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Woodburn Estates & Golf

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2021

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Aug 20	Doug Rowell Trio
Sept 3	Ellen, Gene, & J.P.



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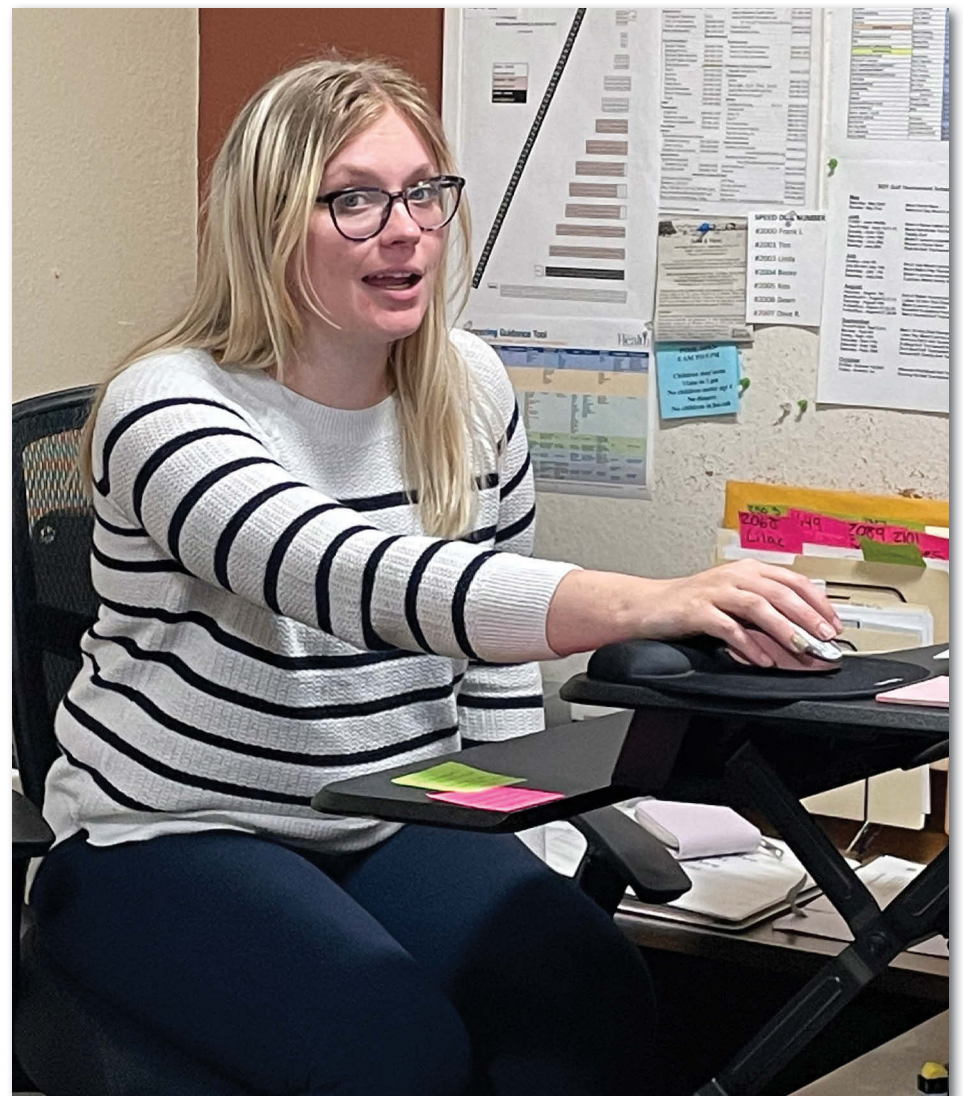
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## Office Front Desk



Anna busily keeping track of WEG community activities

by Editor

We want to extend a hearty welcome to Anna Horning who has started working in the front office. She has the overwhelming task of taking care of the calendar, phone directory, too many other tasks to list. That is no small feat, and we appreciate all her efforts.

Just a quick reminder that if you see that your club is not in the calendar or the information is incorrect, please contact Anna and verify that it is listed on the office calendar correctly. It isn't enough that the office has the form that was filled out. Please verify that it is on the actual office calendar. The *News & Views* only prints what the office gives us so any changes have to be made via the office. It has been a struggle to keep the calendar current and correct but together we can make it happen.

The deadline for any information for the next edition will be 9:00 a.m. on Thursday, August 5th. This will allow time for the office to send the information over to the *News & Views* in time for publication.

## Delivery People And Subs Needed

by Linda Hoover

Our newspaper delivery people do a wonderful job, and we all appreciate their service to our Woodburn Estates community. But we have had 2 people give up their routes recently due to moving away or medical issues, so we need volunteers to replace them. The Walton route has 44 houses, and the Hampton Way route has 24 houses. The paper is delivered twice a month and takes about an hour of your time.

We also need more people to be available to substitute when someone cannot do their route. If you can help with either of these positions, please call Linda Hoover at 503-380-8422.

### News & Views Publication Schedule August 2021

Copy due by 9:30 a.m.  
Thursday, August 5, 2021  
Thursday, August 19, 2021

Publication Date  
Friday, August 13, 2021  
Friday, August 27, 2021

CLASSIFIEDS

Next Publication of *NEWS & VIEWS*  
**August 13, 2021**  
**Deadline for Articles, Thursday, August 5, 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: Rolltop desk in good shape with lots of storage \$350. Call 503-984-6724.

FOR SALE: Ladies 3-wheel bike, 24-inch, one speed, hand brakes, with rear carry basket, dark green color, new condition. \$350 OBO. Call or text (208) 587-2281

FOR SALE: Jazzy Select GT Scooter w/ replacement wheels \$600., Harmar hydraulic chair lift - (fits on trailer hitch) \$500. Wood access ramp 7'6" long & 3'11" wide - \$250. Call 503-318-6344 or 503-559-8904 for more information.

Multi-family garage sale on July 31, 2021, at 2064 Sallal Road. Items include desk and desk footrest, printer, electric lawn mower, queen-sized quilt, camera tripod, books, bookcase, slow cooker, canning pot, tools, women's shoes/boots sizes 9-10.5, clothes sizes XL & 1X, 6-8 medium dresses and much more. Sale starts at 8:00 a.m.-no early birds please.

Estate Sale by Carol's Helping Hands. Dates: 8-5 thru 8-8. Hours: 9-5. Entire home with antiques, furniture, kitchen, garage, patio furniture, craft and decorating items plus much more. See you on the 5th at 1548 Quinn Road.

FOR SALE: Queen size bed with mattress and box. Approximately 5 years old. Excellent condition. The headboard and footboard are made of wood. \$200 oversized brown leather recliner also in excellent condition. \$100. Call 503-902-0536.

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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)

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Volunteers are always needed to help with preparation of copy, proofing, and delivery. 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

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Woodburn  
Estates & Golf  
Active 55+ Community

How to Care for  
Plants Before and  
After a Heat Wave

*by Megan Tewalt (reprinted by permission from AL'S EXPERTS)*  
The recent Oregon heat had us all flocking to the comfort of our homes, but unless our plants are in pots and can be brought indoors, they are stuck outside, bearing the heat wave without an escape. Most summers can be warm, but abnormally high temperatures can be stressful on plants, resulting in sunburn, wilting and even death.  
Thankfully, there are methods that can be used to moderate these damaging effects of the rare Oregon heat. Here are our 5 ways to help your plants survive the summer heat and how to determine if you can revive a 'fried' plant.  
Plants in containers are more vulnerable to extreme heat and weather because the air temperatures can 'cook' the roots as well as the tops of the plants. Shallow-rooted plants such as annuals, especially those in your hanging baskets, can be the most sensitive to the effects of a heat wave, while succulents can tolerate the heat well.

**1. Give your plants extra water.**  
High temperatures will require more watering because there is an increase in the rate the water is lost from your plant's leaves, resulting in sunburn damage and wilting. You will want to increase the amount of supplemental irrigation you give your plants. The best time to do this is the day before a heat wave arrives, so make sure you keep an eye out on the weather forecasts.

When you water your plants is also very important to keep in mind: watering in the middle of the day will not be as effective because your shrubs, perennials and plants are devoting their energy to surviving the heat, not taking in water. The best time to water plants is in the morning when temperatures are lower.

Make sure to avoid over watering because this can also harm your plants, even in a heatwave.

**2. Skip Fertilizing**  
Plants use all their resources to survive a heat wave and cannot spare the energy needed to take in fertilizer. Instead, the fertilizer remains in the soil and can burn the plant. When the hot weather is over, you can return to your regular fertilizing schedule.

**3. Avoid pruning.**  
When you see the sunburned growth on your plants it can be tempting to prune it away but put away your pruners! This sunburned foliage is protecting the interior of your plant by providing shade and coverage from the sun. Wait to prune away this sun-damaged growth until the temperatures return to normal. To be extra safe, wait until the summer is almost over before you prune just in case there is another heat wave.

**4. Provide Temporary Shade**  
On a hot day, we all keep an eye out for a shady spot to escape the heat, unfortunately, plants cannot move toward or into the shade, but we can bring the shade to them. Shade cloth and landscape burlap can be placed on top of the plants to protect them from the sun by screening out most of the sun that will hit them.

If you have container plants, it is beneficial to have them on rollers so that you can move them around as needed to put them into shady areas.

**5. Mulch, mulch, mulch**  
Roots can also be affected by hot temperatures. Adding a layer of mulch around ground covers, shrubs and trees will keep the soil a couple of degrees cooler while stopping it from drying out.

Apply your mulch about 3 inches thick around the plants, spreading it near the drip line or water source and make sure to keep it about 6 inches away from tree trunks.

**Dead or alive?**  
The effects of a heat wave can leave your plants 'fried', so how can you tell if it is dead or alive?

**Wilting**  
When a plant is unable to take up water quickly enough to replace what it has lost is common with unusually hot weather. Each plant has its own "permanent wilting point" that determines if it can recover or not. If it goes past this point, there is no amount of water or care that can bring it back. If your plant's leaves begin to plump up after you have watered it deeply, then the plant should be fine.

**Sunburned leaves**  
When this happens, check to see if the stems are pliable or green; if they are, your plant is still alive. If there is any green present on the leaves, this also means your plant is salvageable. Like we mentioned above, avoid removing the sunburned leaves until the heat wave is over because they protect the healthy parts of your plant.

**Replacing Plants**  
One of the hardest decisions we can make as gardeners is whether to keep a plant or annual that is on the decline. The best thing you can do, after you have determined the plant won't survive, is to remove the plant and take it as an opportunity to give your garden a refresh. It saves you from having to constantly worry about the plant and whether it has survived the heat.

Newsprint vs Digital –  
News & Views Online

*by Kim Farquharson*  
It has been very enjoyable to take pictures and add them to the *News & Views*. Some of these pictures are really beautiful, and I am always excited for the paper to come out so they can be shared. However, there is often a hint of sadness because the clarity of the picture is muffled by the newsprint. That is when I realized that it was possible to see them 'in all their glory' by going online.  
Go into the webpage: <https://woodburnestatesgolf.com>, click on "Latest News & Views" and you will be able to see each edition. I found it was so helpful to have the calendar on my phone for an easy reference.

This&That

from the WEG Activities Committee

*by Karen Linton, Activities Committee*

We're back!! Coffee Hour will be starting back Thursday, August 5!! It will be pretty much the same as pre-Covid with very few differences. We will be serving individually wrapped pastries instead of donuts, at least at first. Coffee will be poured for you, no self-service. Please wear a mask if you have not been vaccinated. First hour's entertainment will be music by Ellen Whyte. Check out the large flyer on the front page of this N&V to see upcoming weeks' programs. Note that after Coffee Hour on August 19 there will be a special presentation on Emergency Preparedness. Plan to stay for that or if you cannot attend Coffee Hour, come by at 11 am for that presentation!

Also, check out the Bingo article on another page in this edition. Bingo will start on Wednesday, August 11. There will be changes in Bingo procedures as stated in the article. Please remember that Woodburn Estates & Golf is a privately-owned entity and therefore, we can have different and/or more stringent rules than those announced by the State. Please cooperate with these rules so that we can have more activities for everyone.

Our fundraiser for the kitchen was fun and we did well for selling a small piece of wood souvenir! It is not too late to donate more, just bring your donation to the office. We had many people buying a coaster or two and even giving us individual donations including a member who gave a substantial donation. The dishwasher is used by the whole community for Coffee Hour, lunches, dinners, meetings tournaments and any event with food.

Also, our summer concert series is starting!!! Cascade Park has generously agreed to sponsor the whole series. The first concert will be August 6, the second the 20th of August and the third will be held September 3, all at 4 p.m. at the gazebo. Please check the graphic in another section of this N&V for all details.

Please note that at this time, we are asking that ALL our activities be for members only and no guests invited. This may change in the future. Thanks in advance for your understanding and cooperation.

As stated in an ad in this edition, since we are beginning to have our activities starting up, we need volunteers to help make the activities successes. Some of our previous volunteers are no longer available, so if you can assist with one event for one hour or several hours over several activities, we welcome your help!! Call the office and leave your name and phone number and someone will contact you!

Music at the Library



L-R – Betty Yaws, Mickey Harrison, Jeannette Johnston



L-R – Linda Reynolds and Vivian Cameron enjoying the music

*by Karen Linton*

The City of Woodburn has a series of free, outdoor concerts every Tuesday evening at the library. They will run through August 17 with different bands. The first one was July 13 with 150+ attendees – by my estimation, more than 100 from Woodburn Estates! There is a Mexican food truck and an ice cream vendor on site. Much fun had by all!

Hopefully, many Woodburn Estates & Golf members will enjoy our concerts at the gazebo this summer as well. See the flyer on the front page of this issue of *News & Views* for all the concert dates!

It's Summer!  
Time for Fruit Pizza!



*by Kim Farquharson*

Really, anytime is pizza time! However, the summertime is perfect for the Fruit Pizza with an assortment of fresh fruit. It is amazingly easy to put together.

**Crust:** Start with any basic rolled sugar dough. You can buy sugar dough in a package or use your favorite recipe. Press it into a pizza pan and bake it until the edges are slightly brown - about 14 min at 375°. Let cool completely.

**Sauce:** Blend the following ingredients together to make the 'sauce'. You can modify this by adding whipped cream or melted white chocolate to the basic ingredients. Blend them together and spread on the crust.

1 – 8 oz package of cream cheese, softened  
¼ cup sugar  
½ teaspoon vanilla

**Fruit Topping:** Berries, banana, kiwi, mandarins, pineapple... endless possibilities. Whatever you have on hand and enjoy. Arrange the fruit on top in any order.

**Glaze:** My recipe calls for ¼ cup apricot preserves with 1 Tbsp of water added. Brush it on top. If I do not have the preserves, I will use any kind of fruit juice thickened with corn starch...or even lemon juice with sugar added and slightly thickened with corn starch. The purpose of the glaze is to protect any fruit that would turn brown and tie the whole thing together.

You can also take individual cookies and make mini pizzas the same way. Enjoy!!

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Summer Scramble  
August 14, 2021  
Mixed Golf Tournament  
Members Only

Sign up: must pay by check or cash  
8/1 thru 8/9 sign ups, entry fee is \$13.

Game format: check in 8:00 am/shotgun start at 8:30 am

4 person scramble, minimum 3 drives men, 4 drives ladies. Men play from gold tees, ladies play from red tees.

HDPC percentages: 20%, 15%, 10%, 5% of A, B, C, D players

Remember social distancing  
Please pay when signing up



Hot dogs will be provided in the Pro Shop for the golfers during the tournament

# COMING SOON

## 9 & 18 Hole Ladies Club 2021 Championship

9 Hole – July 27 and Aug 3  
18 Hole – Aug 9, 11, and 13

Sign up  
in the Pro Shop

# Men’s Horse Race Winners – July 3rd



Dick Hass, Russ Krussow, Marty Smith, Kevin Burnside, Gary Vogue, Dave Christoff

by Paula Kilgore  
3rd place  
Dick Hass  
Russ Krussow

2nd place  
Marty Smith  
Gary Vogue

1st place  
Kevin Burnside  
Dave Christoff

# Mixed Tournament Results – July 4th

- Flight 1**  
1st Steve & Sue Kreig, Ken & Gloria Bourne  
2nd Jerry Biddle, Betty Yaws, Charlie Bown, Barb Lucas  
3rd Fred & Bernadine Bourne, Bob & Vickie Hibbard  
4th tie Mark & Carolyn Forrest, Dave & Paula Christoff  
4th tie Marty Smith, Connie Cobb, Don Gienger, Karen Halter

- Flight 2**  
1st Larry & Karen Jones, Dave Rushton, Bunny Buckwalter  
2nd Kim & Paula Kilgore, Ron & Janice Aiken  
3rd Larry Dencer, Denise Holloway, Mike Mahaffey, Christine Morris  
4th Kevin & Donna Burnside, Ed & Sheila Hawn  
5th Dave & Nancy Mastalski, Larry Stewart, Kathy Holland

- Flight 3**  
1st Bob & Patty Brown, Ronnie Webb, Marilyn Jeli  
2nd Frank Morrison, Mickey Harrison, Marilyn Dykes, Bob Day  
3rd Paul & Linda Eaton, Vern Hamilton, Karen Morris  
4th Dennis & Olga McCaslin, Jim Prickett, Shirley Uribe  
5th Ron & Margo Sartin, Will & Largo Abshere

# Men’s Match Play Championship



Jamie Swee and Fred Bourne

by Mark Jorgenson  
The final round of the Men’s Match Play Championship was decided on July 13th. Congratulations to Fred Bourne who won the final match 1up on the 18th hole! The tournament began on July 8th with the top 32 qualifiers from the Spring Handicap Tournament.

# 60 Years of Women's WEG Men's Horse Race Golf (1961–2021): Part Eleven

by Diana Lindberg  
1974

Joint Installation of the men and women's presidents was held on Sunday, December 2, 1973, with 200 tickets issued. Entertainment was by the Wrinkle City Trio, Harold Makinster, piano & sax, Glenn Bacon, trumpet and sax, Rita Moran, organ and Ethel Miles, piano.

The Women's Club President was Isabelle Boger. The Men's Club President was Roy Ernstrom.

Opening season was March 20, with a Kickoff Breakfast at 8:00 a.m. and a 9:00 a.m. shotgun start. Play Day was Blind Draw for partners and lunch after play.

They started computerizing the handicaps in 1974. Membership was over 150. July 17 was the date for the annual Fun Day, the theme being "Baskets of Plenty".

A Past Presidents Tournament was held with the new Past Presidents Cup Award, which was engraved. The plan was for the cup to be passed along each year to the new winner. The Past Presidents were honored at the luncheon on September 18.

1975

On December 1, 1974, the combined installation was held once again for the Men's and Women's Golf Clubs with cake and ice cream, coffee, and tea. The entertainment was the Wrinkle City Trio. The 1975 Women's Club President was Luella "Lu" Bennett. The Men's Club President was Rod Larabee.

The Kick-off breakfast was held on March 12, 1975, but no luncheon or meeting until March 19. Ladies hosted the Men's Club in a Big Brother 4-ball eight-some Golf Tournament with 174 players participating.

A picnic was held in the grove of trees off the 17th fairway. This was the first time that the ladies allowed gents on the Wednesday play day.

Home sales continued to be strong with advertising across the northwest, including Seattle as reported in local and area newspapers. (1)

An interesting 4th of July was held as reported in the Capital Journal. The day started with Betsy Ross (Mrs. Jack Rehberg) landing by helicopter delivering a 13 starred flag to her husband, alias Ben Franklin. A large band was seated in front of the front entrance. There was much dancing for all who attended with more good music and lots of "shutterbugs". (2)

Warren Harvey was the new Golf Professional, starting November 1.

Warren followed Jon Jones who was the Professional for only two months. Jon had followed Ralph Coleman who had started on September 1, 1967.

The current Golf Pro Shop was built in 1975 along with golf cart storage on the west side, paid for by fundraising and labor by the golf community.

Woodburn and Senior Estates was given full page recognition in the Statesman Journal in December 1975.

"Woodburn has a lot going for it, and that is A LOT!" said by a resident of the Silverton community. The population grew during the Silverton/Woodburn High School athletics rivalry and Chamber of Commerce promotions followed by the emergence of Senior Estates, which brought the population boom to Woodburn. Today, the count is completely reversed with Woodburn's population at 9,560 nearly doubling that of Silverton at 4,880.

Sun and rain alternated on this fall day when Harold and I decided to renew our acquaintances with our neighboring city. We took Interstate Highway I-5 from Salem to Woodburn and landed right square in the middle of Senior Estates – which meant, of course, lunch at Paul and Emily DeShaw's des Champes Restaurant....

Following lunch, there came a visit with Bill Carlson, manager of Senior Estates Golf and Country Club. "It's a great place," said Bill, referring to Senior Estates. "You just can't believe the way it has grown."

Together we reminisced about the 14 years since the Estates was dreamed up. Few of its kind exist in Western Oregon; and in those 14 years 1,350 homes have been built and the population of the Estates alone is now 2,300.

Headed by a Portland Developer George Brice Jr., Senior Estates was originally planned for 1050 homes in the area which was once known as West Woodburn lying between Woodburn proper and the freeway and North of Highway 214.

A thousand homes were built during the first five years, and more were on the drawing board. Original plans had to be expanded.

"But we didn't know so many were going to play golf," said builder Leo Rush, in 1966 as he prepared for the expansion of the home sites as well as adding another nine holes to the golf course, an addition that created growing pains across Highway 214. These were cured, however, rapidly with the construction of an underpass to carry golfers and other pedestrians under the highway to the newer section of the Estates. The 60-foot-long pipe arch is wide enough for two-way traffic of the widest golf carts.

In addition to the homes at Senior Estates, there is a motel where many guests of the residents are housed, a rather complete shopping center with its side lines of a smaller restaurant, beauty shop, bank and other needed "accessories."

Residents of Woodburn Senior Estates are limited to those over 50 years old (3) with no children at home under 18. Residents now represent almost every state in the union.

- (1) *The Seattle Times*, Sunday, May 11, 1975.
- (2) *The Capital Journal*, Saturday, July 5, 1975.
- (3) Current age requirement is age 55.
- (4) *Statesman Journal*, Sunday, December 7, 1975.

by Paula Kilgore

On the morning of July 3, 16 two-man teams were off to the races. The event was run by the Horse Race Crew, led by Sally Carter and Russ Krussow, with a team of helpers from the Women's Club, Karen Ewing, Connie Cobb, Karen Halter, Bernadine Bourne, Carol Bettendorff and Vicki Hibberd. Dawn Cole, Sherry Hunt and Paula Kilgore followed the group of golfers and observers with the Hot Dog Wagon that contained Costco hot dogs and chips. Water was available for purchase, a fundraiser for the Women's Club.

The event was well organized. The helpers were spotters for the golf shots and worked the chip offs. The low handicapped golfers teed off on the odd holes and it was alternate shot until holed out. The higher handicapped golfers teed off on the even holes. Those teams with the highest scores were eliminated at each hole, in the event of a tie there was a chip off; by the time the group holed out on #7 there were 3 teams left, from there 1 team was eliminated, leaving two teams to play off for 1st place. The teams tied on # 9, meaning they were to go back and replay #9 and they tied again. Leading to the Chip Off for The Win, which came down to the measurement of the closest to the hole.

The clubs will be having the Mixed Horse Race on July 24th and the Women's Horse Race on July 31. Come out and watch; buy a hot dog and have fun in the sun.

## On the Golf Course

by Mark Jorgenson

We're having a whole lot of fun on the course! As we are now in the peak season for golf at Woodburn Estates & Golf, there are many opportunities to participate in events and tournaments. Highlights include Men's, Women's and Mixed golf events. Watch for schedules in *News & Views*, Bugle Blasts, and postings in the Pro Shop.



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# FUN ON THE 4TH!



Louise Davidson



Larry Owens



Diana Meithof, Connie Cobb, Mickey Harrison, Karen Halter, Carol Bettendorff, Paula Kilgore, Janice Aiken, Marilyn Dykes



Denise Holloway, Rosa Nichols, Lynda Mickey, Margo Sartin

## Volunteers Needed

The Activities Committee is looking for individuals and couples to help with our many events. You can choose which events to volunteer for. For more information, please see us at the Resource Table at Coffee Hour.



Woodburn Estates & Golf  
Active 55+ Community

Contestants Needed for... **gameshow**



Now is your chance to be a contestant on future GAMESHOW events. Sign-up at the COFFEE HOUR Resource Table



Karen Ewing




Woodburn Estates & Golf

coffee hour  
RETURNS!

Aug 5th

Music by Ellen Whyte



Aug 12th

Music by Roger & Nancy Wilhite

Aug 19th

GameShow - TRIVIA

Followed by a short Emergency Preparedness Presentation 11:00 - 11:30

Aug 26th

Music by Ken Brewer



Coffee and Pastries

WEG MEMBERS ONLY PLEASE

Thursdays at 9:30am

All scheduled events and performers are subject to change without notice.

Woodburn  
Estates & Golf  
Active 55+ Community

Music  
MAKERS

August 2nd, 2021  
2:30pm in the Auditorium  
Featuring the music of  
TBA

# 7 Things to Know About the Delta Variant

*by Rachel Nania, AARP, Updated July 7, 2021*

While cases of COVID-19 have fallen significantly since the beginning of the year, the coronavirus is still circulating in the U.S. And a new strain is gaining a foothold.

All viruses mutate and they mutate often, says Andrew Pekosz, professor of molecular microbiology and immunology at Johns Hopkins Bloomberg School of Public Health. But when a mutation causes a virus to change its behavior — maybe the virus becomes more contagious or more lethal than previous versions — it gets classified as a variant.

Delta — the World Health Organization (WHO) names coronavirus variants after Greek letters — is the latest variant of concern in the U.S. Here's what you need to know about it.

1. Delta is spreading quickly

One thing that sets the delta variant apart from other coronavirus strains is the speed at which it's spreading. In just a few months' time, the delta variant went from being nonexistent in the U.S. to now making up the majority of new COVID-19 cases, according to data from the Centers for Disease Control and Prevention (CDC). In some areas of the country, it's responsible for nearly three-fourths of new infections.

It's a pattern that's played out in other countries, as well — most notably India, where delta was first identified, and the United Kingdom, where it is also the dominant variant. “As soon as [the delta variant] enters a country, it starts a real upward trajectory and eventually becomes the dominant virus, or at least the majority of virus circulating in that country,” Pekosz says. “So that’s telling us that there’s something about this

virus that’s making it better to transmit in the population, because it’s given [other variants] a head start, and it’s still able to catch up and overtake them in terms of the numbers of infected people.”

2. Delta may cause different symptoms

Some reports suggest that the delta strain could cause different symptoms than other variants. A U.K. study that tracks COVID-19 symptoms through an app, for example, reported a change in the top-ranked symptoms since delta starting dominating.

Cold-like symptoms, including headache, runny nose and a sore throat, now top the list in the ongoing study, while more traditional COVID-19 symptoms — loss of smell, shortness of breath, fever and persistent cough — have since moved down. And doctors in the U.S. are noting a similar trend, especially in areas that have some of the highest rates of delta cases, NBC News reports.

One possible explanation for the shake-up in symptoms: Younger people are less likely to get severe disease from a coronavirus infection than older adults, says Lisa Gralinski, an assistant professor of epidemiology at the University of North Carolina's Gillings School of Global Public Health. They are also less likely to be vaccinated. About 78 percent of Americans 65 and older are fully vaccinated, whereas about 8 percent of 18- to 24-year-olds and about 20 percent of 25- to 39-year-olds are fully vaccinated.

Then there’s the question of whether the new set of symptoms is “something that's more intrinsic to this variant that's on the rise,” Gralinski notes. “I don't think we have enough information to really know that yet.”

3. The variant could be to blame for severe disease in some communities

There isn't solid evidence to suggest that the delta variant is deadlier than other coronavirus strains, says Wafaa El-Sadr, M.D., professor of epidemiology and medicine at Columbia University. But CDC Director Rochelle Walensky suggested in a July 1 briefing that the variant may be to blame for a surge in hospitalizations in some communities with low COVID-19 vaccination rates.

New COVID-19 hospital admissions increased slightly in the U.S. between the week of June 16 and the week of June 23, CDC data shows. Spikes were especially noticeable in regions where the delta variant is circulating more widely.

4. COVID vaccines provide strong protection against delta

The delta variant “evades a little bit of the immune response that's generated after vaccination,” Gralinski says. Even so, it’s no match for the authorized vaccines, which experts say provide a high level of protection against delta and other variants circulating in the U.S.

Pointing to a handful of new studies, Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, said in a recent briefing that after both doses, the mRNA vaccine from Pfizer-BioNTech is about 80 percent effective at preventing infection from the delta variant, 88 percent effective at preventing symptomatic disease and 96 percent effective at preventing hospitalization caused by delta. New data out of Israel, however, shows lower rates of effectiveness — around 64 percent protection from infection and 93 percent protection from serious illness and hospitalization. (Moderna's vaccine also uses mRNA technology and has shown similar rates of overall effectiveness to the Pfizer-BioNTech in previous studies.)

The key to this protection, however, is full vaccination, Pekosz says. “If you've only gotten one of your mRNA shots, that’s where you can really see the delta variant being able to evade some of those immune responses,” he says. In fact, one dose of the two-dose mRNA vaccines was found to be only 33 percent effective at preventing symptomatic disease caused by the delta variant in a preprint study out of the U.K.

"So if you've got a good strong immune response generated by both doses of the mRNA vaccine, then you should be in a good place," Pekosz says. “But if you're only partially immune — if you're in between doses or if you take in the first dose and you decide to skip the second dose — then you're in an area where the vaccine may protect you against older strains, but it may not be enough immunity to protect you against the delta variant.”

Johnson & Johnson released a statement on July 1 noting that its one-shot vaccine “generated strong, persistent activity against the rapidly spreading delta variant and other highly prevalent SARS-CoV-2 viral variants.” The studies containing this data are currently being submitted for publication. Hours before J&J's announcement, Fauci said it's reasonable to assume the effectiveness of J&J's vaccine is on par with AstraZeneca's vaccine, which uses the same viral vector technology. The AstraZeneca vaccine, which isn’t authorized for use in the U.S., has been shown to be 60 percent effective at preventing infection and 92 percent effective at preventing hospitalization caused by the delta variant.

Experts will be keeping a close eye on the strength and duration of these vaccines — especially in more vulnerable populations. Pekosz doesn't see the need for a national booster campaign yet but says it's not outside the realm of possibilities that “highly vulnerable populations might be asked to go in and take a booster that consists of the delta variant or maybe the next variant that comes by, just to make sure that they're maintaining that level of immunity.”

5. You may still want to keep your mask handy

Fully vaccinated individuals no longer need to wear a mask in most situations, according to CDC guidance issued in mid-May. But experts say you may want to keep one handy — especially with delta on the tear.

The reason? No vaccine is 100 percent effective at preventing infection or illness, and with a highly transmissible virus gaining traction in a number of communities throughout the country, a little extra caution makes sense, Pekosz says: “If you know you're in a situation where you'll be coming in contact with people who might be carrying the virus, it's always best to have another layer of protection, like a mask or some level of social distancing.”

Los Angeles County recently recommended that its residents, regardless of vaccination status, wear masks in indoor public settings “until we better understand how and to who the delta variant is spreading.” The area has seen a surge in new COVID-19 cases, likely attributable to delta.

Timothy Brewer, M.D., a professor of medicine and epidemiology at the University of California, Los Angeles (UCLA), says there's no good evidence to suggest that vaccinated individuals need to mask up when they're outside, but it's “probably reasonable to consider wearing a mask when you're indoors and around lots of other people, particularly if you can't physically distance.” He still wears a mask at the grocery store and says he would do the same if he were going to a large indoor event “like a concert or a movie theater.”

It's unclear whether other communities will follow L.A. County and issue new mask guidelines. In the meantime, experts say, pay attention to what's happening in your area. If vaccination rates are high where you are, there's less of a risk. “The more you're exposed to people who are unvaccinated, that possibility of getting infected increases,” El-Sadr says.

Keep this in mind, too, as you travel this summer — especially considering that more than one-third of U.S. counties have vaccination rates under 30 percent, according to CDC data.

"If the risk increases, why not do something to help mitigate that risk? Mask wearing is an easy” solution, Pekosz says.

## Sudoku

Level 1 (easy)

6	5							
			2	3		4		
	3			8	6			2
				4	3			
	1	8				7		
			5					
	8			6				5
7			1			8		
		9			2			

Level 3 (hard)

						9		2
1		3		2			5	
			5					
	3		9	6				1
	8			3	7	4		
		7			8			
	5				2			
8	6	9					2	
7					9			

# Oregon Leadership Academy Press Release: Lorrie Cox Joins Oregon Leadership Academy Class of 2021



**Salem, OR** – Each year, just 20 Oregon Leadership Academy participants are chosen from REALTOR® applicants statewide. Academy participants work together in training courses, combining individual study, group session and actual project experience using leadership skills. Training sessions include identification of leadership skills, team-building exercises, procedures for goal setting, personal profile analysis, network building and improving communication skills.

“I am so proud of this year’s Leadership Academy graduates,” said Oregon REALTORS® CEO Jenny Pakula. “We look to this program to produce the leaders of tomorrow in our Association, and the future has never looked brighter.” Since its inception, 134 graduates have joined the ranks of the Oregon Leadership Academy.

The Academy opened for 2021 with a virtual March session that included personality assessments and an authentic leadership session with Marshall Snider of “Because People Matter”, an Advocacy Panel with Leigh Brown, National Association of REALTORS® 2021 Vice President of Advocacy, and a Volunteer and CEO Relationship panel with Oregon Bankers and Associated General Contractors.

Session two was held in person at Mount Hood Resort and included Leadership Traits with 2018 NAR President Elizabeth Mendenhall; “How to be a Leader in Today’s World” with 2018 Florida REALTORS® President, Christine Hansen; and “The State of Real Estate” with Denver Metro Association of REALTORS® CEO, Nobu Hata.

The third session, which took place in June at Sunriver Resort, covered Communications, Presentation Skills, and Media Training with Dr. Joy Jones, Assistant Professor of Business Studies Management at Stockton University. A reception with past Leadership Academy graduates, and the first annual OLA golf tournament was held here.

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...continued from page 9

**6. Delta won't be the last variant to pop up**

Not only does vaccination help prevent infection and illness from the delta variant and others out there (there are currently four “variants of concern” circulating in the U.S.), but vaccination also helps to keep new and potentially more dangerous variants from popping up.

That's because every time the virus jumps to a new person, its chances of a mutation increase. “But if we break the cycle of transmission and decrease the number of infections in a community, that is the best defense against the evolution and the development of these new variants,” El-Sadr says.

**7. Be vigilant, not alarmed**

While the delta variant’s rise to dominance is concerning, “there's no reason to be alarmed,” El-Sadr says — especially since the vaccines can protect people from infection and prevent serious illness. “That's important. I don't want people to be absolutely panic stricken about this,” she adds.

The advice of experts: Get vaccinated if you haven't already, and if you're holding out on your second shot in a two-dose series, go back and complete it. Also, if you're sick, stay home — even if you are vaccinated, UCLA's Brewer says. “And remember to wash your hands after you're been out and try to maintain your physical distancing.”

Finally, “use your judgment,” El-Sadr says. “If you're in a crowd that makes you feel uncomfortable, especially when you don't know whether people are vaccinated or not, it's prudent to put a mask on to protect yourself.” Doing so will also protect others around you, should you get infected and unknowingly pass it on, El-Sadr adds.

Source: <https://www.aarp.org/health/conditions-treatments/info-2021/delta-coronavirus-variant.html>

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# Hey, Bingo Lovers!

*by Alice Weaver*

After suffering through all the shutdowns of Covid-19, we are at the end of a 16-month dry spell. We are eager to get Wednesday Night Bingo started again and it looks like August 11th. There's lots to do to get ready including equipment checkout and new caller training.

We want to be very careful about the safety and well-being of our players, so there will be some restrictions in place. We are working within the guidelines set down by the state, our county and Woodburn Estates & Golf.

We invite MEMBERS ONLY to our reopening. No guests at this time.

**VACCINATED MEMBERS:**

Each member attending must show proof of Covid-19 vaccination. Please bring your card with you. You will only need to show this the first time you play as we will register you as vaccinated. Vaccinated members will not be required to wear masks but are welcome to do so if they wish.

**UNVACCINATED MEMBERS:**

If you are not vaccinated, you will be asked to wear a mask during the entire evening. If you are uncomfortable wearing a mask, we invite you to join us when this requirement is no longer necessary. Masks will be provided if you forget yours.

**REFRESHMENTS:**

There will be no coffee served until a later date and please do not bring food to share (unless it is prewrapped i.e. Hershey Kisses, etc). Bring your own (non-alcoholic) beverages. The kitchen will remain closed and off-limits until further notice.

These restrictions are for our mutual protection, because we are a large group sitting in close proximity for a prolonged period of time. There is also consideration given to the highly contagious Delta variant of Covid. These restrictions will be in place until the threat is lessened.

Please enter through the Main (Office) entrance to the Dining Hall. The Auditorium door and other access doors will be locked for entry.

Your full volunteer team will be on duty as helpers, monitors and will be providing for sanitizing of all tables, chairs and the bingo cards.

# Music Jammers

*by Dena Hollod*

WOW!! What a great jam session we had on Sunday, July 11. We had 10 musicians there: a fiddler, a drummer, a mandolin player, plus guitars and singers! What a variety of musicians. It was just GREAT!! Thus, we are moving into the auditorium so that our players will have more room on the stage. They were pretty crowded last Sunday on the small stage in the dining hall. So, remember: JAM SESSIONS WILL BE HELD IN THE AUDITORIUM STARTING JULY 25 AT 1 P.M. AND we had a good size audience!! WOW!! We hope more people will keep coming to hear these very talented musicians play.

You don't have to be a musician to join us - just enjoy music. So, come on out and sit with us and enjoy 3-hours of various types of musical talents. We even have coffee and snacks during our short break time.

# Music Makers

*by Dena Hollod*

WHO ARE MUSIC MAKERS? We are a group of music lovers who meet the first Monday of each month in the Woodburn Estates & Golf auditorium at 2:30 p.m. Our yearly dues are just \$5 - which we will be collecting at our next meeting on August 2. Music Makers will have an early dinner at that meeting. Music Makers will furnish the main course and we are asking those attending to either bring a side dish/or salad/or dessert. We will have coffee as well. We hope to get more new people to come and enjoy the musical entertainment that we offer at each of our monthly meetings.



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## VOYAGE OF DISCOVERY: New to Me

# Ladies Laugh & Chat Club



L-R – Candy Steffens, Cecelia McNamee, Louise Davidson, Lyn Robbert, Shirley Child, Karen Ewing, Joann Meads, Martha Frazier

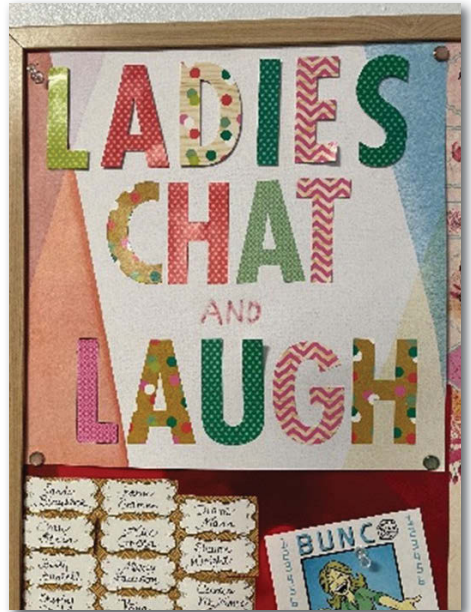


L-R (back) – Martha Frazier, Louise Davidson, Lyn Robbert  
L-R (front) – Shirley Child, Cecelia McNamee, JoAnn Means

*by Kim Farquharson*

In one of my first adventures to look around, I found a door that was marked 'Blue Room'. Having no idea what was behind that door, I carefully opened it to be greeted by a delightful group of ladies. What were they doing? They were laughing and chatting and having a great time! Yes, I had discovered the "Ladies Laugh & Chat" club.

This club started out as a walking club several years ago. They would meet together and walk the streets of the Estates and then return back to the Blue Room to continue their time together. Eventually, as the years came, they moved the walking part inside the auditorium and have continued to meet in the Blue Room every Monday, Wednesday, and Friday from 9:30 – 10:30 a.m.



One thing that they do is try and go out to lunch once a month. They like to explore the different restaurants in the area. When I was there, they were busy discussing which one they should try next. Covid restrictions had stopped this from happening and they were looking forward to returning to these lunch dates. Meanwhile, they would chat about it.

I visited this group again this week. It was fun to see the circle a bit bigger and the conversation flowed seamlessly from one subject to another. They went from discussing landscape ideas, to the best toilet bowl cleaners, to the cost of medication and then settled on one subject that got lots of laughs: sharing all the home remedies to deal with leg cramps – from dill pickles, mustard, putting a bar of soap in the bottom of the bed, to magnesium and potassium.

If you are new to Woodburn Estates & Golf and wanting to get acquainted to make some new friends, this is an excellent place to start.

**Want information quickly and efficiently? Sign up for Bugle Blasts.**

# Calendar

## (July 24-Aug 15)

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

**MONDAY, July 26**

8:00 a.m. - 9:00 a.m. Mermaids Water Aerobics (Swimming Pool)  
8:30 a.m. - 9:30 a.m. Walking Club (Auditorium)  
8:30 a.m. - 2:30 p.m. Quilt Group (Craft Room)  
9:30 a.m. - 10:30 a.m. Ladies Chat & Laugh (Blue Room)  
10:00 a.m. - 11:00 a.m. Zumba Class (Auditorium)  
11:00 a.m. - 12:00 p.m. Tai Chi With Judy (Auditorium)  
1:00 a.m. - 2:00 p.m. Tai Chi For Better Balance (Auditorium)  
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)  
5:45 p.m. - 8:45 p.m. Water Volleyball (Swimming Pool)

**TUESDAY, July 27**

8:00 a.m. - 9:00 a.m. Mermaids Water Aerobics (Swimming Pool)  
9:00 a.m. - 10:00 a.m. Drumercise (Auditorium)  
9:00 a.m. - 10:30 a.m. Ping Pong (Dining Hall)  
10:00 a.m. - 3:00 p.m. Progressive Hand & Foot (Blue Room)  
11:00 a.m. - 2:30 p.m. Ukulele Jam & Lessons (Craft Room)  
2:45 p.m. - 5:00 p.m. Water Volleyball (Swimming Pool)

**WEDNESDAY, July 28**

8:00 a.m. - 9:00 a.m. Mermaids Water Aerobics (Swimming Pool)  
8:30 a.m. - 9:30 a.m. Walking Club (Auditorium)  
9:00 a.m. - 10:30 a.m. Ping Pong (Dining Hall)  
9:00 a.m. - 12:00 p.m. Wood Carvers (Craft Room)  
9:30 a.m. - 10:30 a.m. Ladies Chat & Laugh (Blue Room)  
10:00 a.m. - 11:00 a.m. Zumba Class (Auditorium)  
11:00 a.m. - 12:00 p.m. Yoga (Auditorium)  
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)

**THURSDAY, July 29**

8:00 a.m. - 9:00 a.m. Mermaids Water Aerobics (Swimming Pool)  
8:30 a.m. - 2:30 p.m. Quilt Group (Craft Room)  
11:30 a.m. - 2:00 p.m. Activities (Dining Hall)  
5:30 p.m. - 9:00 p.m. Pinochle Group (Blue Room)  
5:45 p.m. - 8:45 p.m. Water Volleyball (Swimming Pool)

**FRIDAY, July 30**

8:00 a.m. - 9:00 a.m. Mermaids Water Aerobics (Swimming Pool)  
8:30 a.m. - 9:30 a.m. Walking Club (Auditorium)  
9:30 a.m. - 10:30 a.m. Ladies Chat & Laugh (Blue Room)  
10:00 a.m. - 11:00 a.m. Zumba Class (Auditorium)  
11:00 a.m. - 12:00 p.m. Yoga (Auditorium)  
1:00 p.m. - 5:00 p.m. Friday Bridge (Blue Room)  
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)

**SATURDAY, July 31**

2:45 p.m. - 5:00 p.m. Water Volleyball (Swimming Pool)

**SUNDAY, August 1**

1:00 p.m. - 6:00 p.m. Estates Dance & Social Club (Auditorium)

**MONDAY, August 2**

8:00 a.m. - 9:00 a.m. Mermaids Water Aerobics (Swimming Pool)  
8:30 a.m. - 9:30 a.m. Walking Club (Auditorium)  
8:30 a.m. - 2:30 p.m. Quilt Group (Craft Room)  
9:30 a.m. - 10:30 a.m. Ladies Chat & Laugh (Blue Room)  
10:00 a.m. - 11:00 a.m. Zumba Class (Auditorium)  
10:00 a.m. - 12:00 p.m. St. Monica's (Dining Hall)  
11:00 a.m. - 12:00 p.m. Tai Chi With Judy (Auditorium)  
1:00 p.m. - 2:00 p.m. Tai Chi For Better Balance (Auditorium)  
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)  
2:00 p.m. - 4:00 p.m. Music Makers (Auditorium)  
5:45 p.m. - 8:45 p.m. Water Volleyball (Swimming Pool)

**TUESDAY, August 3**

8:00 a.m. - 9:00 a.m. Mermaids Water Aerobics (Swimming Pool)  
9:00 a.m. - 10:00 a.m. Drumercise (Auditorium)  
9:00 a.m. - 10:30 a.m. Ping Pong (Dining Hall)  
10:00 a.m. - 3:00 p.m. Progressive Hand & Foot (Blue Room)  
11:00 a.m. - 2:30 p.m. Ukulele Jam & Lessons (Craft Room)  
2:45 p.m. - 5:00 p.m. Water Volleyball (Swimming Pool)

**WEDNESDAY, August 4**

8:00 a.m. - 9:00 a.m. Mermaids Water Aerobics (Swimming Pool)  
8:30 a.m. - 9:30 a.m. Walking Club (Auditorium)  
9:00 a.m. - 10:30 a.m. Ping Pong (Dining Hall)  
9:00 a.m. - 12:00 p.m. Wood Carvers (Craft Room)  
9:30 a.m. - 10:30 a.m. Ladies Chat & Laugh (Blue Room)  
10:00 a.m. - 11:00 a.m. Zumba Class (Auditorium)  
11:00 a.m. - 12:00 p.m. Yoga (Auditorium)  
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)

**THURSDAY, August 5**

9:00 a.m. - 11:00 a.m. Coffee Hour (Auditorium, DH, Kitchen)  
8:00 a.m. - 9:00 a.m. Mermaids Water Aerobics (Swimming Pool)  
8:30 a.m. - 2:30 p.m. Quilt Group (Craft Room)  
11:30 a.m. - 2:00 p.m. Activities (Dining Hall)  
5:45 p.m. - 8:45 p.m. Water Volleyball (Swimming Pool)

**FRIDAY, August 6**

8:00 a.m. - 9:00 a.m. Mermaids Water Aerobics (Swimming Pool)  
8:00 a.m. - 2:00 p.m. Ladies Club, Summer Fun Tournament (Dining Hall)  
8:30 a.m. - 9:30 a.m. Walking Club (Auditorium)  
9:30 a.m. - 10:30 a.m. Ladies Chat & Laugh (Blue Room)  
10:00 a.m. - 11:00 a.m. Zumba Class (Auditorium)  
11:00 a.m. - 12:00 p.m. Yoga (Auditorium)  
1:00 p.m. - 5:00 p.m. Friday Bridge (Blue Room)  
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)  
4:00 p.m. Summer Concert Series (Gazebo)

**SATURDAY, August 7**

12:00 p.m. - 5:00 p.m. End of Watch Memorial Tournament (Dining Hall)  
2:45 p.m. - 5:00 p.m. Water Volleyball (Swimming Pool)

**SUNDAY, August 8**

1:00 p.m. - 2:00 p.m. Music Jammers 2021 (Auditorium)

**MONDAY, August 9**

8:00 a.m. - 9:00 a.m. Mermaids Water Aerobics (Swimming Pool)  
8:30 a.m. - 9:30 a.m. Walking Club (Auditorium)  
8:30 a.m. - 2:30 p.m. Quilt Group (Craft Room)  
9:30 a.m. - 10:30 a.m. Ladies Chat & Laugh (Blue Room)  
10:00 a.m. - 11:00 a.m. Zumba Class (Auditorium)  
11:00 a.m. - 12:00 p.m. Tai Chi With Judy (Auditorium)  
1:00 a.m. - 2:00 p.m. Tai Chi For Better Balance (Auditorium)  
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)  
5:45 p.m. - 8:45 p.m. Water Volleyball (Swimming Pool)

**TUESDAY, August 10**

8:00 a.m. - 9:00 a.m. Mermaids Water Aerobics (Swimming Pool)  
9:00 a.m. - 10:00 a.m. Drumercise (Auditorium)  
9:00 a.m. - 10:30 a.m. Ping Pong (Dining Hall)  
10:00 a.m. - 3:00 p.m. Progressive Hand & Foot (Blue Room)  
11:00 a.m. - 2:30 p.m. Ukulele Jam & Lessons (Craft Room)  
2:45 p.m. - 5:00 p.m. Water Volleyball (Swimming Pool)

**WEDNESDAY, August 11**

8:00 a.m. - 9:00 a.m. Mermaids Water Aerobics (Swimming Pool)  
8:30 a.m. - 9:30 a.m. Walking Club (Auditorium)  
9:00 a.m. - 10:30 a.m. Ping Pong (Dining Hall)  
9:00 a.m. - 12:00 p.m. Wood Carvers (Craft Room)  
9:30 a.M. - 10:30 a.m. Ladies Chat & Laugh (Blue Room)  
10:00 a.m. - 11:00 a.m. Zumba Class (Auditorium)  
10:30 a.m. - 12:00 p.m. Crafts For Fun (Blue Room)  
11:00 a.m. - 12:00 p.m. Yoga (Auditorium)  
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)

**THURSDAY, August 12**

8:00 a.m. - 9:00 a.m. Mermaids Water Aerobics (Swimming Pool)  
9:00 a.m. - 11:00 a.m. Coffee Hour (Auditorium, DH, Kitchen)  
8:30 a.m. - 2:30 p.m. Quilt Group (Craft Room)  
9:00 a.m. - 10:00 a.m. Greens Meeting (Dining Hall)  
11:30 a.m. - 2:00 p.m. Activities (Dining Hall)  
1:30 p.m. - 4:00 p.m. Genealogy Meeting (Conference Room)  
1:30 p.m. - 4:30 p.m. Neighborhood Bunco (Blue Room)  
5:45 p.m. - 8:45 p.m. Water Volleyball (Swimming Pool)

**FRIDAY, August 13**

8:00 a.m. - 9:00 a.m. Mermaids Water Aerobics (Swimming Pool)  
8:30 a.m. - 9:30 a.m. Walking Club (Auditorium)  
9:30 a.m. - 10:30 a.m. Ladies Chat & Laugh (Blue Room)  
10:00 a.m. - 11:00 a.m. Zumba Class (Auditorium)  
11:00 a.m. - 12:00 p.m. Yoga (Auditorium)  
1:00 p.m. - 5:00 p.m. Friday Bridge (Blue Room)  
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)

**SATURDAY, August 14**

2:45 p.m. - 5:00 p.m. Water Volleyball (Swimming Pool)

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**JULY 30, 2021**  
9 A.M. – NOON

**Is it time to declutter and get rid of stuff that is piling up?**  
Fill your trunk and bring it down to Cascade Park for our garage sale!

Please be at the south parking lot no later than 8:30 a.m. to set up.

RSVP to James Nikolas if you are bringing your car to sell.  
Call the community number to RSVP (503) 981-0033.

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