volleyball – Swimming Pool 7:00p Learn to Line Dance – Aud

Sunday, April 6	Monday, April 7	Tuesday, April 8	Wednesday, April 9
3:00p Private 90th Birthday Party – DH/Kit	8:00a Fit For You/Ball Exercise – Aud 8:00a Water Exercise – Swimming Pool 8:30a Estates Quilters – Craft Room 8:50a Walking Club Indoors – Aud 9:00a Ladies Billiards – Billiard Room 9:00a Walking Club Meeting – Blue Room 10:00a St Monica’s Circle – DH/Kit 10:00a Tai Chi – Conf Room 10:10a EZ Bridge Club – Blue Room 11:00a Zumba Gold – Aud 12:00p Monday 3 Table Dup Bridge – Blue Room 1:00p Ladies Poker – Card Room 1:30p Music Makers Meeting – Aud 6:30p Water Volleyball – Swimming Pool 7:00p Golden Squares – Aud/Aud Foyer/Kit	8:00a Water Exercise – Swimming Pool 8:30a Ping Pong Players – DH 9:00a Bicycle Club – by Flag Pole 10:00a Tuesday Morning Crafters Club – Card Room 11:00a Ukulele Group-Beginners – Craft Rm 12:00p Tuesday Afternoon Bridge – Blue Rm 1:00p Ukulele Group-Advanced – Craft Rm 5:30p Tuesday Night Poker – Card Room 6:00p Dup Bridge Swiss Pairs – Blue Room 6:00p Line Dancing Beginners – Aud 7:00p Line Dance Intermediate – Aud	8:00a Fit For You Exercise – Aud 8:00a Water Exercise – Swimming Pool 8:30a Ping Pong Players – DH 8:50a Walking Club Indoors – Aud 9:00a Estates Woodcarvers – Craft Room 9:00a Walking Club Meeting – Blue Room 10:00a Blackjack – Card Room 10:00a Tai Chi – Conf Room 11:00a Zumba Gold – Aud 12:00p Ladies Billiards – Pool Room 1:00p Golden Squares – Aud 4:00p Rules Meeting – Conf Room 6:00p Wed. & Thur. Eve Pinochle – Blue Rm 7:00p Bingo – DH

Thursday, April 10	Friday, April 11
8:00a Water Exercise – Swimming Pool 8:30a Estates Quilters – Craft Room 9:00a Bicycle Club – by Flag Pole 9:30a EZ Bridge Club – Blue Room 9:30a COFFEE HOUR/Doors Open - Refreshments 10:00a COFFEE HOUR PROGRAM – Aud/DH/Kit 11:15a Estates Chorus – Aud 12:30p Chicago Bridge Group – Card Room 6:00p Wed & Thurs Evening Pinochle – Blue Room 6:00p Advanced Line Dance – Aud 6:30p Water Volleyball – Swimming Pool	All Day <i>News & Views</i> Publication 8:00a Water Exercise – Swimming Pool 8:30a Fit For You Exercise – Aud 8:30a Ping Pong Players – DH 9:00a Walking Club Meeting – Blue Room 9:45a Bible Study – Craft Room 10:00a Red Hat Bunco – Blue Room 1:00p Bunco – Craft Room 1:00p Bridge Friday Party – Blue Room 1:00p Dulcimer Group – Conf Room

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