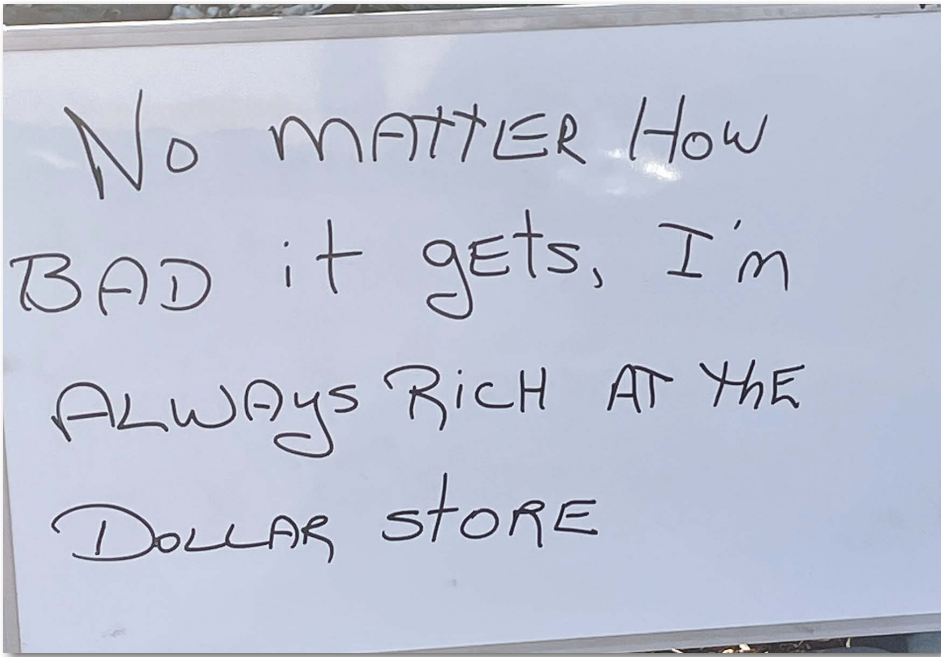
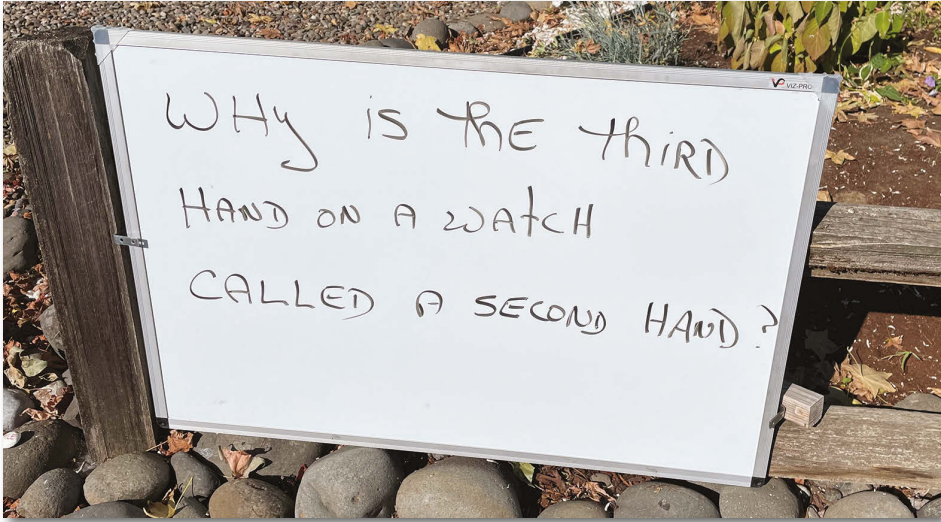


A Sign a Day

Autumn Blues Fest Postponed



Submitted by Sharyn Cornett

If you happen to drive down Umpqua, take a moment to notice this little white sign. Every day, a new little saying is put up on that board. This is the work of Bobi Perkins. She started doing this last winter and it has become quite the project. Lots of folks out walking or driving by have stopped to read it. One day a city bus driver stopped to check it out.

I asked Bobi where she gets her sayings. She said that she has lots of old Readers Digests that she looks at. Also, people who have discovered that she does this are good to send her new quotes. She is always on the look out for something new.

by Bill Coleman, Chairman

With deep reluctance the Woodburn Estates Dance and Social club decided to postpone the “Autumn Blues Fest” until such time as a public indoor event can safely be held at the Estates Auditorium.

Two of the bands selected to perform at the “Autumn Blues Fest” expressed deep reservations about performing indoors considering the current spike in Covid Delta Variant cases in the state of Oregon.

As this current spike passes, and Covid restrictions are lifted, the Estates Dance and Social Club will reschedule these fine artists. The blues festival will be held at a future date undetermined as of this writing. Watch the *News & Views* for more information.

Special thanks go to our sponsors; Lorrie Cox, eXp Real Estate Assoc., Carol Bolton, Senior Health Care Associates and Ben Thomas of Yes Graphics.

Helpful Safety Tip

Submitted by Sharyn Cornett

Keep your car keys and fob close to you, even next to your bed. If you feel scared or nervous about anything, press the panic button. Let the noise from the car scare anyone away. It will also call the attention of any neighbors to come check on you or call. It also helps the fire department locate you quickly.

Block Party

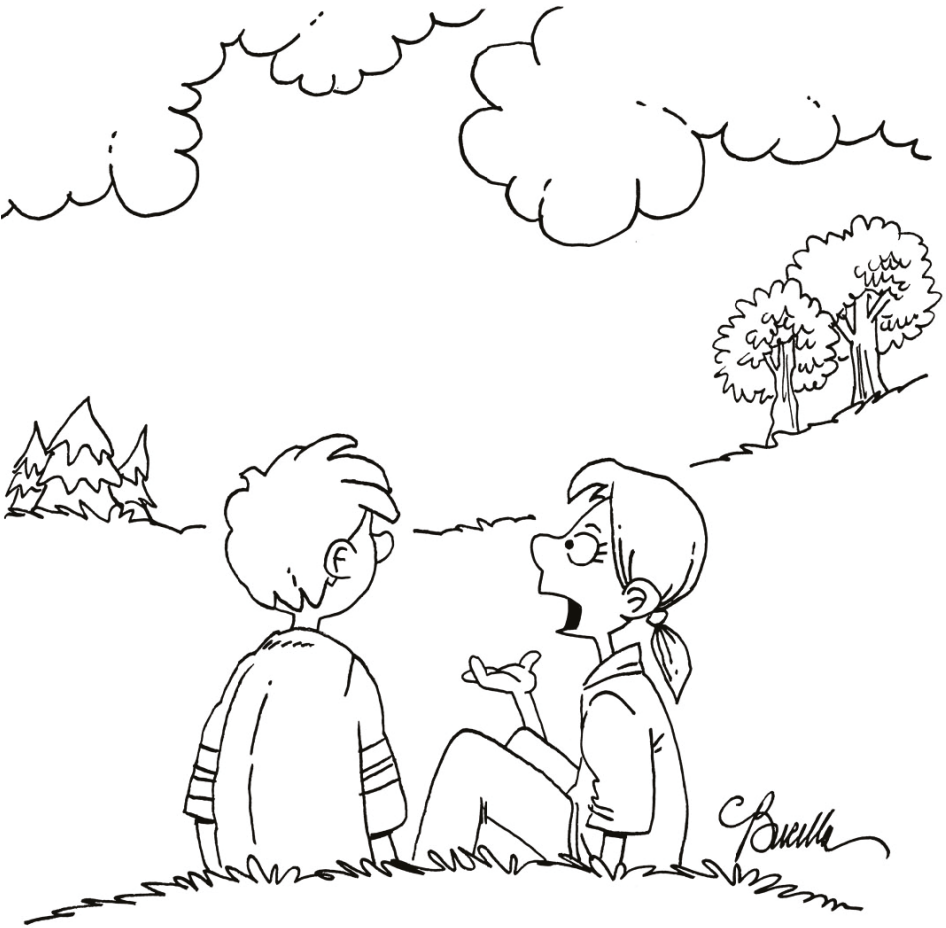


by Sherman Lackey

Now that summer is all but over, and fall is in the air, the heat wave of August has run its course, and the rains have yet to begin – it's Block Party time!

The residents of Hampton Way held a potluck block party. The aim was to get acquainted with our neighbors, eat good food, and have civil conversations. So, from 4 p.m. to 7 p.m. on September 3rd, we had the opportunity to become acquainted with our neighbors. It is a good thing to know whom your neighbors are and able to check up on them if you don't see them for a day or two. One never knows when your neighbors might need assistance, or who to call if you need help yourself. This block party was organized by Carol, and was well attended by the residents of Hampton Way. Your street can do the same thing. Permits not required if the street remains unblocked.

News & Views Publication Schedule	
October 2021	
Copy due by 9:30 a.m.	Publication Date
Thursday, Sept 30, 2021	Friday, Oct 8, 2021
Thursday, Oct 14, 2021	Friday, Oct 22, 2021



"Which one stores our computer data-the cloud that looks like a kitty or the one that looks like a pony?"

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News & Views


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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.

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CLASSIFIEDS

Next Publication of NEWS & VIEWS
October 8, 2021
Deadline for Articles, Thursday, Sept 30, 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.
When submitting free ads be sure to include your MEMBERSHIP NUMBER.

YARD SALE – Sept. 24 and 25 Fri/Sat, 9 a.m. -3 p.m. at 876 Oregon Way.
GARAGE SALE – Fri. Sept. 24, 9 a.m. to 3 p.m. 577 East Clackamas Circle.

SALE & LUNCH: Woodburn United Methodist Women will be at the church on October 15 & 16 from 10:00 a.m. - 3:00 p.m. selling pre-cut and packaged fabric for quilting. Take-out lunch will be served both days from 11:00 a.m. - 1:00 p.m. consisting of soup, corn muffin and apple crisp. All proceeds from this sale will go to church mission projects. The church address is 700 N Cascade Drive.

The Importance of Showing Gratitude

Submitted by Editor
Everyone knows that it is good manners to thank people.
What might be less intuitive, is that showing gratitude creates a whole host of positive outcomes for the grateful person.
According to The University of California at Berkeley, practicing gratitude can lead to benefits in the physical, psychological, and social areas of a person's life. Having a stronger immune system, being more alert and optimistic, and feeling less lonely or isolated are just a few of the ways that a person could notice an improvement over time. The social aspect is possibly the most important because gratitude can help strengthen relationships by affirming others.
Psychology Today highlights gratitude's role in the relationship of a married couple. Over time, it is common for a person to become numb to their spouse's good qualities and only focus on the annoying parts of their personality. This leads many couples to think that they have lost the spark.
But couples who have an ongoing appreciation for one another are less likely to end their relationship and more likely to become closer, research shows.
One great technique for showing appreciation to a partner is by actively listening. Lean in, make eye contact, and show them that what they say is important.
In the realm of business, Fast Company looks at how gratitude can help to motivate employees to work harder and be more loyal to a boss. In fact, showing appreciation for a job well done was a better motivator than a financial incentive in most cases. Without that crucial interaction, employees will be much more likely to be unhappy with their jobs, miss work, burnout, or even quit.

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”
– John F. Kennedy,
35th President of the U.S.

CORRECTIONS TO BOARD MINUTES

In the September 10 N&V on page 5, the Board Minutes of 8-24-21 had the wrong heading of Directors as it should have been listed as follows:

Sharyn Cornett <i>President</i> <i>Director Activities</i>	Gene Nemish <i>Director Architectural/RV/ Real Estate</i>
Carol Bolton <i>Vice President</i> <i>Director Rules/CC&RS</i>	Sherman Lackey <i>Director Marketing PC</i>
Allan Lindberg <i>Secretary</i>	Larry Jones <i>Director House</i>
Phil Balogh <i>Treasurer</i>	Steve Krieg <i>Director New Members</i>
	Ken Bourne <i>Director Golf/Greens</i>

BUCKET LIST:

Trip to Alaska



by Walt Scholl

About two years ago I signed up to go on a Holland America 7-day cruise to Alaska. Because of the virus, it was postponed until 2020. Then, it was postponed a second time. But finally, in July of 2021, I was able to take a fantastic cruise.

All of this made possible by Ed Wong and his ongoing attention to my status over the two years. Because I was willing to leave my money with Holland America during the delay, I received upgrades and extra credits.

We left Seattle for the two-day cruise to Glacier Bay. Then, a stop at Mendenhall Glacier where I took a two mile walk to Nugget Falls.

Back aboard, I allowed myself to eat at many of the free dining areas. One day before noon I had four meals.

The next day we stopped at Juneau. I offloaded and walked the town. The weather was so good and everything was so green that I felt like I was back in Oregon.

The next day we stopped at Sitka. The town is six miles from the dock. Alaska was more than ready for the tourists with many free shuttles to wherever you wanted to go.

Then on to Ketchikan. I walked and shopped the entire town. Prices seemed to be less than what you would pay in Portland.

Two days at sea and back at Seattle. My overall experience was great. The food was every good and plentiful. There was a casino, several entertainment areas with music, spas and two pools and hot tubs. I have NEVER been treated so well by the staff. Every one of them were always smiling, saying hello and asking if there was anything they could do for me.

My thanks to Ed Wong and Dream Vacations for taking care of my needs for two years.



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Lady Putter

by Barb Knox

July and August were very good months for putting with excellent weather and lots of ‘holes-in-one’ excitement. Several received recognition for accumulating 5 ‘holes-in-one’: Betty Yaws, Sandy Alsbury, Donna Burnside, Mickey Harrison, Louise Shindledecker, Connie Cobb, Connie Hachquet, Barb Knox, and Marilyn Dykes received awards in July. Great job, everyone!

We welcomed one new member in July, Ida Earley.

August was also great for putting. Elaine Hopfer, Pat Saylor, Alice Green, Debbie Growth, Judy Taylor, Alice Tveten, Mickey Harrison, Betty Yaws, Martha Frazer, and Darlene Hartley were all recognized for their achievement and good putting. Everyone is having an awesome year.

We only have one more month for the season. September should be outstanding!



A special Thanks to Bob and Patty Brown for the donations to our final mixed tournament for the 2021 season.

Labor Day Mixed Tournament Results

Flight 1

1st Ken & Goria Bourne, Steve & Sue Krieg

2nd Dave & Paula Christoff, Jim & Mary Coleman

3rd Fred & Bernadine Bourne, Mike Cranford, Carol Bettendorf

4th Mark & Carolyn Forrest, Charlie Brown, Barbara Lucas

5th Marty Smith, Connie Cobb, Chuck Stein, Diana Meithof

Flight 2

1st Gary Vogue, Maggie Sasse, Jery Biddle, Betty Yaws

2nd Paul & Linda Eaton, Michael Mahaffey, Christina Morris

3rd Don Gienger, Karen Halter, David Schuur, Judy Scholer

4th Gene & Lynda Mickey, Larry Dencer, Denise Holloway

5th Larry & Sharon Hoyt, Felix Morales, Joanne Delnick

Flight 3

1st Chuck & Marlene Johnson, Lon & Nancy Reed

2nd Larry & Karen Jones, Bunny Buckwalter, Dave Rushton

3rd Ed & Sheila Hawn, Bob & Vickie Hibberd

4th Bob & Patty Brown, Ronnie Web, Marilyn Jeli

5th Frank Morrison, Mickey Harrison, Marilyn Dykes, Jerry Briles

Golf Tournaments

We would like to thank all of the volunteers for their exceptional help for the mixed tournaments during another “COVID” year.

Special Thanks go out to:

Vickie Hibberd – Russ Krussow

Barbara Lucas – Jerry Haugen – Ken Bourne


Ladies working the breezeway – Linda Martin

Lyn Roberts – JoAnn Means

All of the volunteers that helped serve the food and clean up afterward...it wouldn't happen without all of you!

Thanks again for all of your help, we are looking forward to another year of fun!

Kevin & Donna Burnside







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Men’s Golf Membership Meeting Minutes

Woodburn Estates & Golf Men’s Golf Membership Meeting September 1, 2021

President Len Westphal called the Meeting to order at 10 AM in the Dining Hall, followed by the Pledge of Allegiance.

Roll Call: All Officers, Committee Chairmen/Representatives were present unless otherwise noted in this report. There were 32 members in attendance at today’s meeting.

New Members Present: No new members present.

President’s Report: President Westphal welcomed the members and then stated that we need volunteers for a nominating committee for the upcoming election of officers. Russ Krussow and Dave Rushton volunteered. President Westphal then discussed the lack of identifying ground under repair.

He then made a motion that all areas where stumps of trees remain or have already been ground down, should be considered ground under repair, the motion seconded, and approved unanimously.

Vice President’s Report: Vice President Biddle had nothing to report.

Treasurer’s Report: Russ Krussow presented the treasurer’s report. He indicated the Voucher Account as of 7/31/2021 was \$6778.16. Men’s Club Checking as of 7/31/2021 was \$4499.50. He stated we have currently 161 Men’s Club Dues paid to the OGA. Men’s Club 50/50 Raffle Account as of August 4, 2021 was \$153.00.

Committee Reports:

Greens: Ken Bourne and Russ Krussow are representatives at Greens Committee Meetings. Russ had nothing to report. Ken discussed the new score cards that are being prepared. Tree stump grinding has been delayed as one of the workers on the project is recovering from COVID-19. This project should be completed sometime in September. Reseeding should be completed in October. A discussion then ensued relative to a seven-some group playing our golf course.

Handicap: Russ Krussow reported that a Handicap Committee has been formed. Will Abshire will be sending out emails to members regarding the Club’s activities. Steve Krieg then discussed the new score cards that are being prepared. Included in the discussion was the size of the cards, the costs with and without advertising for printing the cards, etc. Ken Bourne then stated that the cart barns are to be painted and that carts will have to be temporarily removed. The Office may provide incentive to members who need to remove their cart. Russ then stated that this week is the three-day Club Championship. Russ then made a motion for future Club Championships be changed to two-day tournaments, the motion seconded, and approved unanimously. Russ then made a second motion that future Spring Handicap Tournaments be changed to two-day tournaments, the motion seconded, and approved unanimously.

Mixed Tournaments: Kevin Burnside reported that the last Mixed Tournament of the year will be held on Labor Day, September 6. Entry fees include a meal to be served at the gazebo following the tournament.

Sunshine: Chuck Johnson stated that he had sent out three Get Well Cards since our last Meeting. He reiterated the need for members to inform him of cards that need to be sent out.

Closing Comments: Dave Rushton discussed rules regarding drops from sprinkler heads. Frank Morrison stated we need to have more sand in the sand bunkers. Stan Hiller thanked Fred Bourne and Dick Hammond for a very successful and fun Harvest Tournament. Russ Krussow reiterated the need to have all golfers who play a round, 9 or 18 holes, to report and log in with the Pro Shop. Steve Hobson reported that there is a tree on the 12th hole that may need to be removed.

50/50 Raffle Drawing: The 50/50 raffle amounted to \$77. The winning raffle ticket was won by Jim Prickett who won \$39.00.

Closing: President Westphal asked for a motion to adjourn our Meeting, the motion made, seconded, and approved. The Meeting was adjourned at 10:55 AM.

NOTE: The next Men’s Golf Club Meeting will be on Wednesday, October 6, at 10 am.

Submitted by Dave Schuur, Secretary – Minutes approved by President Len Westphal

Men’s Golf Club Championship Tournament 54 Holes

Submitted by Russ Krussow
1st Low Gross – Fred Bourne
2nd Low Gross – Martin Smith

Flight 1 Low Net:
1st – Jim Swee
2nd – Michael Mahaffey
3rd – Leonard Westphal
4th – Roger Winans
Flight 2 Low Net:
1st – Dave Rushton
2nd – Jerry Biddle
3rd – Ted Roof
4th – Don Gienger
Flight 3 Low Net:
1st – Bob Brown
2nd – Gene Mickey
3rd – Glenn Goodson
4th – Larry Dencer

Congratulations to the 2021 Men’s Golf Club Champion Fred Bourne.

60 Years of Women's Golf (1961–2021): *Part Thirteen*

by Diana Lindberg

1976 Part – The Women’s Club had grown to 250 members with 157 at lunch in August. Member Rita Moran was honored by a new tournament called “Open-Heart”. The end of the regular season was October 20th.

The neighborhood was changing with new businesses. Fairway Shopping Plaza was the convenient shopping and dining area for members of Senior Estates. A 6-8 million addition was planned near Woodburn Senior Estates per the Statesman Journal on October 5th. Woodburn mayor, Ralph Pickering, and City Administrator Max Pope, along with the Chamber of Commerce, announced that the 12-acre shopping plaza and eleven acres of undeveloped land west of the plaza and east of the freeway, owned by George Brice and six corporations, was being acquired by Salem builder/developer, and realtor, Glyn G. Hilligoss. Plans included a two-story 94-unit retirement apartment, called Camlu, and a medical clinic. Those two structures would cost about two million dollars. Hilligoss planned to enlarge the shopping center by constructing a covered mall extending past the current buildings. The acquisition included the “D” Inn and the Exxon Service Station, both east of the Plaza.

At the golf installation held in December Ray Hall turned his gavel over to the new Men's 1977 President, Russ Esvelt. Golf Pro, Warren Harvey was the Master of Ceremony, dressed in Scottish kilts. Duncan MacKenzie played the bagpipe and Norma Leichty and Rita Moran played the organ and piano.

Vivian Wilson was the incoming 1977 president for the Women's Club after receiving the gavel from outgoing president, Dorothy Kievat. Special guests were Mr. and Mrs. Russ Baglien, past presidents. The event was well attended by two hundred people.

1977 – At the Women's Club meeting on January 1977 Anne McCulley (McCully) received approval to ask for an occasional small entrance fee when playing a tournament.

New golf rules were highlighted that had been approved by the Board of Directors of the Association. In February the minutes reported that the membership book was going to press. The Treasurer reported a balance of \$1,341.76 with 222 paid members.

Largely due to the cost increase for each member's name added for handicap from 15 cents each to 25 cents each, the dues were increased to \$1.00.

Meanwhile, as in golf, most events held at Senior Estates Golf and Country Club were increasing in numbers. Poolroom use was 1620 in May, compared to 1152 the previous year. Pattern Dance Group attendance in May was 112. Shuffleboard players in May 1977 were 111 uses as compared to 273 in same month in 1975. This number concerned the Board of Directors.

Golf statistics revealed 6531 golf games played in April. In 1974, 5359 were played during the same period. However, heavy rainfall in May 1977 took the numbers down for one month.

On September 5, 1977 the Women's Club sponsored and played in a "Guys and Dolls" tournament with the men.

It appears that sometime during 1977, the Women's Club changed from different classes of players to 18 Hole Women's and 9 Hole Women's groups within the club, as did the Men's Club.

On October 19th, the game theme was “Rags Day”, ending the planned season. What a bunch of raggedy ladies!

The first Constitution of the Women's Club was done by December 20, 1972, when two amendments were made which increased dues. Amendments were also dated and adopted by the membership on July 18, 1973, and again on October 19, 1977, when the Treasurer's and Membership Chairwomen's duties were revised.

High Tech Heightens Golf Game

Submitted by Editor

Golf has gone so high tech.

According to Forbes, technology has worked wonders in the elements of golf knowledge, data, connectivity, entertainment, and convenience.

Leading the way are the enhancements in golf equipment, says BleacherReport.com.

Refined aerodynamics, shafts, lighter weights, and expanded heads of driver clubs, for example, enable a player to lash the ball farther and straighter than ever before. Swinging the club is more comfortable, and the final placement of the shot is more forgiving, if not spot on.

Want to improve your swing? Tech analyzers can help you do it. There is a swing glove that monitors the motion of your swing. Or a chip that can be clipped to your favorite glove. A free app will provide you with a 3D review of the path of your swing, its velocity, plane, consistency, and speed of the club's head.

Another sensor in your pocket could even trace the rotation of your hips.

How far away is that hole you are pursuing? A range finder will show you what you cannot see. Optical lenses and laser technology can determine precisely where and how far away that hole resides.

And, finally, good old GPS. Using Google Maps, you will know your position, how far, and precisely where you want that little white ball to go.

September Gardening Tips!

Annie Ruef - Published by Al's Garden Center

Submitted by Karen Linton

As the weather cools down, and fall being just around the corner, your yard deserves some refreshment. September is not only a good time to refresh your garden, but by renewing your garden, you are giving it a jump start for spring!

Here are some tips you might not be thinking right now as you are enjoying the nice weather we are having. I know, I did not think about any of these tips until I sat down to write and realized I needed to start refreshing and renewing my own space.

- Plant your fall vegetables like chives, bunching onions, radishes, and carrots are good to plant right now. Leaf crops like broccoli, lettuces, and spinach are also great fall vegetables to plant.
- After your harvest is done, plant a cover crop seed mix over your flower and vegetable beds. This type of mix helps prevent erosion and helps keep your soil from getting compacted with all the winter rain. This mix also helps to fix nitrogen and add nutrients into the soil to help with the soil structure.
- Plant your bulbs! For a great spring surprise. Often, I forget I planted something in the fall and then come spring, it is a nice surprise!
- Pest and disease management. Put out your slug and snail bait before they have the chance to lay eggs.
- Put pre-emergent down (Preen and corn gluten) so that cold season weed germination doesn't have a chance in your flower beds.
- Put Liquid Copper on your rose bushes, maples, lilacs and other trees and shrubs that are susceptible to fungal issues. Make sure to clean all the leaves away and spray the ground and the whole plant once all the leaves have fallen. Think about it as if wherever a leaf falls, is an open wound. and the copper comes in and helps to heal and protect the wound from diseases getting in.
- Use Transplant Fertilizer when planting this fall! It is a great way to help your roots get a jumpstart.
- Fertilize your evergreen plants with Slow-Release Fertilizer. Especially your conifers! Evergreens need a bit of a boost going into winter so that their roots have a good jumpstart, and their foliage can be refreshed with some new energy staying evergreen throughout the colder months.
- Low nitrogen fertilizer is your friend (when it comes to plants). Nitrogen pushes top growth on plants. So, the lower the nitrogen the better (low nitrogen in fertilizer would be Organic Slow-Release Fertilizer with the formulation 10-4-8 or 8-2-4). You want low nitrogen so that the plants can focus on making the roots stronger and not just the tops of them stronger.
- On the other hand, when it comes to your lawn, nitrogen is your friend. You want that top growth to flourish. When looking at lawn fertilizers you want something that has nitrogen. Don't forget about the lime too! September is a great time to lime and fertilize your lawn.

- September is also a great time to establish a new lawn and spray out weeds that you might not want in your lawn. After you spray out the weeds, you can re-seed!

- Reduce the amount you water. Watch the weather and once it cools down and the rains start, you can cut back on the amount of water you are using on your plants.

- Prune what you can see is dead. Right now, you can see what branches might be dead in that tree over where you park your car. It is a good time to clear out the dead while you can see what doesn't have leaves. That way, when winter hits and the dead branches are weaker than the rest of the tree they will not fall onto your parked car!

Don't forget your indoor plants. Your indoor plants need some love too!

- As the days get shorter, make sure that your houseplants are in a South or West facing window. Those will get the most light throughout the winter months.
- If you took them outside, it is time to bring them back in before the first frost hits.
- Don't forget to wipe your plants down and really look to make sure there are no pests lurking around.
- If there are pests, Neem oil works great to deter pests and makes it hard for insects to grow and lay eggs.
- Re-pot and fertilize. You can tell that your plant is ready to be re-potted if there are roots sticking out of the bottom of the pot, the roots are pushing the plant up out of the pot, or the plant may be growing slower. Fertilizing is important to remember because it helps the plants get nutrients they might not normally get especially if they are inside.

Kirk A. Schmidtman,
Attorney at Law
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A black and white portrait of Kirk A. Schmidtman, a middle-aged man with light-colored hair, smiling. He is wearing a dark suit jacket, a white shirt, and a patterned tie. The background is dark and out of focus.


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Focus on History

History of 1983

by Stan Hiller

Chapter 24 for 1983 starts with the following:

President Jens Jensen
Vice President Jack Barnett
Secretary Letha Rasmussen
Treasurer Mabel Vomocil
Activities Ken McGraw
Golf Jack Barnett
House Gerald “Jerry” Bennett, now Lynn Berry 8-9-83
Membership Wayne Swaggart
Planning Charles Medairy
Public Relations Letha Rasmussen
Rules George Tallmadge
RV Lot Ralph Warren
Administrator is the President, and the meetings were held in the Craft Room.
Phone Directory – Al Norbraten
Tax & Insurance – Bill Jensen
Long Range Planning – Harry Samis
City County Government – Stanley Liss
Entertainment – Evelyn Baumer, now Verna Larson 4-12-83
Golf Pro – Jim White started 7-14-79
Golf Course Super – Jack Smith
N&V Editor: Paula Atkinson 3-10-79, Jan Sonnen (Jan. – July), then Vivian Read 7-1-83
Office Secretary – Loretta Lundy and Susan Wildesmith is Assistant Director
Travel Office – Jackie Opitz 1-1-1962
Estates Restaurant – Ron & Charlotte Gallagher ended in November 1983

1983 approved assessment and dues – depending upon the appeal of initiation fee:

Type	Assessment	Golf	Total
Homeowner Membership (50+)	\$140		\$140
Homeowner & Golf single	\$140	\$165	\$305
Associate Membership (50+)	\$180		\$180
Associate Member Golf single	\$180	\$175	\$355
All buyers of resale homes must pay an initiation fee, a one-time charge of \$1,000.			
Green Fees – guest	\$4 for 9 holes; \$6 for 18 or all day.		
House Guest Golf Fee	\$50 per one month		
Club Storage	\$12	Oversize club storage	\$18
Locker rental	\$12	Pool cue reserved rack	\$3
Power golf car use fee	\$25	Golf car storage electric	\$120
Power golf car storage electric	\$84	Golf car storage gas	\$90
Trailer storage initiation fee	\$15		
Trailer less than 25 feet	\$15	Trailer over 25 feet	\$30

January 11, 1983 Board minutes President Jensen reminded the members there has been no report on our Court case regarding the initiation fee.

Golf Chairman, Jack Barnett read a letter from the Woodburn High School expressing their appreciation of their use of the golf course after 4pm and seeking permission to hold practice and match play again this year – motion carried.

Also, it was expressed that any group using the facilities should make a donation of at least \$10 to the general fund.

February 8, 1983 Board minutes President Jensen made an announcement regarding the loss of the court case regarding the **initiation fee**. He stated the checks for the refund of the initiation fee, would be sent out before the 10th of this month and that interest would be sent later. He then stated that the Board would be working on other ideas for securing operating funds.

Rules Chairman, George Tallmadge, stated considerable effort has been made to get our Bylaws, as well as other governing rules, in line with the Court’s ruling on the Initiation Fee. It is hoped that the Bylaws will be corrected at the first Board meeting in March 1983.

Rules Chairman, George Tallmadge, made the following motions (1) due to the January 19, 1983 decision of the Court of Appeals of the State of Oregon regarding the lien for collecting our **Initiation Fee**, I hereby move that we rescind the Motion passed by the Board at the October 14, 1980 meeting regarding the period – motion passed. (2) I hereby move that we rescind the Motion passed by the Board on June 10, 1980 regarding the Initiation Fee regarding the amount – motion passed. (3) I hereby move that we rescind the Motion passed by the Board at the October 14, 1980 regarding the establishment of such fee – motion passed.

Rules Chairman, George Tallmadge read the following Bylaw changes (1) section 2, article XI for accepted as Associate membership, shall be charge and initiation fee. (2) Section 2, article XI for exemption of said fee. (3) Section 2, XI for Associate member becoming Club members. (4) Remove section 3, article X for the paragraph 1, 2, & 3 concerning the old 1980 initiation fee.

President Jensen was asked about the lawyer’s bill for the (initiation fee) EBBE court case and that it has taken more funds than what was budgeted.

March 8, 1983 Board minutes VP Jack Barnett said the interest accrued from the initiation fee will be calculated and checks sent to those who paid the initiation fee.

House chairman Bennett said the taping and sheetrock work is to be completed on the swimming pool dressing rooms. Concrete is to be poured for the Jacuzzi area and for the footings for the eventual building to cover the swimming pool.

Rules Chairman George Tallmadge restated last month motion of the new initiation fee for Board acceptance – motion passed.

Earl Ellis asked that the Chamber of Commerce be allowed to use the gazebo for a breakfast on July 28, at the beginning of Crazy Days in Woodburn, the work to be done by Club members as this is a good activity to promote good community relations.

April 12, 1983 Board minutes House chair, Jerry Bennett said the glass enclosure for the Jacuzzi should be installed soon when the necessary parts arrive.

Activities chairman Ken McGraw reminded those present of the meeting on April 21 at 2PM regarding the swimming pool rules.

President Jensen read a letter of resignation from Entertainment Chair Verna Larsen and accepting her replacement was Evelyn Baumer – motion passed.

There was general discussion about the US Postal and our News & Views paper. Marge Dryer reported it came up when she was secretary and responsible for the N&V. NOTICE: we have been reminded by the Post Office that is illegal to put News & Views paper into a post box. Therefore, starting with the next edition of April 23, your paper will be delivered either on your porch or between the screen and your door. This applies particularly if you actually have a mailbox on your property, not necessarily to a mail slot into your home or garage.

The actual law (title 18: US code, section 1725) whoever knowingly and willfully deposits any mailable matter such as statements, circulars, bills, or other like matter, on which no postage has been paid in any letter box established, approved or accepted by the US Postmaster General for the receipt of delivery of mail matter on any mail route with intent to avoid payment of lawful postage thereon, shall for each such offense be fined of not more than \$300. This includes such matter placed in a spring holder attached to the letter box or placed on top, behind, or inside the mailbox.

There will be a small boat in front of the clubhouse. This boat is to be raffled off to benefit the RV Lot area and thought to be a clever way to raise funds.

May 10, 1983 Board minutes House Chair Jerry Bennett reported that the area between the swimming pool and the clubhouse will be poured with concrete starting this Thursday. The remodeling project of the old pump room is complete except for painting and carpeting. This space will provide a new office for our accountant. The RV committee has recommended that the south fence of the RV lot be moved to expand the area. This would require that the people with gardens in that area relinquish the space at the end of this year’s gardening season.**June 14, 1983 Board minutes** there were 48 club members plus the Board. President Jensen announced that our yard sale netted over \$3,400. House chair Jerry Bennett reported that the remodeling of the old pump room has been completed and our bookkeeper has been moved in. building of the storage room, adjacent to the new equipment room is now scheduled for July.

July 12, 1983 Board minutes there were 26 club members plus the Board. Golf chair, Jack Barnett reported the signs for “No Trespassing” were purchased and installed by the crew in areas where the golf paths meet the streets. We hope this will alleviate some of the problems of our cart paths being used for walking, jogging and riding of bicycles. Due to a car crash that sent a power surge to the pro shop the cash register was damaged.

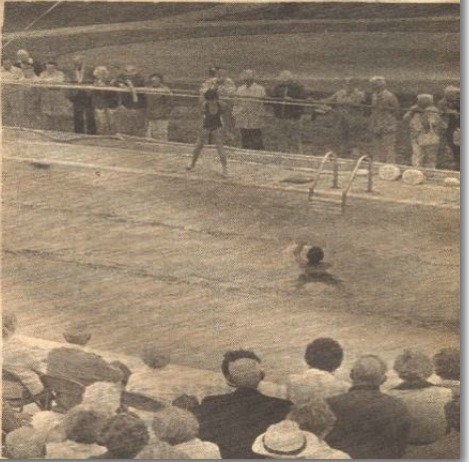
...continued on page 7



The Senior Estate swimming pool was dedicated last Thursday. The program featured life saving techniques (right) and the Golden Squares (above), a square dance group from the Senior Estates.

Swimming pool now dedicated

An enthusiastic crowd of approximately 250 Senior Estates attended the dedication ceremonies at our new pool on Thursday, June 30. A large red balloon flew over the pool, notifying all that THIS WAS THE SPOT. The final event on the program was



Picture of the Swimming Pool to be dedicated on June 30, 1983

August 9, 1983 Board minutes there were 18 club member and 8 Board members. President Jensen announced Lynn Berry will replace Jerry Bennett as House. Then he said Harry Samis has agreed to chair the phone directory.

Rule’s chair, George Tallmadge reported great news in that the City Ordinance regarding high grass and weeds will cause some owners to do a better job on the lots. The Board has also adopted the newly revised set of Rules and Regulations for our Club.

September 13, 1983 Board minutes there were 62 club members and all Board members. President Jensen said when the attendance declines to a point, we will close it for the winter. Note: on September 30, the pool was closed due to the cooling weather. The nominating committee has 8 nominees for the up-coming election.

October 11, 1983 Board minutes there 33 club members and all Board members. Planning chair Charles Medairy reported the RV lot expansion will begin about Oct. 28.

President Jensen reported that work is being done on the acquisition of a 50’ strip between I-5, Newport Way and King Way. The property has been vacated by the City and the street will not be continued. We are now dealing with ODOT regarding acquiring this piece of property.

Ed Stack brought up the use of the shuffleboard court. He estimates the cost to be \$15,000 a year. Ed thinks this is a lot of expense for a few people and that better use of the space could be achieved. It was also suggested that a 3’ strip be tilled along fairway #2 and #3 near the I-5 to stop golf ball from rolling into the brush.

November 8, 1983 Board minutes there are 135 members present plus all Board members and 385 proxies of 141 to form a quorum for the Annual Meeting. President Jensen reported the loss of our **initiation fee** lien and that our attorney has the wording corrected for the vote today, along with other rule change. So now collections of same will be made through Small Claims Court. On November 6, an agreement for the operation of the Club Restaurant with Charlotte and Ron Gallagher was mutually terminated. So, starting yesterday, under the supervision of Grace Berry, the operation of the restaurant will be continued with the same employees hired now by the Club. The Board then adjourned and later reconvened after the elections. The CCR changes for 281 and against 60. The four positions on the Board, three were for three years and one for a one-year term.

November 15, 1983 Special Board minutes to elect the new board for 1984 as results of the organizational meeting were as follows: Jack Barnett was elected President; George Tallmadge is Vice President; Letha Rasmussen is Secretary, and Mabel Vomocil is Treasurer. Jack Barnett named the following chairs for 1984, George Tallmadge as Membership; Lynn Berry as Planning; Ken McCraw as Activities; Sam Gibson as Rules; John Marchetti as House; Fred Kyser as Golf; Letha Rasmussen as Public Relations; and Mabel Vomocil as Finance.

December 13, 1983 Board minutes President Jensen accepted the resignation from Bill Jensen as chair of Insurance and was replaced by Sam Gibson.

Membership chair reported 76 new homeowners for 1983 with 9 sales pending. We also accepted 33 associate memberships and increase of 33 for this year.

At the first of the year, until summer, Jan Sonnen served as editor of the *News & Views*. Vivian Read then took over again as the editor 12-13-1983.

If you have any documents or pictures, please send to News & Views.

Exercise with Resistance Bands

Submitted by Editor

Stronger, leaner, and healthier – according to the experts at the Mayo Clinic, regular strength training can provide all those benefits. If heading to the gym to hit the weights isn't your speed, resistance bands, and bodyweight exercises offer a portable, affordable option that you can do almost anywhere.

According to Harvard Medical School, resistance bands are a great addition to body weight exercises that can help you preserve and build lean muscle. Resistance band training can also help improve your balance, gait, and flexibility, and they're user-friendly for even fitness novices, according to NBC News.

Resistance bands are available in various styles, including single lengths of stretchy elastic, closed loops, or rubber tubes with handles. You may want to invest in a few types of bands with varying levels of resistance – don't worry, their compact size means that even several bands are easy to stow away.

Banded squat: Place a loop or mini-loop resistance band (a length tied in a circle also works) around your thighs just above your knees and stand with your feet slightly more than hip-width apart. Slowly push your hips back into a seated position while bending your knees. When you reach a seated position, and your knees are at a 90-degree angle, hold the position for a few seconds and then slowly move back into a standing position. Make sure to squeeze your glutes – these strong muscles provide the bulk of the power for this movement. Perform two to three sets of eight to 12 reps.

Banded lunge: With the band around your mid-to-lower thighs, just above your knees, take a big step forward and lower down until your back knee hovers just above the ground. Lift yourself back into a standing position by driving through the heel of your front leg. Perform two to three sets of eight to 12 reps on each side.

Banded chest punch: Loop the exercise band around your back and under your armpits. Hold an end or a handle in each hand by your shoulders. Slowly and deliberately, punch your right arm out on a slight diagonal in front of your body before repeating with the other side. This counts as a single rep – perform two to three sets of eight to 12 reps.

Seated resistance band row: Sit on the floor with your legs straight in front of you, feet more than shoulder-width apart. Loop your resistance band (a band with handles is best for this exercise) and cross the handles in front of you to make an X shape. Pull the handles slowly and carefully into your ribs, making sure to sit up straight and let your back muscles do the work.

All Decked Out

by Rick A. Wehler (submitted by Kathy Hiller)*

Our doddering, 33-year-old, second-story deck extends 10 feet from the back of our home and 26 feet along its length. Every foot suffers from hammer toes, osteoarthritis, or toe jam. Cora and I avoid the deck. Only the bird feeders attached to aged railing are sanctioned. Trespassing squirrels, raccoons and the occasional opossum are pleased with the creaky wood’s many hiding places for insects and birdseed, and reward it with scat.

During the fall of 2020, we decided to replace the deck. I’d seen a van in the neighborhood labeled, “Decksperits.” The clever company name gave me a smile so I called. Adam, the owner, answered.

I introduced myself and asked, “How about replacing our deck?”

He replied, “I’m overbooked for the season.”

I suggested, “Let’s make a reservation for the spring of next year.”

He stated, “I won’t remember. Call me next spring.”

I smiled again.

We checked out Adam’s work and found that he’s a deck artist. I called the following March, and he agreed to take on the project towards the end of June.

We ordered a smaller deck, 10 feet by 16 feet, figuring that we seldom make use of the entire space. Adam recommended, “You should have a 12 foot by 16 foot deck. That way, you’ll have room for a table and chairs. Evolutions decking (high-grade, fake wood) is the way to go instead of treated lumber.”

Cora commented, “I like medium gray for the main flooring and slate as the border color.” Adam disagreed, “A light gray would be a better choice to blend with your house siding.”

Cora gave him “the look.” To Adam’s credit, he wrote down medium gray without further comment.

We learned during the last week of June that based upon our city’s ordinances, replacing the old deck is considered new construction, and requires us to submit the design plan to Joan, the building inspector, for a permit. Two weeks later, Joan stated via email, “According to the 1988 survey of your property, the outside edge of your deck, whether extending 10 feet or 12 feet from your home, would be less than the required 30 feet from your lot line, which means that the plan does not comply with city ordinances.”

I measured the distance between our current deck and the lot line as did Cora, Adam, and Eva, his admin assistant, Kane, his legal representative, and special guest, Sir Isaac Newton XXXIV. We all came up with 30 feet; to no avail. (For the hell of it, I measured the distance between our home and our next-door neighbors’ home. Based on the 1988 survey, we own six feet of their living room.) Therefore, and thus, in order to qualify for the project, we must apply to the zoning and planning department for an exception to the rule.

Two weeks later, Jan, the rep at the zoning department said via email, “You must apply for a buffer permit, which requires trees, shrubs or a fence between the proposed deck and your lot line.”

I conjectured, “A buffer...so the neighbors can’t see me working on my tan lines.”

I sent Jan a picture of our backyard, which contains two youthful trees and one adult tree, Lisa, Bart and Homer, all of whom are contending for space.

A week later, Jan informed us via email, “Each tree has a point value. Your three add up to 25 points. Based on your backyard’s width and depth, according to the survey, you need 64 points to qualify for a buffer permit.”

Without delving into the myriad of details; I informed Jan via email, “We’ll comply with the requirements and plant four maple trees.”

While considering all of the falderal, I thought, “The city’s standards should require our neighbors to surrender their binoculars.”

The decision to approve our deck once again lies with Joan, the building inspector.

One week later, we learned that she approved our project. It’s up to us to have the paperwork notarized, and then submit the stack to the Dane County Department of Deeds in Madison, Wisconsin for approval.

We made an appointment, and presented the notarized documents to Jean on the same day! She complained, “I’ve told your city’s officials that this kind of paperwork is unacceptable.”

I mumbled something that I won’t quote.

She added, “Wait. We can get around that. Sit tight while I find the correct forms.”

The short version: It’s approved, and a vital part of Dane County’s and our city’s policy-enforcement records.

Adam, the optimist, expecting trouble-free paperwork, had delivered the building materials three weeks before the final approval; and set them on our front lawn. A week later, at my request, he moved them to the backyard, leaving the front yard, and soon thereafter, the backyard, with tan lines.

I muttered, “I better not have to plant buffers.”

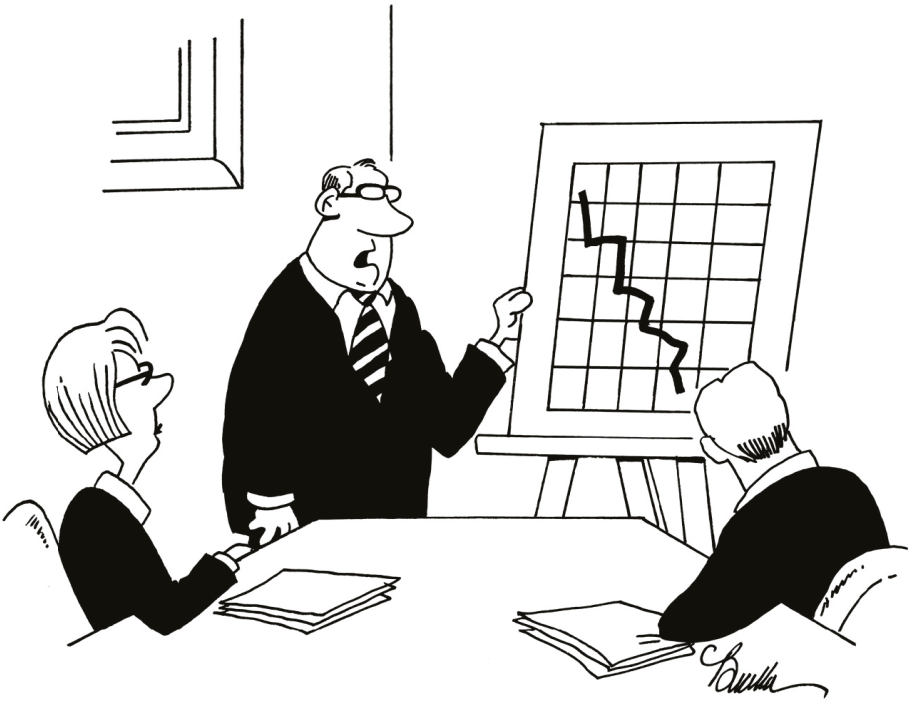
Adam and his co-worker Joshua demolished our old deck and installed our new 12 foot by 16-foot deck in six days, compared to six weeks for the paperwork. This project has been exhausting.

Our home is all decked out...and so am I.

* Rick A. Wehler is the author of: *North of Normal Minne-Sconsin Stories; South of Superior More Minne-Sconsin Stories; East of Excelsior A Seniors Minne-Sconsin Stories; West of Witty Minne-Sconsin Stories and Femails*

Trivia Teaser: Female Advertising Figures

- Submitted by Kim Farquharson*
1. The Morton Salt Girl holds a canister of salt and which other item? a-Umbrella, b-Loaf of bread, c-Basket, d-Hat.
 2. Which motion picture company's logo depicts a draped woman holding aloft a torch? a-Paramount, b-MGM, c-Columbia, d-DreamWorks.
 3. What color is the sunbonnet worn by the Sun-Maid girl on boxes on Sun-Maid raisins? a-Blue, b-White, c-Purple, d-Red.
 4. What is the name of the receptionist in red appearing in Toyota commercials? a-Jan, b-Flo, c-Pam, d-Amy.
 5. Jane Withers played what female plumber in commercials for Comet cleanser? a-Elsie, b-Josephine, c-Madge, d-Rosie.
 6. Which company owns the Aunt Jemima brand of pancake mix and syrup? a-Campbell's, b-Pepsi, c-Quaker Oats, d-Kraft.
 7. What is the first name of the founder of Mrs. Field's Original Cookies? a-Debbi, b-Marjorie, c-Martha, d-Joan.
 8. Which actress appeared as the Coppertone girl in a TV ad in 1965, at age 3? a-Rosie O'Donnell, b-Jodie Foster, c-Genie Francis, d-Daphne Zuniga.
 9. Which name completes the slogan "Everybody doesn't like something, but nobody doesn't like..."? a-Marie Callender, b-Granny Smith, c-Little Debbie, d-Sara Lee.
 10. Formerly with The Little Rascals, Darla Hood provided the voice of which animated icon? a-Miss Chiquita Banana, b-Peter Pan, c-Elsie the Cow, d-Chicken of the Sea mermaid.



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MINUTES OF THE WOODBURN ESTATES & GOLF SPECIAL BOARD MEETING

September 15, 2021 • 11:00 a.m. • Auditorium
Called to Order at 11:00 a.m.
Approved September 15, 2021

Sharyn Cornett *President*
Director Activities

Carol Bolton *Vice President*
Director Rules/CC&RS

Allan Lindberg *Secretary*

Phil Balogh *Treasurer*

Gene Nemish
Director Architectural/RV/
Real Estate

Sherman Lackey
Director Marketing PC

Larry Jones
Director House

Steve Krieg
Director New Members

Ken Bourne
Director Golf/Greens

Quorum was established: President: Sharyn Cornett, VP: Carol Bolton (absent with notice), Secretary: Allan Lindberg, Treasurer: Phil Balogh, Gene Nemish, Sherman Lackey, Ken Bourne, Larry Jones (absent with notice), Steve Kreig, (absent with notice)

Pledge of Allegiance

Agenda items:

- Financial
- Real Estate
- Elections
- Maintenance
- Board training

Additions or corrections to the agenda:

Cut Real Estate, Board training, and Elections.

Agenda seconded and approved as corrected.

President Report Sept. 15, 2021: Good morning, everyone. Today is discussion about finance and maintenance here at WEG. I will have three motions about maintenance both house and golf.

I want to remind the Board they are held to a higher standard by being on the WEG Board. You are the person in authority and people take everything you say as gospel truth so be very careful even in casual conversation. Your conversation could have liability consequences and be misunderstood, if so your insurance on the Board will NOT cover you. Just a reminder...Stories tend to grow here. I receive information from all kinds of sources here - some true, some not.

To help clear this up I have asked the Board to get me a weekly report every Monday by email on their committee actions for the week. This includes the GM, golf maintenance, and house maintenance. Correct information is the key to this job. I will meet every Thursday with the GM to go over problems and action plans.

Justin is also looking into our maintenance pickups. We own two. Do we need two? Any questions feel free to call me.

I want to build a framework here with a solid foundation. We have lots of rules on what needs to be done, not so much on how to get it done.

We need a Nominating Committee by a certain date, how do they proceed? A file will be in the office to tell you. A file will have all the Board training materials. A file will have a new member packet to be used and updated according to need. I want to thank Dawn, Steve, Diana, and Stan for helping to put all that together. It is a lot of work to reinvent the wheel every year.

We have many new real estate agents in our community, and they have no knowledge about HOA rules and applications. Justin is meeting with Jeanie White of McCully Realty to put together a training seminar for new real estate agents who want to sell homes here. We do not want to stall the sale of a home.

Another agenda item is elections for Board candidates. I was thinking we didn't need to have the expense of voting if we had only 3-candidates, however Sherman and Gene pointed out we need to vote for a paper trail and our documents.

All we have left on the agenda is Financial and Maintenance.

Sharyn: I move to approve a new engine for the spreader sander machine for the golf course. The replacement cost is \$949 and is expected to be here in two weeks. Motion seconded and approved.

Sharyn: I move to purchase a new ice machine as a replacement of an existing ice machine located inside the Restaurant at a cost of \$2,779.00. Motion seconded and approved.

Phil Balogh: I move to approve up to \$20,000 for replacement of HVAC unit above the Restaurant. Motion seconded and approved.

Phil Balogh: I move to approve expenditures of up to \$5,000 for electrical repair work required and needed to remove a safety hazard. Seconded and approved.

Treasurer Phil Balogh presented our current financial condition and projected needs for the next few years.

Recess to open mic

#858 – Concerned about comments on reserve loan up to 3 years and the proposed motion to raise floor on reserve account expenditures from \$1000 to \$3000.

#910 – New here and thank you for a good meeting.

#1120 – Agree with 858, do not raise the \$3000. What will be the funding for the reserve if the motions pass (on Sept. 28)?

#1108 – Why do we have a (money) shortage?

#1018 – To Phil – Thank you. Your report most comprehensive since I have been here.

#1155 – We've had this (money) problem before, fix it.

#1408 – Have been watching the figures. Looks like the \$80,0000 not replaced for tree work.

#858 – I would like the Board to discuss the Activity committee money and why it is used as part of the operating income or loss.

#502 – I agree reports are good – please look at budget and see what we can cut. Reconvene meeting.

Secretary: I move to approve today's BOD Minutes of September 15, 2021. Seconded and approved.

Announcements: Next General Board Meeting will be on September 28, 2021, 1:30 pm in the auditorium.

Adjourn Meeting

VOYAGE OF DISCOVERY: New to Me

Proofreaders!



Connie Doyon, Lani Biddle, Malena Turner

by Kim Farquharson

The process of putting together a paper has so many details. One very important part is the proofreaders! Yes, we attempt to put out a ‘perfect paper’ each time and as of yet, we have not achieved it. We keep aiming for that high goal. A special thanks to these ladies that come in and give their time to look for errors.

First Meeting of WEG Pickleball Club



Back row (L): Wayne Shindledecker, Ron Doughty, John Venner (Treasurer), Rick Irish, Lee Stone, Judy Nanson. Front row (L): Ann Venner, Vivian Cameron, Barbara Wilson, Gail Gressel, Louise Shindledecker (Membership Secretary), Mickey Harrison, Colleen Foster. Front row kneeling: Donna Stone (President)

by Donna Stone

“‘Build it and they will come’ is burned across my brain, so I’m trying once again, with the backing of new General Manager Justin Bolen to get pickleball courts built at WEG,” Donna Stone says, after she organized the first pickleball meeting earlier this month. Fourteen of the 50 interested people who signed her petition in 2019 to get pickleball courts built in WEG attended this meeting to form an official WEG pickleball club.

Anticipation was heavy in the air, 14 anxious people waited...fingers crossed...would they finally get to play pickleball in their own community? Did Donna finally have the news they’d been working toward since 2019? Would they actually get dedicated pickleball courts in WEG?

New GM Justin is planning to set up a temporary net for a pickleball exhibition in the breezeway, tentatively October 21st. New Club members will demonstrate how the game is played and how easy it is to learn. Justin is working diligently with a couple contractors to get bids on temporary and permanent courts.

Will this group live long enough to play pickleball at home? Will the HOA approve this project to benefit our active seniors? Lots of questions remain unanswered but “we have hope” said 83-year-old Mickey Harrison.

Club officers were chosen, court sites discussed, and logo tee shirts will be ordered. Fund raising will begin with specially designed logo tee shirts.

Currently there are over 7000 pickleball facilities, more than 21,000 courts and hundreds of new courts opening every month. Coed teams are very popular. The game is easy to learn and skills advance quickly which explains the extraordinary response to the sport. It’s especially good for seniors because of the exercise, the hand-eye coordination and memory training.

For more information, free classes, and attendance at Oct. 14th meeting, text or call Donna Stone at 760-851-5902.



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Ask an Expert

Question: I have times when I forget things, like where I put my keys or why I walked into a room. I worry that I might be getting Alzheimer’s disease. Is there anything I can do to improve my memory?

Answer: First of all, let me assure you that we all forget things from time to time, but we worry about it more as we age because we fear getting dementia. Virginia Bell and David Troxel, who wrote *The Best Friend’s Approach to Alzheimer’s and Dementia Care*, have a little ditty which is, “If you remember you forgot, that is okay, if you forget you forgot that is not.”

Short-term memory can hold up to 7 pieces of information simultaneously, but only for around 20 seconds! If we do not transfer one of those pieces of information into our long-term memory before putting in the eighth piece of information, our brain acts like a computer and drops the least important, like where we put our keys or why we walked into the room.

We can do many things to maintain our memory as we age; visit the Country Meadows Village website or Facebook page for more information about these.

Question: Both my father and grandfather had Alzheimer’s disease; does that mean I am likely to get it? I read many things that may improve my memory, but am I just genetically predisposed to develop Alzheimer’s disease?

Answer: This is an excellent question; thank you for asking it. I think there are several things to consider: how old were your father and grandfather when they began their cognitive decline, what kind of lifestyle they led, and the type of environment in which they lived? Firstly, age is still the highest risk factor for people getting Alzheimer’s disease, once we hit 65, we could be the one out of 9 people who are affected, and at age 85, the odds increase because 33% of people over the age of 85 experience some cognitive decline. I use the term cognitive decline because Alzheimer’s disease is only one kind of dementia, but it is the most common, and often people do not realize that it is dementia. Lifestyle and environment also play a part in a person getting Alzheimer’s disease. Doctors and scientists are learning more about dementia every day. The way we live our lives has significantly changed in the last few years because these professionals have discovered many factors that play a part in developing Alzheimer’s disease. Keep reading and researching what you can do to improve your memory as you age and remember; “if you don’t use it, you will lose it.”

Note from Editor: If you have a question about something, please send it to NV@woodburnstatesgolf.com. We will forward it to Country Meadows and they will reach out to an expert to find the answer.

Trivia Teaser

answers

1-a, Umbrella
2-c, Columbia
3-d, Red
4-a, Jan
5-b, Josephine
6-c, Quaker Oats

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Snack Time!



Submitted by Editor

Sweet and Spicy Honey Popcorn

Now that fall is in the air, it's the perfect time to gear up for Friday movie nights with the family. Take advantage of National Honey Month by mixing up your tub of popcorn with a fun recipe compliment of Honey.com. This recipe is sure to satisfy your sweet tooth while providing a nice zing of spice!

Ingredients:

- 10 cups plain popped popcorn
- 2 tablespoons butter
- 2 tablespoons honey
- 1 pinch cayenne pepper (or more!)
- 1/4 teaspoon cinnamon
- 1/4 teaspoon sea salt (more-or-less to taste)

Directions:

1. Pop the popcorn according to the instructions.
2. Mix the butter, honey, cayenne, and cinnamon together in a bowl. Microwave for 20 seconds at a time until it will easily combine.
3. While the popcorn is still fresh and hot, sprinkle with sea salt and drizzle the honey mixture on top.
4. Toss everything together, ensuring an even coat.
5. Enjoy!

Keeping A Clean House With Pets

Submitted by Editor

Our pets are our family. Which is to say, we love them, but they can make a mess of our house (bless their hearts).

In fact, there are about 209 billion articles on the Web for the search, "How to keep your house clean when you have pets."

Number One rule: keep on top of it. A little daily effort works wonders versus attempts to wrangle the dust bunnies and fur bunnies after an extended period of blissful neglect. That effort includes your floors and furniture as well as your pets.

Use a de-shedding tool regularly and vacuum often, followed by a rubber rake or squeegee to get up all the fur.

Store lint rollers in multiple rooms so one is always in easy reach for a quick fix for your clothing. They also come in handy for the inevitable fur-on-the-lampshade problem.

Buy furniture that's a similar color to your dog's fur. No, really – Martha Stewart says so. You can also consider top-grain, semi-aniline leathers, which disguise scratches because the hide is dyed through and then treated for additional protection and color consistency.

For fabrics, Stewart says to look for microfiber or microsuede and to avoid materials that feel loosely woven. Look for terms like high grade and tightly woven.

Regular grooming also helps keep fur and dander to a minimum and keeping your pet's nails trimmed will prevent punctures on your furniture and scratches on your floor. Even better: it keeps odors down. We love our pets, but we don't want our house to smell like them.

How Doodle You Do?

Submitted by Kim Farquharson

Be not ashamed, doodlers; you are not wasting time!!

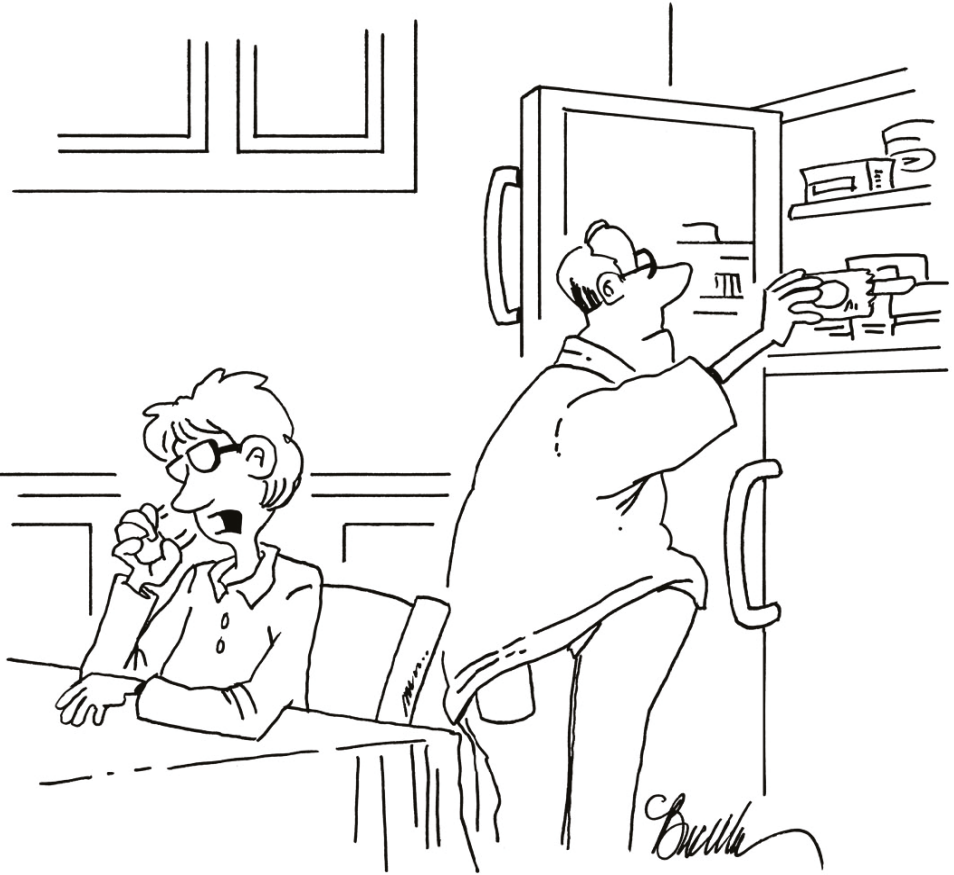
September 22 was Doodle Day, and it is fun to take a moment to think about doodling.

How do you doodle? Elaborate flowers? Vines vining up a page? Little faces with smiles and frowns? However you doodle, you probably don't give it much thought because the nature of a doodle is that it is done while thinking about something else. Although once dismissed as a waste of time or the product of inattention, recent studies say that's not so.

Yes, there has been serious research on doodling. Here are some findings:

- Doodlers remember more: In a 2009 study in the journal Applied Cognitive Psychology, doodlers remembered 29 percent more information than non-doodlers.
- Doodling can create new ideas: In a 2014 study, a researcher found that doodling stimulated ideas.
- Doodling expresses emotions: When doodlers are instructed to doodle, they will sometimes express emotions too difficult for words. In a 2011 study, a new father drew a frazzled brain; an overwhelmed grad student drew a huge tower looming over a childlike figure.

Beware, though. According to the Wall Street Journal, the visual task of doodling conflicts with other visual tasks. It is best to listen to something and doodle. Watching something at the same time causes a traffic jam in the brain.













"I'm not looking forward to Roger's retirement...one more thing to dust."

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Calendar

(Sept 25-Oct 8)

***Any Change Of Date, Time, Activity, Or Place Must Be Made With The Office 503-982-1776.**

SATURDAY, Sept 25

2:45 p.m. - 5:00 p.m. Water Volleyball (Swimming Pool)
4:00 p.m. - 9:00 p.m. Hand & Foot Card Game (Blue Room)

SUNDAY, Sept 26

1:00 p.m. - 4:00 p.m. Music Jammers (Auditorium)

MONDAY, Sept 27

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. Quilters (Craft Room)
9:30 a.m. - 10:30 a.m. Ladies Chat & Laugh (Blue Room)
11:00 a.m. - 12:00 p.m. Tai Chi With Judy - Advanced (Auditorium)
12:00 p.m. 1:00 p.m. Tai Chi With Judy - Beginner (Auditorium)
12:30 p.m. - 4:00 p.m. Duplicate Bridge (Blue Room)
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, Sept 28

8:00 a.m. - 9:00 a.m. Mermaids Water Aerobics (Swimming Pool)
9:00 a.m. - 10:00 a.m. Ping Pong (Dining Hall)
9:30 a.m. - 3:00 p.m. Progressive Hand & Foot (Blue Room)
11:00 a.m. - 2:30 p.m. Ukulele Jam & Lessons (Craft Room)
1:30 p.m. - 4:30 p.m. Bod Board Meeting (Auditorium)
2:45 p.m. - 5:00 p.m. Water Volleyball (Swimming Pool)
5:00 p.m. - 9:00 p.m. Tuesday Night Poker (Card Room)

WEDNESDAY, Sept 29

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)
12:00 p.m. - 1:00 p.m. AA-Friends With Bill W (Craft Room)
12:30 p.m. - 4:00 p.m. Pinochle Double Deck Only (Card Room)
1:30 p.m. - 4:00 p.m. Wii Bowling (Auditorium)
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)
5:30 p.m. - 9:00 p.m. Pinochle Group (Blue Room)

THURSDAY, Sept 30

8:00 a.m. - 9:00 a.m. Mermaids Water Aerobics (Swimming Pool)
8:30 a.m. - 2:30 p.m. Quilters (Craft Room)
12:00 p.m. - 2:00 p.m. Activities Committee Meeting (Conference Room 1)
12:00 p.m. - 3:00 p.m. Ladies Pinochle (Blue Room)
5:00 p.m. - 9:00 p.m. Poker Players (Card Room)
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, Oct 1

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)
11:00 a.m. - 12:00 p.m. Yoga (Auditorium)
12:00 p.m. - 3:30 p.m. Bunco (Craft Room)
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, Oct 2

2:45 p.m. - 5:00 p.m. Water Volleyball (Swimming Pool)
4:00 p.m. - 9:00 p.m. Hand & Foot Card Game (Blue Room)

SUNDAY, Oct 3

1:00 p.m. - 5:00 p.m. Autumn Blues Festival Cancelled

MONDAY, Oct 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)
8:30 a.m. - 2:30 p.m. Quilters (Craft Room)
9:30 a.m. - 10:30 a.m. Ladies Chat & Laugh (Blue Room)
10:00 a.m. - 12:30 p.m. St. Monica's Circle (Dining Room, Kitchen)
11:00 a.m. - 12:00 p.m. Tai Chi With Judy - Advanced (Auditorium)
12:00 p.m. 1:00 p.m. Tai Chi With Judy - Beginner (Auditorium)
12:00 p.m. - 4:00 p.m. Duplicate Bridge (Blue Room)
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, Oct 5

8:00 a.m. - 9:00 a.m. Mermaids Water Aerobics (Swimming Pool)
9:00 a.m. - 10:30 a.m. Ping Pong (Dining Hall)
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)
5:00 p.m. - 9:00 p.m. Tuesday Night Poker (Card Room)

WEDNESDAY, Oct 6

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)
10:00 a.m. - 11:00 a.m. Weg Men's Club Meeting (Dining Hall)
11:00 a.m. - 12:00 p.m. Yoga (Auditorium)
12:00 p.m. - 1:00 p.m. AA-Friends With Bill W (Craft Room)
12:30 p.m. - 4:00 p.m. Pinochle Double Deck Only (Card Room)
1:30 p.m. - 4:00 p.m. Wii Bowling (Auditorium)
1:45 p.m. - 3:00 p.m. Home-Style Hymn Sing (Blue Room)
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)
5:30 p.m. - 9:00 p.m. Pinochle Group (Blue Room)

THURSDAY, Oct 7

8:00 a.m. - 9:00 a.m. Mermaids Water Aerobics (Swimming Pool)
8:30 a.m. - 2:30 p.m. Quilters (Craft Room)
12:00 p.m. - 2:00 p.m. Activities Committee Meeting (Conference Room 1)
5:00 p.m. - 9:00 p.m. Poker Players (Card Room)
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, Oct 8

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)
11:00 a.m. - 12:00 p.m. Yoga (Auditorium)
12:30 p.m. - 3:30 p.m. Bunco (Craft Room)
1:00 p.m. - 5:00 p.m. Friday Bridge (Blue Room)
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)

New Activity in Blue Room

by Editor

Home-Style Hymn sing is coming to the Blue Room. For the last four years, this group has been meeting in the home of Greg Delzer to enjoy singing and listening to hymns. Covid interrupted this for a while but now, they have found a new home! This is an acapella group, meaning that there are no instruments. This gives opportunity to hear the harmony and words.

This group will meet monthly in the Blue Room from 1:45 to 3:00 p.m. on the first Wednesday of each month. All are welcome. Contact Greg at 503-902-0996 or Ruth Widener at 503-858-4071.

Music Jammers

by Dena Hollod

Don't forget that on Sunday, September 26, 2021, we will be meeting back in our regular place: the Auditorium. Hopefully there will be no more changes for the rest of the year. We will start at 1:00 p.m. and jam until 4:00 p.m. Hope to see you all there.

WANTED: Good People and Good Ideas!

Submitted by Sherry Stoneback

This is the time of year to get involved. There are so many things that happen in the community and the more input there is, the better. More than anything, attending the board meetings gives one a better understanding of what is happening and an opportunity to have a voice in the process. It also helps support the HOA and prepare for changes.

For many, getting to the board meetings is not possible. It has been suggested that they be broadcasted via Zoom. However, it would be necessary to purchase a camera in the auditorium that would make this possible. Having more people involved and informed makes this a worthwhile expense. It is our right to have access and we need to know.

This is a call to action: Get involved! Get your neighbors involved as well. Get on board! Read this paper! Open your Bugle blasts! GO TO BOARD MEETINGS!

Could Emojis Be Helping Language?

Submitted by Kim Farquharson

Those little faces, smiley and otherwise, are spreading their way across global culture.

It wouldn't be a stretch to think that they could threaten actual language. According to USA Today, however, they might actually be helping text-based communication be more accurate.

Vyv Evans, the author of “The Emoji Code,” explains that humans can produce more than 10,000 individual expressions during face-to-face conversations. When these expressions are removed, as they are with text, the emotion is robbed from communication, and it is very easy to miscommunicate under those circumstances. In this way, Emojis are the body language of texting and only help in getting the point across.



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