

## Third “Ask the Lawyer” Meeting

by Rules Committee, James Worley, Chair.

A third “Ask the Lawyer” Meeting will be held in the Auditorium, Tuesday, September 1, 2015, at 1 p.m. A Bugle Blast about this meeting was sent out on August 21/22 to all those who were signed up for the Blast. The deadline or any new questions will already have been passed by this *News & Views* publication date. Go to [www.WoodburnEstatesGolf.com](http://www.WoodburnEstatesGolf.com) under “Our Community” to sign up for the Bugle Blast.

These are MEMBER ONLY “Question and Answer” meetings. Voting member must be in “Good Standing” to vote, or to ask written questions or comments. This allows Vial Fotheringham LLP, our rules attorney, time to research the question. Thank you.

## Bond Update from the Woodburn School District

Submitted by Superintendent Chuck Ransom, Woodburn School District

Woodburn, Ore. – It has been less than three months since voters approved a \$65 million bond to fund repairs, renovations, and technology and security improvements for Woodburn schools. Since that time, school district officials have made progress in several areas:

**Bond Offering Completed** – Bond sales for the Woodburn School District were very successful, grossing \$72 million, or \$10 million more than originally anticipated. (This will not increase the amount paid by taxpayers over the life of the bond.) This premium was attributed to Moody’s Investors Service assigning the Woodburn School District an A1 rating in mid-July based on its sound financial practices and high investor confidence in the offering.

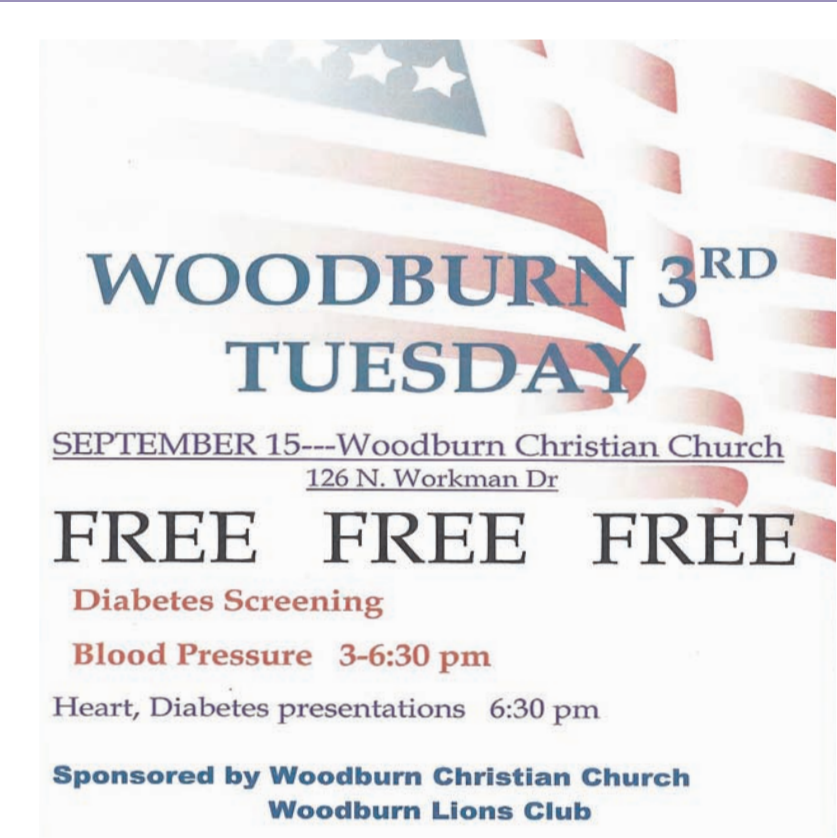
**Project Manager Hired** – The Woodburn School Board approved a contract for professional services with the J.J. Henri Company of Lake Oswego, Ore to provide construction management services for projects funded by the bond. The J.J. Henri Company was founded in 1993 and has managed construction projects with a combined value of over \$1 billion for education, industrial, health care, transportation institutions or government agencies.

**Bond Advisory and Accountability Committee** – The Woodburn School Board approved the charter for the Bond Advisory and Accountability Committee on August 6. The BAAC will actively review and regularly report to the school board and Superintendent about bond projects, including the use of bond revenues, performance and financial audits, and assist the school district in reporting back to the community. The BAAC will include two school board members and five community members, ideally with experience in building design, construction, construction financing, public contracting, budgeting, and/or auditing. It is anticipated that the Woodburn School Board will appoint the BAAC members at its meeting on August 20.

**Property Acquisition** – Laws governing bond expenditures are precise: school districts must spend five percent of the funds within six months and 85 percent within three years of when the bonds are issued. To that end, the Woodburn School District made the timely purchase of a vacant medical office building to provide space for the Welcome Center, district offices and access to a new facility for Success, our alternative high school. These projects can begin immediately without disrupting student learning as they make progress.

**Want regular updates about the bond?** – The Woodburn School District encourages community members to sign up for regular updates about bond projects on its web site at [www.woodburnsd.org](http://www.woodburnsd.org). Click on “Bond Updates,” scroll down to Sign-up for Updates and enter your email address. We will send you information about bond projects as it becomes available. Thank you for your interest!

The Woodburn School District provides a world class education to more than 5,700 students. Woodburn has rigorous academic programs such as all-day kindergarten, dual language programs in English and Russian or Spanish, Advanced Placement, and the International Baccalaureate Diploma. Woodburn is in the top 10 percent for graduation rates in Oregon; tied for 1st in graduating students with English as a second language; and, is 4th for students from low income households. For more information about Woodburn School District, visit [www.woodburnsd.org](http://www.woodburnsd.org).



### WOODBURN 3<sup>RD</sup> TUESDAY

SEPTEMBER 15---Woodburn Christian Church  
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Woodburn Lions Club



Woodburn Estates Dance and Social Club  
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## Western Night!

Featuring the ...  
**Jefferson-Park's Band**  
Saturday, Sept. 12<sup>th</sup>  
~ 7:00 pm ~

Woodburn Estates & Golf Auditorium  
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**\$8 Cover** at the door ...  
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### 2015 News & Views Schedule

In September, News & Views will publish as follows:

Copy due by 9:30 a.m.	Publication Date
Thursday, Sept 3rd	Friday, Sept 11th
Thursday, Sept 17th	Friday, Sept 25th

Thank you, everyone, for your cooperation.



Travelers Photo

Neighborhood News



Jerry & Mary Danielson

by Jerry Danielson

Jerry & Mary Danielson in Switzerland visiting their son and family. Picture was taken by Gunnar Danielson at Elm in the Swiss Alps.

Popular Community Concert Series Celebrates 10th Season

by Trudy Fowlks

I’m thrilled to share the line-up of performers that will provide our 10th season of the ever popular “Who’s on Third?” concert series, held at Woodburn United Methodist Church. The concerts are open to the public and designed to provide an afternoon of fun, entertainment and edible goodies. Each concert will begin at 3 p.m. on the third Sunday of each month (Sept. - May). All concerts are held at Woodburn United Methodist Church, 700 N. Cascade Dr. A freewill offering is taken at each concert to pay for the entertainers and other concert expenses. Here is a listing of the variety of talent that we have coming for your entertainment:

- Sept. 20, 2015 - Janet & Julie Coleman, professional piano & violin
  - Oct. 18, 2015 - Just for Fun Singers
  - Nov. 15, 2015 - Ruth Ann Yerden, organist
  - Dec. 20, 2015 - Cascade Harmony Chorus, Sweet Adelines group
  - Jan. 17, 2016 - Dee Smith, Baritone vocalist
  - Feb. 21, 2016 - Grand Jazz Little Big Band - (8 piece) swing era dance band
  - Mar. 20, 2016 - Billy & the Rockets, classic Rock & Roll band
  - Apr. 17, 2016 - Joni Harms - Western singer, songwriter and Roger & Nancy Wilhite - piano & organ duo
- BENEFIT CONCERT FOR AWARE FOOD BANK
- May 15, 2016 - Conchords Chorale Spring Program

Woodburn Estates Dance & Social Club

Western Night  
by Bill Coleman, Chairman

Pull on your boots ‘n’ jeans, and dust off your cowboy hat ‘cause we’re holdin’ a “Western Night” on Saturday, September 12th hosted by Woodburn Estates Dance & Social Club. The fun begins at Woodburn Estates & Golf Auditorium, located at 1776 Country Club Road in Woodburn at 7:00 p.m. sharp with the “Jefferson-Parks” Country/Swing band.

All of our activities hosted by Woodburn Estates Dance & Social club are open to the public and feature entertainment designed for mature individuals. Your \$8.00 cover charge allows you into the party for all the fun and dancing, and the opportunity to sample an assortment of snacks and desserts provided by our friends at Cascade Park Senior Living Community. Also, your admission automatically enters you in the evening’s drawing for a number of lovely door prizes. Be certain to take advantage of the chance to win a big cash prize by participating in the evening’s 50/50 raffle.

Next up: It’s a “Spook-a-thon” with our friends, “Bronco Billy” on Saturday, October 10, 2015. The fun starts at 7:00 p.m. so don’t miss our Halloween Party without joining in the fun.

Woodburn Garden Club

by Gerrie Cooley

The Woodburn Garden Club will start its fall schedule on Tuesday, Sept 1. Our meeting time will be 1 p.m. at the Woodburn Estates & Golf Dining Room for a short business meeting followed by car pool trip to Broadacres Nursery. This nursery has a well-kept planting of grapes with 44 varieties of seedless grapes. There will be grape tasting, grapes for sale and grape plants to sell and it is just a few miles from us.

St. Monica’s Circle

by Ryllis Linday

Ladies, you are reminded to bring samples of your work to the meeting on September 14th. We will have a regular meeting and discuss things that are already made for our big sale on November 21st.

Hoping you all had a wonderful vacation, now back to work!

Anyone is invited to join us in the small auditorium on September 14th at 10 a.m.

Coffee Hour Schedule for September

by Connie Lum

- 9-03 – Amy Gianellia – Music – 5 kids piano
  - 9-10 – Kim & Terry – music
  - 9-17 – Woodburn School
  - 9-24 – Next of Kin – music
- Welcome, newcomers! Come join us. Please bring your own cups – Coffee Hour has gone green.

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News & Views is printed for you, the membership of Woodburn Estates & Golf. 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

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Go Green with Mint Compost!

by Dagmar Dettinger

Has our community ever thought of Going Green? By that, I mean, using natural fertilizers, natural mulching, etc. If we did it, we would probably be the first one and/or only one (golf course) in the country being environmentally in the forefront. Not only could this improve our land, but we could get the singing birds to want to live here again. In case you have not missed their singing and fluttering around your trees and flowers, they have disappeared just like the bees because of, well, continued use of chemical fertilizers.

The other day I delivered a pamphlet to the main office about the local Mint Hay Compost farm in St. Paul. It is an old family farm business run by Cindy Smith. Her farm produces fantastic mint compost. If you walk along Champoege road you can smell the mint in the big fields throughout the year.

What is mint compost? Their pamphlet explains:

- **Mint Compost** is a 100% natural compost product. It has quickly gained popular status with landscapers, vegetable growers, and homeowners alike for its overall performance. Mint compost is made from the leftover parts of mint plants used to produce natural mint oil. The mint is processed locally in St. Paul, OR. It is steam distilled at 212 degrees under pressure to extract peppermint essential oils from the mint plant. The end product is a rich black high nutrient natural compost. There is no blending or adding to the mint compost.
- **Amendment Report:** The nutrient content of the compost is nitrogen (N), phosphorus (P), potash-potassium (K), and sulfur (S). Rain and irrigation water releases nutrients into the soil making it available for plant uptake. Percentage wise, our all natural compost contains 3.54 nitrogen, .51 phosphorus, 3.58 potash, and a pH level of 6.8. All research was done at A&L Laboratories, which is a renowned agricultural test center in central California.
- **Recommended Uses:** Mint compost is excellent for providing moisture retention in sandy soils while rich in natural humus to help break up hardpan clay soils. Mint compost may also be used as a mulch top dressing around shrubs and in garden areas. It is critical to spread the compost in a uniform application for efficient use of the nutrients.

Check out Mint Hay Compost at their website [www.mintcompost.com](http://www.mintcompost.com) or call ahead or email to order 503-633-2152 [stpaulsmith2152@gmail.com](mailto:stpaulsmith2152@gmail.com). They can deliver their wonderful product (10 yard minimum load) and we would all benefit by healthy lawns, trees, and healthy us... without the smell of chemicals. Let us try it out. We cannot go wrong.

SMART (Start Making A Reader Today)

by Kathy Saunders

Come and join us at the Woodburn Library for a different kind of book club. In this club we'll get to act the age we feel inside by reading and reviewing fun and popular children's books! We ask that you purchase the book and then we'll donate the books to SMART, a statewide literacy non-profit that provides adult volunteers to read with children and free books for the children to take home. SMART serves three schools in Woodburn (Lincoln, Nellie Muir and Washington) and made a big difference in the lives of 166 Kindergarten through 3rd Grade Students at these in 2014/2015.

Date: September 9  
Time: 10 a.m. – 11 a.m  
Location: Woodburn Library

Suggested book to bring/donate: The Very Hungry Caterpillar (paperback if possible, if not bring what you can find.)

For more information about SMART and to RSVP for the book club, please contact Kathy Saunders at [KSaunders@wbcable.net](mailto:KSaunders@wbcable.net) or 971.338.8160.

Hope you can make it.

Summer Ice Cream Social



Nancy Reed, Malena Turner, Kayla Larm, Jaidyn Preston, Krissy Johnston, Mary Bowling, Betty Bunnell, Vona Horn, Ginnie Schuster, and Rita Girard.

by Kathy Hiller

There are times when I feel like I am a juggler...and then discover that I've dropped one of the balls. This time, I missed the photos from the ice cream social from July 23. So... Belated Thank You to Kayla Larm of K'Bella Salon & Spa, who sponsored this popular event.

Pictured above from left are: Nancy Reed, Malena Turner, Kayla Larm, Jaidyn Preston, Krissy Johnston, Mary Bowling, Betty Bunnell, Vona Horn, Ginnie Schuster, and Rita Girard. Thanks to all of you servers, everything was delicious!!



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# Woodburn Estates Men’s Golf Club

## Woodburn Estates Men’s Golf Club August 4, 2015

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

**ROLL CALL:** A quorum was established. Officers and Committee Chairmen/ Members present were: Fred Bourne, Len Westphal, Jim Worley, Chuck Johnson, Allan Lindberg, Paul Eaton, Clint Hansen, Bob Price, Stan Hiller, Gene Balfour, Gene Stiles, and Steve Hobson. A total of 24 members attended the Meeting.

**PRESIDENT’S REPORT:** President Bourne acknowledged the winners of the Over 80 Tournament as follows: Bob Scholer, Gross Winner, with a score of 41 (Three way tie with Scholer winning based on the Western Breakdown); Sherman Rogers, Net Winner, with a score of 31. President Bourne then acknowledged the winners of the Club Championship as follows: Fred Bourne, Club Champion; Dennis Wichert, winner of the Second Flight; Don Pooschke, winner of the Third Flight; and Stan Hiller, winner of the Fourth Flight. President Bourne then reported that the End of Watch Tournament scheduled for August 15, 2015, now has 29 teams signed up to play, including 13 teams from Woodburn Estates & Golf. He stated that the 29 teams represent the most participants in the history of the End of Watch Tournament. The Watch Commander and his wife are scheduled to play in the tournament. President Bourne then requested two volunteers to assist with the tournament. Stan Hiller and Gene Stiles agreed to volunteer as needed. The tournament has a shotgun start of 9 a.m. There will be two beverage carts operated by young ladies. The beverages are included in the entry fee, but tips are encouraged for the young ladies operating the beverage carts.

**VICE PRESIDENT’S REPORT:** VP Len Westphal had nothing to report.

**TREASURER’S REPORT:** Treasurer Jim Worley stated that the balance of the Club’s funds at the beginning of July was \$2,783.22. During July, there was an expense for donuts for \$47.92 and a deposit made of \$265.00, leaving a current balance of \$3,000.30.

**SECRETARY’S REPORT:** Secretary Chuck Johnson had nothing to report.

### COMMITTEE REPORTS:

**OGA:** Paul Eaton had nothing to report.

**Mixed Tournaments:** Allan Lindberg stated that there are only two Mixed Tournaments remaining this year. He also reported that the Mixed Tournament fund has balanced out thus far, taking in the approximate amount of money spent for these events.

**Handicap:** Clint Hansen stated he was pleased with the set up and outcome of the Club Championship, but disappointed in the lack of participation. He would like to see around 60 participants. Members of the Club need to support the Club Championship. The consecutive three days of play has previously been discussed and approved as the Club Championship is meant to be a competitive and demanding tournament. It was mentioned that the Club Championship played this year was on the three hottest days of the summer. Member Ken Bourne suggested that the Club Championship be moved to September as August is a busy month for various tournaments and the weather would undoubtedly be cooler. This is an option that will be discussed by the Golf Committee.

**Rules:** Gene Balfour reviewed the rule for a ball that stays in a tree and is identified by the golfer. A discussion then ensued relative to the three options available to the golfer in this situation.

**Sunshine:** Bob Price stated that he sent out 5 appropriate cards in July to the following individuals: Pete White, Farmer Fiebiger, Dorothy Monnier, Nancy Littlemore, and Kim Kilgore.

**Membership:** Stan Hiller reported that in 2006 there were 553 golfers who paid the annual golf fee. That number has steadily declined, but Stan reported that in the current year there are 255 golfers compared with 254 golfers at this time last year. The breakdown is 163 men golfers and 92 women golfers.

**CLOSING COMMENTS:** Stan Hiller recommended that new members who move in during the year be allowed to pay the \$40 Men’s Golf Club Fee rather than \$45. A discussion ensued on how to encourage more golfers in our community. Dick DeFerrari suggested free golf lessons. Will Abshere asked if new members are still receiving complimentary rounds of golf. Jim Worley verified that new members receive a free round of golf for four with a cart. Steve Hobson stated that the New Member Meetings that are held should have a golf representative there to encourage golf and explain the different golf clubs and programs available. President Bourne stated that we are now publicizing our Associate Golf Member annual fees in the Woodburn Independent and at the Portland Golf Show. He also suggested that we could advertize our annual Associate Golf Member annual fees in the Salem newspaper, the Statesman Journal. Dick DeFerrari suggested that the Salem area is a large market where we should be soliciting new Associate Golf Members. Stan Hiller stated that we are already publicizing our golf course and rates in several other publications. Kurt Benson stated that the rings in the cups often are not at ground level, a problem that needs to be addressed by the Golf Committee and the golf course maintenance crew. Clint Hansen stated that often the rings are moved within the cup when golfers use their putter to pull their ball out of the hole, a problem that has previously been addressed. Kurt Benson also stated that the dress code for the golf course is much more stringent for male golfers when compared to the female golfers. There is an issue with golf carts parked in the shade and yet on the golf course on the right side of the 9th hole. President Bourne reminded that golf carts are not allowed to be parked on the golf course as they can come into play during the course of a round. Paul Eaton suggested to Allan Lindberg that the tables that are set up for the Mixed Tournament dinners are too close together, making it difficult for people to move thru the aisle to their chairs. Allan will ensure that the tables are set up to allow for more space. Gene Balfour stated that this is his last year to reside in Oregon as he and his wife will be living in a warmer climate. He expressed how he will miss his association with the Club and its members. He also reminded the members that Bob LaVere is still at the Hope Village in Canby, Oregon, and would welcome any visitors or phone calls. He can be reached at (503) 984-4871. Gene Balfour then addressed the enclosed patio deck off the Golf Lounge. He stated that the Men’s Golf Club paid for the installation of the enclosed patio deck and wondered why it is used by the general public. Will Abshere and Chuck Johnson informed Gene that the subject enclosed patio deck is considered “common area” and available to all members of the Association. Will Abshere further informed Gene that the Country Cottage Restaurant was concerned as to whether our facility would be large enough for their patrons. To encourage the Country Cottage Restaurant to relocate to our facility, owner Renee Hayes was granted access to the enclosed patio deck and the golf lounge to accommodate their patrons. Will Abshere stated that he was sure that Renee would allow the enclosed patio deck to be reserved for a specific time on Men’s Golf Play Thursday if requested in advance.

**CLOSING:** President Bourne moved that our Meeting be adjourned, motion seconded, approved, and the Meeting adjourned at 11 a.m.

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

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Ladies Club Champions: Merra Frochen, 9-hole; Susan Gsell, 18-hole

by Paula Kilgore

The 2015 Ladies Club Championship was held on August 10th and 12th with 53 ladies competing in this 2-day event. The Overall 9-hole Champion was Merra Frochen with a score of 107 Gross and the 18-hole Champion was Susan Gsell with a score of 170 Gross. The following results for gross & net are shown below. The rest of the field scores are posted in the golf lounge.

- 9-hole First Flight: Gross #1 Sharon Price; Net #1 Nancy Reed.
- 9-hole Second Flight: Gross #1 Maxine Horton; Net #1 Becky Butts.
- 18-hole First Flight: Gross #1 Carol Bettendorff; Net #1 Terri Smith.
- 18-hole Second Flight: Gross #1 Georgia Kehr, Net #1 Mickey Harrison.
- 18-hole Third Flight: Gross #1 Nell Crawford, Net #1 Betty Yaws.

Golf was followed on Wednesday, August 12th, with Awards and a luncheon catered by Country Cottage Restaurant.

I want to say Thank You to the Pro Shop and to Marlene Johnson and Clint Hansen for the hard work they put in helping make this a success

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**Deadline for Articles, Thursday, September 3, 9:30 a.m.**

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

**DOWNSIZING SALE:** 1635 Sallal Road – Saturday, September 5, 8-4. Computer desk, silk floral arrangements with vases, CDs, angel collection, set golf clubs, games, VHS collection, plus other miscellaneous. Call 503-982-8686.

**FOR SALE:** Worx battery-operated lawn mower, used only 1-1/2 seasons. It is great for a small lawn. \$75 OBO. Worx battery-operated edger, used only twice \$50 OBO. Call 503-982-4857.

**FOR SALE:** Yamaha Baby Grand Piano, Model C2, finished in American Walnut in very good condition, I'm the original owner. It is tuned twice a year and is a great piano that has seldom been played, perfect for home or church or...? \$12,000. Check out the prices for the C2 in Walnut at the Yamaha dealer in Salem or Portland, you'll buy mine! Call Wally 503-981-0027.

**FOR SALE:** Delta scroll saw 16" variable speed. Like new. \$30. Call Rick 503-981-5664.

**FOR SALE:** Downsizing – Ethan Allen 7' couch (cream, light blue/mauve). Excellent condition. \$100. Solid oak dining set (5' + leaf) with 6 wicker-back chairs. Great value. \$150. Two steel trellises w/baskets. \$40 for both. Quilter's floor frame (seats 6). New in box. \$50. Photos of all are on the bulletin board by the restaurant. Call 503-263-4665.

**WANTED:** Set of twin beds, preferably maple. Call Carole 503-981-5664.



July 25: (L to R) 4th Felix Morales & Barbara Briskey; 2nd Mike Cranford & Carol Bettendorff; 1st Sam Rice & Gloria Bourne; 3rd Janice & Ron Aiken

**Pay at Sign up**

**Labor Day  
September 7, Monday  
Mixed Golf Tournament  
Sponsor  
Cascade Park**

**The menu by Gary's BBQ on Wheels:**  
Turkey w/Dressing  
Mashed Potatoes  
Fruit Salad  
Peas and Ham Salad  
Rolls & Butter  
Dessert

**Please bring your own plates and eating utensils to the Auditorium.**

**Sign up:** 8/15 through 8/30, entry fee is \$16.00 each – **Shotgun start at 8:30 a.m.**  
Dinner - September 7 at 5:00 p.m. - Dinner fee is \$16.00 each  
**Note:** caterer needs 7 day advance notice.

**Game format:**  
4-person Scramble, and minimum 4 drives each,  
HDGP percentages: 20%, 15%, 10%, 5% of A, B, C, D players.  
Make your own 4-some

Must play 5 games  
before event to  
establish  
Handicap to play.

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# End Of Watch Golf Tournament

August 15, 2015



End of Watch had their own signs including one with our name & main phone number. Thank you!



Mixed team - Mike Dykes, Carol Bettendorff, Lon & Nancy Reed



One of the 16 End of Watch teams



Ken Bourne, Chuck Stein, Ron Aiken

## \$100 off New Systems

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1

17

41

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Join us at Cascade Park for some Bingo fun and a chance to win prizes! Refreshments will be provided.

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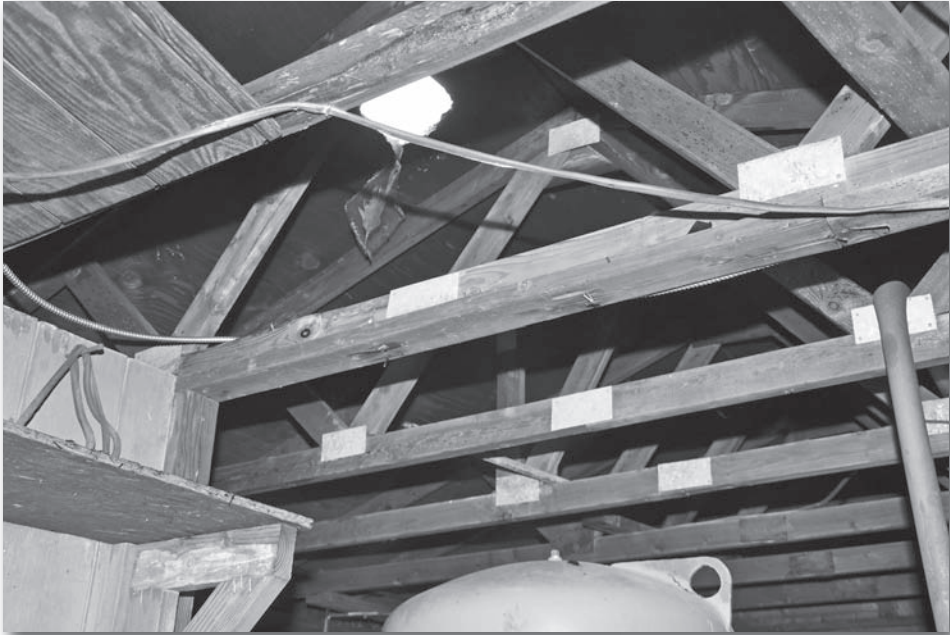
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## Big News and Sad News for Music Makers

by Cathy Williams

Our first meeting of the fall season will be a potluck on Monday, September 14th, at 1 p.m. in the Auditorium. Don’t come over on Labor Day; we won’t be here. Bring a hot dish, salad, or dessert and your own table service. No meat is being cooked for us this time.

It is with great sadness that we learned of the death of our beloved Vice President LaVerne Morris. She was found in her home by the police after her son requested a wellness check. A memorial is being planned. The place and date will be announced later.

Several of our regulars will be on a cruise on September 14th. Bob Trojak, our new president, is working hard to keep this group running smoothly. Let’s have a good turn out with food and table service in hand. Membership dues are \$5, and sign up for cookie donation and decorating is needed and greatly appreciated.

## LaVerne Morris Memorial

by Cathy Williams

A Celebration of LaVerne’s Life will be held in conjunction with the Music Makers program on Monday, September 14th at 1 p.m. in the Auditorium, starting with a potluck. If you want to come to the potluck, bring food and your own table service. If not, come at 2 p.m. The Accordion Club and the Jammers have been given verbal invitations.

LaVerne was an accomplished accordion player and teacher. She served the Music Makers group as Vice-President for many years. This talented, lovely lady, who lived in West Woodburn, will be missed.

## Blue Moon

by Carol Wellington

A “Blue Moon” has always aroused an image of something wonderful and romantic to me. Last month the “Google” website defined the “Blue Moon” as follows: “it refers to the second of two full moons that occur in a single calendar month.” My unscientific notion was clarified.

What effects does a “Blue Moon” have on our daily lives? The fact that my car overheated two different times during this “Blue Moon” phase may be unrelated, but it makes me curious. (The car is currently being rehabilitated at Woodburn Automotive Repair.) I was told by the technician that the hose from the radiator had the shape of an octopus. Could the “Blue Moon” have cast a spell on the hose?

What about my garage door that lost its programming to the remote opener that same day? Does the “Blue Moon” have the technological ability to deprogram such devices? Thanks to Woodburn Garage Door Inc. the garage door opener is now reprogrammed.

Aren’t we fortunate to have local businesses who come to our aid when the moon is blue?

## Watch Your Mailbox!

by Kathy Hiller

Interim General Manager Julia Senter asked me to warn our community about a recent scam where at least one resident on Camellia Way was persuaded to respond to a letter she received bearing a return address: Camellia Way, Woodburn Estates & Golf, Woodburn, OR 97071, with a postmark from zip 92831 which is Fullerton, CA.

**THIS WAS NOT A MAILING FROM OUR OFFICE!!**

- 1. Bogus return address.**
- 2. Postmarked from Fullerton, CA.**
- 3. Recipient needed to reply to their website within 7 days.**
- 4. Probably collecting email addresses.**
- 5. Could have added a virus to the recipients email.**

The invitation read:

“Our neighborhood is using a free private online network called Nextdoor Woodburn Estates & Golf and you should join us. On this website, we share service provider recommendations, items for sale/free, safety concerns, local events and much more.

Please join us to build a better neighborhood!

– Your Camellia Way neighbors

P.S. It’s a great way to meet neighbors and get recommendations for sitters, painters, cleaners and more!”

She was asked to RSVP to their website, using a “free invitation code” that was said to expire in 7 days.

If you have received a similar request, please do NOT respond to anything that seems bogus. Better safe than sorry.



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Keeping Food Safe for Seniors

Submitted by Right at Home

Are those science experiments growing in the refrigerator? Turns out the molds and invisible germs in your fridge can actually kill you, particularly if you are over age 65 or have a compromised immune system. The Centers for Disease Control and Prevention (CDC) reports that every year in the United States, about 48 million people are sickened from eating contaminated food – 128,000 are hospitalized and 3,000 die. Studies reveal that 20 percent of food-borne illness outbreaks – when two or more people become ill from the same contaminated food or drink – start from unsafe food or beverages consumed at home.

To help the public understand the essentials of food health, the Partnership for Food Safety Education sponsors National Food Safety Education Month each September. Formed in 1997, the nonprofit organization works with the food industry, consumer groups and government agencies, including the U.S. Department of Agriculture (USDA) and CDC, to help end food-borne illness and death nationwide. This September’s awareness campaign addresses the importance of properly chilling foods at home and highlights the Partnership’s ongoing program, FightBAC!® (fight bacteria!).

“It is especially important for seniors to avoid eating and drinking unsafe food and beverages,” said Sheryl Sodorff, Community Outreach Administrator, Right at Home of Woodburn. “As we age, our bodies may not digest foods the same way as when we were younger, and our kidneys and liver can become slower in removing toxins. Many older adults live with chronic conditions such as arthritis and diabetes, and these diseases, plus medications to treat the conditions, can make the elderly more susceptible to food-borne illness. Caregivers are often the first line of defense in ensuring seniors eat nutritional foods that are properly handled, prepared and consumed.”

Sodorff notes that older people with cognitive and vision limitations may read food expiration labels and cooking instructions incorrectly, and this can put the individuals at risk for life-threatening infections. A loss of smell with aging also can prevent seniors from determining when some foods go bad. Common food pathogens include Listeria, Salmonella, E. coli, Campylobacter jejuni and Clostridium botulinum, which can lead to symptoms including diarrhea, vomiting, fever and neurological deficits.

Through the FightBAC!® four core messages – clean, separate, cook and chill – the Partnership for Food Safety Education encourages children through seniors to know how to prevent microbial hazards in their food.

• **Clean.** When handling and preparing foods, frequently wash your hands thoroughly with warm water and soap for at least 20 seconds, and clean surfaces that foods touch. Rinse fruits and vegetables well with water, including melons and produce that grow on, in or close to the soil. Drying fruits and vegetables with a paper towel after rinsing helps remove bacteria and limits moisture that contaminants need for growth. When cleaning produce, remove outer leaves, stems, bad spots and dirt because bacteria can thrive in these areas. Also, regularly clean your refrigerator with hot, soapy water, including the storage bins, refrigerator walls and undersides of shelves.

• **Separate.** Raw meat, seafood, poultry and eggs can drip juices on other foods and spread bacteria. Avoid cross-contaminating foods by using a separate cutting board, plates and utensils when handling and cooking raw meat, seafood and poultry.

• **Cook.** Proper cooking temperatures vary with food type and thickness. When microwaving leftovers, be sure there are no cold spots in the food, where bacteria can survive. Stir and rotate foods for even cooking. Food safety guidelines recommend that most foods be cooked to a minimum internal temperature of 160° F, measured with a food thermometer. The USDA provides a chart of safe internal food temperatures that you can keep handy in the kitchen.

• **Chill.** Always refrigerate or freeze perishable foods and leftovers within two hours of purchase or use (one hour when the temperature is 90° F or above). The refrigerator temperature should be 40° F or below and checked with an appliance thermometer available at grocery, hardware or discount stores. Do not thaw foods at room temperature. Thaw foods safely in the refrigerator or use the quick-thaw method of submerging airtight-sealed foods in cold water. Or, thaw food in the microwave and cook it immediately. Marinate foods only in the refrigerator. The Food and Drug Administration (FDA) offers a thorough cold storage chart of how long foods can be refrigerated or frozen safely. For example, keep hard-boiled eggs only up to a week in the refrigerator, and keep ground meat and poultry refrigerated one to two days before cooking and consuming. Cooked ham safely stores in the freezer for one to two months; a frozen turkey, up to a year.

Greater food safety vigilance is needed than in previous generations because today’s bacteria are adapting and becoming more resistant to treatment. “This is where people can help each other stay healthy by following the basic ‘clean, separate, cook and chill’ safety tips,” Sodorff advises. To help ensure older loved ones are protected from food pathogens, Sodorff explains that Right at Home caregivers can assist with shopping for safe, clean foods; properly storing and cooking foods; and providing sanitized cleanup of kitchen and dining areas.


In addition to the Partnership for Food Safety Education, food health resources include the FDA’s Center for Food Safety and Applied Nutrition (888-723-3366).

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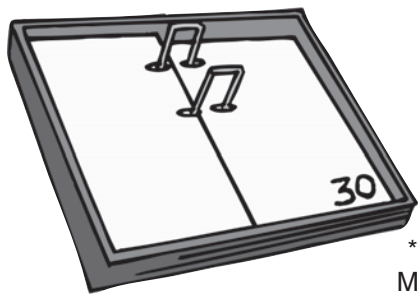
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Ribali, Paul - August 8, 2015  
Lind, Jim - August 11, 2015  
Hodgins, William - August 14, 2015

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# Activities Calendar

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

Saturday, August 29	Sunday, August 30	Monday, August 31	Tuesday, September 1
7:00a Do It Best – Jim Pricket – Golf Course 8:30a Ping Pong Players – DH 9:00a Crafts – Craft Room 11:00p Picnic Country Meadows – Aud/Kit/ DH 3:00p Water Volleyball – Swimming Pool 7:00p Golden Squares A1 or 2 Dance – Aud	4:30p Ballroom Dancing Beginners – Aud 6:30p Ballroom Dancing Intermediate – Aud	8:00a Water Exercise – Swimming Pool 8:00a Fit For You Exercise – Aud 8:30a Estates Quilters – Craft Room 8:50a Walking Club Indoors – Aud 9:00a Ladies Pool – Pool Room 9:00a Walking Club Meeting – Blue Room 9:30a Gentle Yoga – Aud 10:00a Lady Putters – Ladies Lounge 10:10a EZ Bridge Club – Blue Room 11:00a Zumba Gold – Aud 3:30p Sundowners – Gazebo 6:00p Mktg/Pub/Web – Conf 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 Mailbox 9:30a Tai Chi – Aud 10:00a Needle Nook – Card Room 10:00a Mens Golf Monthly Meeting – DH 11:00a Uke Group Beginners – Craft Rm 12:30p Tuesday Afternoon Bridge – Blue Rm 1:00p Uke Group Advanced – Craft Room 1:00p Woodburn Garden Club – DH/Kit 3:30p Water Volleyball – Swimming Pool 5:30p Tuesday Night Poker – Card Room 6:00p Dementia Care Group – Conf Room 6:30p Card Making Class – Craft Room

Wednesday, September 2	Thursday, September 3	Friday, September 4	Monday, September 7
8:00a Water Exercise – Swimming Pool 8:00a Fit For You Exercise – Aud 8:30a Ping Pong Players – DH 8:50a Walking Club Indoors – Aud 9:00a Walking Club Meeting – Blue Room 9:00a Woodcarvers – Craft Room 9:30a Blackjack – Card Room 10:00a Zumba – Aud 11:00a Gentle Yoga – Aud 12:00p Pinochle 5 Handed – Blue Room 12:00p Ladies Pool – Pool Room 1:00p Golden Squares Workshop – Aud 1:00p The Painted Ladies – Craft Room 1:00p Writer’s Group – Card Room 4:00p Rules Meeting – Conference Room 6:00p Wed. & Thur. Eve Pinochle – Blue Rm 7:00p Bingo – DH	All Day <i>News &amp; Views</i> Copy Deadline 8:00a Water Exercise – Swimming Pool 8:30a Estates Quilters – Craft Room 9:00a Bicycle Club – by Mailbox 9:30a EZ Bridge Club – Blue Room 9:30a COFFEE HOUR/Doors Open - Refreshments 10:00a COFFEE HOUR PROGRAM – Aud/ DH/Kit 12:30p Bridge Dup 1st Thursday – Blue Rm 12:30p 1st Thursday Party Bridge – Card Room/DH Foyer/Kit 2:00p Estates Chorus – Aud 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 8:00a Fit For You Exercise – Aud 8:30a Ping Pong Players – DH 8:50a Walking Club Indoors – Aud 9:00a Walking Club Meeting – Blue Room 9:30a Tai Chi – Aud 9:45a Bible Study – Craft Room 10:00a Red Hat Group – Blue Room 10:30a Gentle Yoga – Aud 1:00p Bridge Friday Party – Blue Room 1:00p Bunco – Craft Room 5:00p Friday Funnies – Gazebo	7:00a Mixed Tournament Labor Day – Golf Course 8:00a Water Exercise – Swimming Pool 8:00a Fit For You Exercise – Aud 8:30a Estates Quilters – Craft Room 8:50a Walking Club Indoors – Aud 9:00a Ladies Pool – Pool Room 9:00a Walking Club Meeting – Blue Room 9:30a Gentle Yoga – Aud 10:00a Lady Putters – Ladies Lounge 10:10a EZ Bridge Club – Blue Room 11:00a Zumba Gold – Aud 12:00p Monday 3 Table Dup Bridge 2015 – Blue Room 1:00p Ladies Poker – Card Room 1:30p Music Makers Meeting canceled today only – Aud 3:30p Mixed Tournament Labor Day – Aud/DH/Kit 3:30p Sundowners – Gazebo 6:00p Mktg/Pub/Web – Conf Room 6:30p Water Volleyball – Swimming Pool 7:00p Golden Squares – Aud/Kit/Aud Foyer
		Saturday, September 5	
		8:30a Ping Pong Players – DH 9:00a Crafts – Craft Room 3:00p Water Volleyball – Swimming Pool	
		Sunday, September 6	
		4:30p Ballroom Dancing Beginners – Aud 6:30p Ballroom Dancing Intermediate – Aud	

Tuesday, September 8	Wednesday, September 9	Thursday, September 10	Friday, September 11
7:00a Turkey Shoot/9-hole Women – Golf Course 8:00a Water Exercise – Swimming Pool 8:30a Ping Pong Players – DH 9:00a Bicycle Club – by Mailbox 9:30a Tai Chi – Aud 10:00a Needle Nook – Card Room 11:00a Uke Group Beginners – Craft Room 12:30p Tuesday Afternoon Bridge – Blue Rm 1:00p Uke Group Advanced – Craft Rm 3:30p Water Volleyball – Swimming Pool 5:30p Tuesday Night Poker – Card Room 6:00p Dup Bridge Swiss Pairs – Blue Rm	7:00a Turkey Shoot/18-hole Women – Golf Course 8:00a Water Exercise – Swimming Pool 8:00a Fit For You Exercise – Aud 8:30a Ping Pong Players – DH 8:50a Walking Club Indoors – Aud 9:00a Woodcarvers – Craft Room 9:00a Walking Club Meeting – Blue Room 9:30a Blackjack – Card Room 10:00a Zumba – Aud 11:00a Gentle Yoga – Aud 12:00p Pinochle 5 Handed – Blue Room 12:00p Ladies Pool – Pool Room 1:00p Golden Squares Workshop – Aud 1:00p The Painted Ladies – Craft Room 4:00p Rules Meeting – Conf Room 6:00p Wed. & Thur. Pinochle – Blue Rm 7:00p Bingo – DH	7:00a Turkey Shoot/9 and 18-hole Men – Golf Course 8:00a Water Exercise – Swimming Pool 8:30a Estates Quilters – Craft Room 9:00a Bicycle Club – by Mailbox 9:30a EZ Bridge Club – Blue Room 9:30a COFFEE HOUR/Doors Open - Refreshments 10:00a COFFEE HOUR PROGRAM – Aud/ DH/Kit 12:30p Chicago Bridge Group – Card Room/ DH Foyer/Kit 2:00p Estates Chorus – Aud 6:00p Wed & Thurs Pinochle – Blue Room 6:00p Advanced Line Dance – Aud 6:30p Water Volleyball – Swimming Pool	All Day <i>News &amp; Views</i> Publication 8:00a Water Exercise – Swimming Pool 8:00a Fit For You Exercise – Aud 8:30a Ping Pong Players – DH 8:50a Walking Club Indoors – Aud 9:00a Walking Club Meeting – Blue Rm 9:30a Tai Chi – Aud 9:45a Bible Study – Craft Room 10:00a Red Hat Bunco – Blue Room 10:30a Gentle Yoga – Aud 1:00p Bunco – Craft Room 1:00p Bridge Friday Party – Blue Room 5:00p Friday Funnies – Gazebo

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# News & Views Guidelines

by Kathy Hiller

- GUIDELINES FOR ARTICLES:
- No politics
  - No religion
  - No slander
  - No editorials

The purpose of our newspaper is to inform our residents of events that are coming up and what actually took place. We also publish items of interest involving funny stories, health, exercise, gardening, Woodburn events, etc.



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