

News & Views

Official Publication of Woodburn Estates & Golf



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

VOL XLX NO. 22

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

Friday, November 26, 2021

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2021

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Any and all event details are subject to change without notice.

Important Reminders

by Front Desk

Some important things to remember:

1) A reminder for the people who run groups, clubs, or activities. Please come into the office and fill out an application for 2022. It is best to come before January as someone else may take the slot. Remember, it is first come, first serve.

2) With the booster shots, golf red flags, Christmas Parade, and dues this time of year, the office phone may not be answered. Please leave a detailed message so we can return your call.

3) If there are projects going on with a commercial company, city, or groups around the neighborhood, the office is not notified by these companies, city, or groups. We are unable to give any information about these projects. We are not on the neighborhood website, so we are unable to know what is happening.

4) If anyone needs assistance in the community, there are many programs offering aid: Medicaid/Oregon Health Plan, Medicare Savings Program, Help with Food Costs, In-Home Help, Delivered Meals, Health and Wellness Programs, Medicare Counseling and/or Emergency funds.

For more information about these programs, please reach out to NorthWest Senior and Disability Services. The Woodburn branch office is located at 2100 Progress Way in Woodburn. The phone number is 503-981-5138. The office has 15 booklets with information available.

A Thanksgiving Message

by Editor

If we didn't have a Thanksgiving, we would invent one because giving thanks – feeling gratitude – creates health and happiness.

We really don't need a study to tell us that a thankful person is just plain nicer to be around than one who is critical and displeased with everything. But that study exists anyway.

In 2003, Robert A. Emmons of the University of California, and Michael E. McCullough of the University of Miami conducted three experiments on the effect of a grateful outlook. They concluded: results suggest that a conscious focus on blessings may have emotional and interpersonal benefits.

The lore of our own Thanksgiving Day, seasonally criticized by the critics, does offer genuine lessons in the practice of gratefulness. The pilgrims in 1620 didn't have much to be grateful for. They were oppressed in England and had to leave the country. Then they sailed for the New World, where they had to build themselves a place to live. Half of them died the first year.

For the Pilgrims, there was plenty of hardship and death in the past, with plenty more to come that they didn't yet know about. But they did manage to set aside a day in gratitude for their hard-won harvest.

That is the thing about gratitude -- it is always about the present. You can't know what will happen tomorrow. But right now, if you must clean your house, be grateful for the house. If you must make dinner, be grateful for the food.

So Happy Thanksgiving right now to you and yours. Be grateful.

“ Being thankful:
It's healthy

Reflect on your
present blessings,
on which every
man has many,
not on your past
misfortunes, of
which all men
have some. ”

–Charles Dickens
(M. Dickens,
1897, p. 45)

News & Views Publication Schedule Last 2 Issues of 2021!

Copy due by 9:30 a.m.

Thursday, Dec 2, 2021

Thursday, Dec 16, 2021

Publication Date

Friday, Dec 10, 2021

Friday, Dec 24, 2021

OFFICE CLOSED ON WEDNESDAYS



Ask an Expert

Q: My wife has dementia; I do not feel I am ready to move her to a memory care home at this point. I can cope with most unusual behavior resulting from dementia, except for her repetitive asking the same question; no matter how many times I answer, she does not retain what I say. Do you have any advice that will help me deal with when she repeats the same question over and over again?
Brad of Woodburn

A: Brad, I am so glad you asked this question, as it is one that many caregivers of people with dementia find a struggle. Often the repetitive question can occur because your wife is anxious, afraid, or uncomfortable. You probably know her better than anyone else and may be able to work out what she is feeling, one of those emotions. Keeping your tone calm and trying not to get frustrated or show anger will help you better deal with her needs.

You cannot change your wife’s need for security when she repeatedly asks the same question, but you can change your answer by posing a question to her.

For instance, if she is asking “What is for dinner?” You may tell her what it is the first time she asks, and then the next time, you might ask her a question related to what she is asking, like what would you like for dinner or what was your favorite thing to cook for dinner. You may ask her if she remembers the first time you took her out to dinner and then start questions about her answers. If she cannot recall that time in her life, you can prompt her with your memories. People with dementia can often recall long-term memories more easily than short-term memories; you are more successful when you redirect by asking questions from the past.

The main thing for you is to look after yourself; if you do not find ways to support yourself, you cannot support your wife.

November Sudoku

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

What Say Ye...?

Community Comments

In response to the article in the previous edition regarding avoiding raw dog food, it needs to be pointed out that an excellent alternative is to feed freeze-dried/dehydrated raw dog food.

It eliminates the concern of bacteria while still reducing or eliminating the extremely unhealthy artificial preservatives that are used in regular dog foods. Most are also filler and grain-free which is much healthier, too. They are SO easy to use. Just add water, wait a few minutes, and feed.

Not to promote any particular brands, but I have been using "Easy Raw" from Only Natural Pet freeze-dried raw food for the past 5+ years for my 2 chihuahuas. One is allergic to chicken, salmon, grains, and a number of other things, but does great when he is on this low-preserved food. Mine are 12 and 14 years old, and going strong!

These brands (and others) can be easily found at either PetSmart in-store or online, Chewy.com, even Amazon.

Here's to helping our best friends stay healthy & happy!

Thank you, Vicki Shanner-Bake

WEG Emergency Preparedness Committee

by Karen Linton

Recently we had several power outages in Woodburn Estates. This was a wake-up call for us to get prepared for winter! If you haven’t started preparing, now is a good time to do so.

At the very minimum, plan to have several days of drinking water for each person in your household, and canned food with a manual can opener. Alternatively, you can buy/order emergency dried food in packets that can be eaten as such or rehydrated, similar to MRE’s (meals ready to eat that the Armed Forces use). These can be purchased online or in stores like REI, Walmart, and Costco. You can research these types of products on [downtoearthhomesteaders.com](#). Don’t forget to stockpile food for your pets as well.

You can purchase a generator to keep your lights on, but generators are expensive. If you just want lights, there are lightbulbs that will remain on in a lamp whenever the power goes out. These lightbulbs can be screwed into a holder that has a hook you can hang in strategic places. They are not bright enough to read by but will provide enough light to navigate your home. There are less expensive power converters that will run off your car’s battery to power your refrigerator, TV, or other appliances, but aren’t enough power as a generator. Unfortunately, you must keep your car running to do so.

Have enough blankets on hand and keep at least one cell phone battery charger charged so that it can be used when your cell phone dies.

There will be more suggestions in future articles, but this should be a good start. Stay warm!

LED Christmas Lights Beat Incandescent for Safety

by Editor

Nothing beats LED Christmas lights for safety and cost.

First, there is no comparison between the power drawn by incandescent lights and LED lights.

One thousand incandescent mini lights draw 408 watts. The same number of LED mini lights draw 69 watts, according to Christmas Lights etc.

This can be a very important difference. For one thing, the LEDs are less likely to overload the typical household circuit. A 15-amp household circuit supports 1800 watts. Every household circuit has several plug outlets running appliances or lights. Adding 400 watts to that circuit might trip the breakers.

Unlike incandescent bulbs, many strings of low-power LED lights can be daisy-chained with zero safety issues.

For example, suppose you need 300 feet of lights for the roof line. Traditional incandescent C9 & C7 lights come on 25-bulb, 25-foot strands. Only two strands can be safely connected end-to-end, so you would need six different plugs on different household circuits.

The same project with LEDs allows you to connect all the strings end-to-end into the same outlet. In fact, you could connect 40 strings of LEDs without a problem, according to Christmas Lights etc.

In addition, LED lights:

- * Use 75 percent less energy.
- * Stay cool to the touch.
- * Survive cold weather.
- * Are more durable than incandescent and burn longer.

LEDs got a bad reputation early on for being harsh. But newer designs offer choices between warm or bright white.

One drawback of LEDs? There is evidence that blue LED lights make people feel sick or depressed.

News & Views

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

Editor and Advertising: Kim Farquharson
Advertising Sales: Stan Hiller
Golf Photographer: Don Slezak (503-708-4872)
Distribution: Jim & Linda Hoover (503-380-8422)

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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UNAPPROVED MINUTES OF THE
WOODBURN ESTATES & GOLF
BOARD OF DIRECTORS
ANNUAL MEMBERS' MEETING

November 9, 2021 • 10:00 a.m.

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

The Minutes will be approved at the 2022 Annual Member Meeting.

President Sharyn Cornett called the 2021 Annual Meeting to order at 10:00 am Tuesday, November 9, 2021.

Secretary Allan Lindberg confirmed that there was a quorum of the members.

Flag Salute.

When asked if there was a change in the agenda, the new business requested by member, Jaime Rodriguez discussion about the I-5 sound wall was moved before Open Discussion.

Flag Salute.

A Motion to Dispense with the Reading of the Minutes was approved by the membership from November 10 and 19, 2020.

A motion to approve the Minutes from the 2020 Annual meeting was approved by the membership, as printed in the *News & Views* on December 25, 2020.

Sharyn Cornett gave the President’s welcome.

Phil Balogh gave Treasurer’s Report to be posted and presented at the November 23, meeting. (No motion).

President Sharyn Cornett introduced the nominees for the board and thanked them for volunteering. They were Sherry Stoneback, Jamie Rodriguez, Clark Seeley, Carl Sundberg and Phil Balogh.

Report updates were given by Golf; Ken Bourne, House; Larry Jones, Activity; Sharyn Cornett, Architectural Review and RV; Gene Nemish, Rules; Carol Bolton, and New Member; Steve Krieg, committee chairs.

Jamie Rodriguez, member, presented a short and thoughtful discussion about a sound wall along King Way.

Twelve members talked about sound, loss of tree barrier in 2021 ice storm, pollution, and the need to create an Ad Hoc committee to collaborate with elected officials.

Ten members spoke at open microphone, including the current financial budget and the proposed 2022 budget and fees, round table discussions between board and membership, sliding scales on dues, solutions to unkept lawns, hot tub motor status, clubs back in session need members to come back, Ad hoc volunteer group to help neighbors. The *News & Views* editor also asked for more contributions to the paper by members.

The meeting adjourned at 11:25 a.m.

Music News

by Dena Hollod

Music Jammers

We had another great jam session on November 14th. We had a very good-size crowd in our audience. I’m sure the musicians were happy to see the number of people that came. Hopefully our news articles and notices on the bulletin board will reach more people. Keep coming! Our next jam session will be Nov 28th at 1 p.m. in the Auditorium.

Music Makers

On December 6 at 2:30 p.m. in the Estates Auditorium, we will be having our Christmas potluck. Music Makers will furnish the meat entrée and the rest of the meal is up to you. Call Susan Lukawitz at 503-504-0154 and let her know what you will be bringing. If you can’t get in touch with her, you can call me (Dena Hollod) at 503-989-9187. Hope to see you all there! Be ready to sing Christmas songs.

Last Chance


by Stan Hiller, Directory Sales

Please check your name, address, and phone number(s) in the current directory. If you need to make changes for the new 2022 directory, now is the time to do so.

If you are not in the current phone book, please notify the office that you want to be listed.

Please email changes or corrections to info@WoodburnEstatesGolf.com or call the main office at 503-982-1776. We will gladly list you by nickname, landline, cell phone number(s), or unlisted. Whatever you prefer. **You must list with your address.**

Don’t wait!



Fight Hypertension
with the DASH Diet

by Editor

Hypertension, the clinical term for high blood pressure, is a common cardiovascular ailment among Americans, afflicting about 116 million adults, according to the Centers for Disease Control and Prevention. It's not surprising that among the ten most prescribed drugs in the U.S., four of them are used to treat hypertension, according to Healthgrades.

But for many hypertension patients, daily medication isn't enough. According to CNN, as many as a third of American adults on hypertension drugs may have uncontrolled hypertension even with the use of blood pressure medications. Blood pressure is labeled as uncontrolled or "resistant" when an individual's blood pressure readings remain elevated despite concurrent use of three types of medication. According to the American Heart Association, anything above 130 systolic (top number) and over 80 diastolic (bottom number) is high blood pressure. Uncontrolled hypertension is more common among younger men than younger women, but the risk shifts among older adults, with women more likely to have uncontrolled blood pressure than men.

Fortunately, medications aren't the only tools available to fight stubborn hypertension. According to Medical News Today, researchers at Duke University School of Medicine in Durham, North Carolina, found that individuals with resistant hypertension who combined regular structured exercise and the Dietary Approaches to Stop Hypertension (DASH) diet with weekly support sessions saw at least a 12-point drop in their systolic blood pressure. Another group that received written guidelines on the DASH diet and exercise along with a one-hour education session also lowered their blood pressure, though the drop was a more modest seven points. All participants continued taking medications as prescribed.

The DASH diet is a well-known meal plan that emphasizes fresh produce, low-fat dairy, whole grains, lean meats, nuts, seeds, and legumes, while limiting – not eliminating – saturated fat and sodium. Medical professionals and groups routinely laud the DASH eating plan for its focus on long-term lifestyle change instead of temporary drastic restriction, according to the National Institutes of Health.


For more information about the DASH diet and other lifestyle modifications to promote healthy blood pressure, talk to your physician or a registered dietitian.

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Off-Leash Area

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

by Karen Linton

An unfenced, off-leash area for dogs has been designated at the Senior Estates Park. It is close to the Astor end of the park and will have signage indicating the area. Signage is temporary awaiting more permanent metal signs.

This decision is a result of a group of over 100 people signing a petition for an off-leash area that was taken to the City Council and then voted on by the Parks and Recreation Committee.

In the spring next year, this decision will be re-evaluated. Depending on the usage, the dog owners' responsibility to pick up after and control their pets and the city budget, a fenced area may be approved. The location of that fenced area is undetermined.

Dogs must still be on a leash in the remainder of the park. It will be the owners' responsibility to control their pets in or out of the off-leash area. This Park is OWNED BY THE CITY OF WOODBURN, not our HOA, so their rules must be followed if an off-leash area can continue.

Five Servings is Best

by Editor

More is better when it comes to how many servings of fruits and vegetables to eat each day, according to Harvard Medical School. Researchers analyzed self-reported health and diet information from dozens of studies that included millions of subjects, comparing participants who reporting eating five servings of fruits and vegetables each day with participants who ate only two. The results are eye-opening -- people who ate five servings decreased risk of death from heart disease, stroke, cancer, or respiratory disease, and a decreased overall risk of death from any cause.

Bugle Blast is easy to get.

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2. Scroll to the bottom of the home page

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Member RMLS and WVMLS Listing Services

by Diana Lindberg

1980

The 1980 Presidents were Mabel Vomecil and Clifton Windle.

The club played Home and Home with Salemtowne, Riverwood, McNary, and Meadowlawn, with 9-hole and 18-hole members participating.

Growth reported at 45 percent in Woodburn, was not due to industrialization, but with the expansion of Woodburn Senior Estates. (1)

High mortgage rates and the recession hampered a planned major addition to Woodburn Senior Estates. Although celebrated by Governor Vic Atiyeh and local civic leaders in February, the “deteriorating economic conditions have taken the wind out of its sails.” Developer George Brice III said three homes sold out of a planned 15-20.

Brice continued, “Most of the people looking at these homes have at least early childhood memories of the Depression.” (2)

Plans for the addition called for 118 homes on the twenty acres north of Vanderbeck Lane, on land owned by Woodburn Construction, for a cost of \$66,000-\$80,000. Plans included the addition to the clubhouse; the centerpiece being the maple dance floor. The addition was to take place on August 1st or the date of the sale of the 12th house, whichever came first, per Brice.

“Despite the negative home sales at the time, members raised \$45,000 of the expected cost of \$65,000 through community bake sales, auctions, and donations,” stated Earl Ellis, president of the board for the addition.

In September, the members voted 634 to 299 to charge an initiation fee to buyers of resale homes. The paper reported that no fee had been set at the time of the writing but \$1,000 was under consideration. The charge was in addition to the annual assessment of \$100, plus golf dues. (3)

(1) *Statesman Journal*, Salem, Oregon, July 2, 1980.

(2) *Statesman Journal* reported on July 6, 1980

(3) *Statesman Journal*, Salem, Oregon, September 24, 1980.

1981

The Presidents introduced at the Inaugural Ball in December for 1981 were Freda Olsen and Charles Schmidt.

McCully Realty sponsored the membership book once again. The March Kickoff was a style show with Miss Famous Labels including Miss Za Za Gabor, Miss Tilly Teabag, Golden Girl, Miss Fanny Pop-It, Miss Fife La Bag, Miss Amy Eisenflower, Miss Jayne Cansfield, and Miss Lana Turtle. Fashion Coordinators from the “Cutsup Charm School Golfer,” Alice Brauckmiller and friends sang “Birds of the Fairway.” On the second Saturday of every month was a planned mixed tournament with the Men’s club.

Installation of a new automatic sprinkler system started on April 22, 1981.

The Third Annual Woodburn Independent Sponsored Golf Tournament was on Memorial Day. In May there was a Men’s and Women’s golf fashions show, coordinated by Jeannie White.

Wylie Ellis, stepped down as President of Senior Estates Homeowners Inc. after being the “watchdog” as “some” called him at the city for 14 years. He said politics had never consumed much of his time but after attending the first meeting of the SEHO in 1967, it practically became a full-time job. Wylie said that much of his work was “prodding” the city, but he wanted it known that SEHO “helped provide first aid equipment for the fire department, helped lure a nursing home to the city, and operated a bus service for Senior Estates.” (4)

Three hundred plus members participated in the July 4th Tournament at a cost of \$6.00 each. Fern Lewis won Club Championship for the 18-hole ladies.

Maintenance crew and Men’s club volunteers completed graveled cart paths on holes 13, 14, 15, and 16 to create year-round use of the total golf course. This was phase one of a long-term goal for the cart path throughout the entire golf course.

William Blackburn Graham, who built and designed the original Senior Estates Golf Course and was the first Golf Professional passed away, he was 82 years old. He resided on Sallal Court at the time of his death. (5)

(4)(5) *Statesman Journal*, Salem, Oregon, June 29, 1981, and November 24, 1981, Page 11.

1982

Lela Easton and William Costine were the club Presidents.

The Men and Women held their Spring Handicap Tournaments and Club Championships, sponsored by Woodburn Landscaping, were at the same time, pooling entry fees of \$2.00 plus \$1.50 to attend the after-party and share the prizes.

January meeting had 131 members present, February meeting had 152 members present.

Sundowners was organizing with one mixed tournament per month. They played nine holes of golf with dinner at the Clubhouse restaurant. On May 19th, Millie Eppler registered a hole-in-one on hole #11, being the second lady to get a hole-in-one, the first not listed. Sponsors included Miles Chevrolet in July and Bank of Oregon for the Guys and Dolls event on Labor Day.

The Friday Swingers undertook the project to renovate the locker rooms and the restrooms of the Club House, carpet and wallpaper the lounge and restroom areas – volunteers and donations expected.

The ladies also donated \$1,140.49 to the swimming pool fund.

On October 19, 1982, dues changed in the Constitution and adopted on December 15, 1982.

Tim O'Larey Is Retiring!

Come and help us celebrate! Save the date! December 4, 2021 – 3 p.m. to 6 p.m. in the Auditorium

We are going to celebrate Tim’s 25 years as our Greens Superintendent. We will be having cocktails and appetizers in the Auditorium!

Please text or email Vickie Hibberd or Paula Kilgore if you plan on attending.

MORE INFORMATION TO FOLLOW. Please bring a story about Tim to share. Anyone who would like to donate to Tim’s gift would be greatly appreciated!

Vickie Hibberd – 503-680-7886 – bvhibberd@msn.com

Paula Kilgore – 971-242-1166 – p.kilgore@gmail.com

Leg Cramps: How To Understand And Cope With Them

by Editor

In the night, or just upon waking, there they are: leg cramps. The excruciating pain comes on suddenly and goes away all too slowly. For people over age 60, more than 30 percent have a leg cramp at least once every two months and the older you are, the more likely you are to have them. Our tendons (the tissues that connect muscles to bones) naturally shorten with age, according to the Cleveland Clinic, and this can leave us vulnerable, but cramps can have unknown causes or be caused by medications, underlying disease or lack of activity.

Some medications have cramping side effects. Among them: Albuterol/ Ipratropium, estrogens, clonazepam, diuretics, naproxen, statins, Ambien, Lyrica, as well as some antidepressants and hormones. They can be caused by certain diseases: Cardiovascular diseases, ALS, cirrhosis, diabetes, flat feet, kidney failure, Parkinson's, osteoarthritis, peripheral artery disease.

9 things you can do to get some relief

There is no pill or injection you can take to relieve the cramp, according to the Cleveland Clinic.

Here is what you can do:

- Stretch the cramping leg muscle, pulling toes toward the shin.
- Massage. Use your hands or a roller.
- Stand. Press feet to the floor.
- Walk. Wiggle your leg as you walk.
- Apply heat. Heating pad or a warm bath might help.
- Cold. A bag of ice in a towel.
- Pain killers. Ibuprofen or acetaminophen.
- Elevate. Prop up the leg. If you can, find a less painful position and stay still. Try to relax. Wait.

Steps that may help prevent leg cramps

- * Drink eight glasses of water every day. Avoid alcohol and caffeine.
- * Stretch and move during the day. Brief walking and stretching before bed may help.
- * Wear supportive shoes.
- * If you sleep on your back, don't let the blankets push your feet down. Keep your feet lightly covered with toes pointed up.

Book Review—Noise: A Flaw in Human Judgment

Submitted by Editor

Ever wonder why people make bad decisions? If so, “*Noise: A Flaw in Human Judgment*” by Daniel Kahneman, Oliver Sibony, and Cass R. Sunstein should make your holiday gift wish list. The New York Times bestseller sheds light on how people make decisions.

More than that, this insightful book may also help you tune out the noise that interferes with judgment. This could reduce variability and help you make sound choices.

The authors argue that bad decisions often come down to noise clouding your judgment. They distinguish between systematic deviation, or bias, and random scatter, AKA noise. Ultimately, noise seems to do as much damage as bias.

The authors each impart their expertise. Daniel Kahneman has already won the Nobel Memorial Prize in Economic Sciences for his work on behavioral economics. Olivier Sibony teaches business strategy at HEC Paris and formerly worked as a partner at McKinsey & Company. Cass R. Sunstein is a distinguished legal scholar and behavioral economist currently teaching at Harvard.

The stakes certainly are high. Gartner has found that poor operational decisions alone can cost 3 percent of profits. Meanwhile, research suggests that the average adult makes roughly 35,000 "remotely conscious" decisions per day. Choosing between orange juice or coffee may not matter but deciding which candidate to hire or which marketing campaign to focus on may ultimately determine your business's success or failure.

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'Tis the Season



Christmas Gift Box Donations

The Catholic Daughters of Sacred Heart - St Louis Parish in Gervais, OR are collecting new or gently used coats, socks, and toys for families in need in our community. There will be a box for donations located in the foyer of the WE&G office from Nov 29 - Dec 17. The attached information details the donations. Gift boxes will be distributed to families in the local community. Questions can be addressed to Barbara at 208-587-2281 via text message. Or barbaraid@yahoo.com.

DONATIONS

- * Coats - All Sizes - New/Gently Used
- * Socks - All Sizes
- * Toys/Gifts - Ages 0-16 yrs

Angel Mountain Christmas Store

It's a gift shop in Mount Angel with Christmas & wine related gifts, as well as wine tastings and sales. Open Wednesday-Sunday.

The Glockenspiel Restaurant is right next door to the gift shop. Though it closed in December 2019, it has now reopened under new owners. Serving German & American cuisine.

Holly Jolly Christmas

Yes, Chuck Wesemann is ready for Christmas, making his personalized cards for family and friends. Chuck meets with fellow artists on Mondays at Woodburn Art Center/ Glatt House Gallery, corner of Boones Ferry Rd. and Country Club Rd. to paint and enjoy encouragement, camaraderie and just plain fun.

Drop by on Mondays, 10 a.m. to 3 p.m. and see what's happening. Or better yet, join us.



The Living Christmas Story

The good news of Jesus' birth will once again be told by community members through the ninth annual "Living Christmas Story" hosted by Hoodview Church of God, 1530 Mount Hood Ave., December 10-12 from 6:00 to 8:00 p.m.

Guests may choose to either walk-through or drive-through different "still life" scenes from the life of Christ featuring actors in vivid costumes and backdrops, from the announcement of his birth to his nativity, ministry, death on the cross and resurrection.

This FREE outdoor event is a great way to celebrate the "true" meaning of Christmas with family and friends. Free refreshments will also be available.

There is also an opportunity for community members to participate in this production, with a variety of roles for different ages. All costumes and props are provided, as well as a meal each evening. Contact Connie Johnson (hcogconnie@gmail.com) to volunteer.

Christmas at Hoodview—A Christmas Concert

"I Heard the Bells on Christmas Day," a brand-new CD featuring sacred and seasonal selections by Peggy Dougherty and Roger & Nancy Wilhite, will be introduced by the musical artists at a special Christmas Concert at Hoodview Church of God in Woodburn on Sunday, December 5 at 3:00 p.m. This free concert will feature selections from the new album, as well as a Christmas carol sing-along. Refreshments will be served afterwards.

The new CDs will be available after the concert for a gift of any amount, with all proceeds benefiting the David M. Dougherty Scholarship Fund. Pastor Dougherty, who passed away ten years ago, was a longtime fixture in our community who loved music as well as supporting students in their educational pursuit. This concert honors that legacy.

Winter Clothing Drive



Love INC is in need of lightly used or brand-new winter clothing for our clients. We will accept donations for all ages at our office located at

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Be Polite: Don't Be This Person

by Editor

Here are the seven most impolite things you can do at a holiday dinner or any other dinner.

1. Not acknowledge the invitation. Still show up.
If you are coming, say so. Make a decision.
2. Bring a stranger.
If you want to bring your love interest, tell your host long before the dinner.
3. Come late.
Grandma spent \$200 on that standing rib roast and you are an hour late for dinner. No.
4. Come empty-handed.
Ask what you can bring at the time you are invited. If the host needs nothing, bring a bottle of wine, if appropriate.
5. Complain.
If you don't like cranberries, don't take any and don't point out that you don't like them. It's also rude to show up and say you aren't hungry.
6. Watch TV.
Sorry your football game is on, but you must interact with humans. Don't plant yourself on the couch.
7. Ignore the cleanup.
At least offer and if your offer is accepted, then help.

Brush Up on Table Etiquette Before the Holiday Season



by Editor

- Good dining etiquette is more than knowing which fork to use and when – good manners are about respecting others and yourself. A quick brush-up on table manners before the holiday social season means that you will be a confident and charming dinner companion, no matter where you go or who you're with.
- * Be on time, whether you are going to someone's home or meeting others at a restaurant.
 - * Silence your phone and put it away. Give others your full attention.
 - * Place your napkin in your lap as soon as you sit down.
 - * With utensils, the best rule is to start from the outside and move in as the meal progresses. Dessert utensils are found above the plate.
 - * Picture your plate as a clock. When you take a break from eating, rest your fork and knife at the three o'clock position. When you finish eating, place your utensils at 10 and four.
 - * Do not eat until the host starts to eat, even if others at the table have already started.
 - * Cut your food into one or two bite-sized pieces at a time.
 - * Don't butter an entire slice of bread or roll at once – cut a chunk of butter from the dish, then butter small pieces before you eat them. The bread plate, if there is one, should be above your dinner plate and to the left.
 - * If food is being served at the table, pass dishes counter-clockwise. Always pass salt and pepper together. Use serving utensils to remove food from a dish – not your own.
 - * Don't blow on your food. Wait a minute or two for it to cool instead.
 - * When in doubt, watch the host for cues.
 - * Send a thank-you note a day or two after the meal.

The Mother Of Thanksgiving And Her 1863 Apple Pudding



by Editor

She was a woman of her time and ahead of her time. Sarah Josepha Hale was born in 1788 and, in spite of the era, became a self-taught professional woman, a writer, poet and editor, advocating education and professional work for women. But she was also a creature of her time. When her husband died at age 34, just two months before the birth of their fifth child, she donned mourning black and never again took it off. She didn't believe women should have the vote, but should remain the secret and silent influencer of the male vote. But her influence on culture was far from secret or silent. In fact, Hale became a vocal supporter of a national Thanksgiving. For 17 years she wrote letters to five presidents about the idea. She wrote books and articles recounting New England Thanksgivings. In 1863, she finally caught the ear of President Abraham Lincoln, convincing him that a National Day of Thanks might bring the war-torn country together. Besides writing books and editing an influential women's magazine, Hale also promoted Thanksgiving through cookbooks. Here we offer one of her desserts, courtesy of Tori Avey at toriavey.com.

Thanksgiving Apple Pudding

Ingredients

- 6 very large green apples, peeled, cored and sliced
- 1 lemon peel, cut into slices
- 2/3 cup brown sugar
- 6 large eggs, well beaten
- 1-pint heavy whipping cream
- 1 teaspoon lemon juice
- 2 9-inch uncooked pie crusts or 9-inch round puff pastry crusts

Instructions

Fill medium sauce pan with 6 tablespoons of water. Put in sliced apples and the lemon peels. Bring to a boil, reduce to a simmer, and cover the pot. Let the apples cook for 25-30 minutes till very soft. Remove the lemon peels from the pot and mash the apples while they're hot until they have the consistency of applesauce. Pour the mashed apples into a mixing bowl and allow to cool. Preheat oven to 375 degrees F. Stir in the brown sugar, beaten eggs, heavy whipping cream, and lemon juice. Reserve filling. Line 2 pie dishes or pans with the 2 uncooked crusts. Pour half of the apple pudding into each crust to make two puddings. To make the crust a golden-brown color, whisk together 1 egg yolk with 1 teaspoon of water. Brush a thin layer of the egg wash onto the visible edge of the pie crust. Place the puddings into the oven and bake for 80-90 minutes, or until the pudding no longer wiggles in the center and is browning in places around the outer edge of the crust. You don't want to undercook the pudding, or it will turn out mushy. If in doubt, err on the side of cooking longer. Cover just the crust with foil if it is browning too fast. Allow pudding to cool before serving.



“Wow, that’s a lot of channels for such a little TV.”



The Drawbacks Of Working From Home

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Finding the Best Holiday Deals

by Editor

Looking to save money on Christmas spending this year? If so, you may have to put in a bit more effort compared to seasons past. Still, hard work may result in substantial savings.

Financial consultants at Deloitte, project that holiday sales will increase by seven to nine percent this season, with e-commerce sales expected to grow by 11 to 15 percent. Rising wages may mean that many families have more to spend compared to years past, but inflation and supply constraints could mean higher than normal prices.

Electronics may be hard to come by. However, through electronic outlet stores, you can pick up lightly used electronics at a great price, often under warranty. Apple, for example, sells certified refurbished Mac laptops for \$150 or more off. You can score substantial discounts on Apple Watches, iPhones, and other devices as well.

Dell, Acer, and other brands now offer official outlet stores on eBay. You can frequently save 30 percent or more. You can also pick up lightly used video games on eBay and at Gamestop.

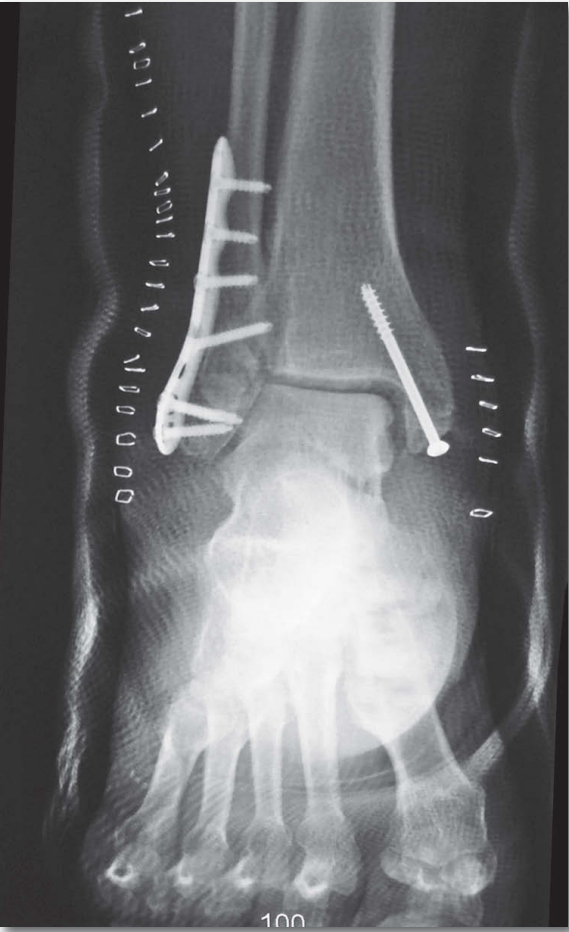
If you have been looking at a Kindle or another Amazon device, Cyber Monday remains a good bet. Google also offers steep sales as well through their online store. Amid supply chain constraints, larger companies like Amazon may enjoy more stable supplies.

In-store shopping might also help you secure good deals, especially if you are willing to wake up early. Best Buy, Walmart and other brick-and-mortar retailers are still expected to offer big sales. At home, check Amazon and other websites for flash sales.

Many folks also pick up gifts for themselves. Consider waiting until after Christmas to do personal shopping. For the 2020 Christmas season, the National Retail Federation estimated that \$101 billion worth of sales were returned. To clear returns and holiday stocks, retailers may offer extensive after-Christmas sales. Stocks of refurbished goods through outlet websites may also rise while prices drop.

Broken Bones Could Be A Warning Sign

by Editor



It could happen to anyone – slipping on a patch of ice or tumbling off a stepladder. You might hear or feel something snap and know instantly that you are in for at least a few weeks in a cast or worse. But a growing body of evidence suggests that for older adults, broken bones might not be just an unfortunate accident – they could be a warning sign for more significant bone health issues.

According to a commentary published in the Journal of the American Medical Association (JAMA), any adult middle-aged and older who sustains a bone fracture should have their bone health evaluated and be counseled on maintaining bone health in the future. According to a study published in the same issue of JAMA, postmenopausal women who sustained their first bone fracture, faced elevated risk for another

fracture later when compared with women who had no history of fractures. For women, whose first fracture was a result of minimal trauma (considered a symptom of fragile bones), the risk of a second fracture increased by 52 percent. Women who received their first fracture from a traumatic accident such as a serious fall, were 25 percent more likely to incur a second fracture. Researchers concluded that a first fracture among postmenopausal women was associated with an elevated risk of additional fractures later.

But despite the known risks of subsequent fractures, few patients are evaluated for bone loss after a fracture. According to the New York Times, a 2015 study of two million Medicare recipients hospitalized after fractures found that among those who sustained hip or spinal fractures, only nine percent were evaluated for bone loss or offered medications to protect bone density.

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Christmas Card Pet Shots: Watch Out For Green Eye



by Editor

Wouldn't it make a great Christmas card for next year: Bowser in front of the fireplace wearing a Santa Claus hat?

Most pet owners, be they kitty fanciers, canine lovers or both will have great opportunities for pet photos during the holidays.

You can set up the photo just where you want it. Declutter the area so the background isn't confused. Catch your pooch in a calm mood. Ask someone else to hold a toy or a treat in order to get that special glint in your pet's eyes.

But the glint you don't want is the dreaded green eye.

Green eye is like red eye in human photos. With humans, light strikes the retina's blood vessels, reflecting red. But many animals have an eye membrane called tapetum lucidum that lets animals see better in the dark. When light strikes an animal's eye, the membrane can reflect green, blue, white or yellow, depending on the animal. Most dogs and cats reflect green or blue. Blue-eyed cats are the exception and they reflect red. Raccoon and deer eyes glow yellow.

You get green eye when your pet's pupils are dilated at night, or a built-in camera flash shines directly into the pet's eye.

To avoid green eye, distract the pet to look slightly away from the camera. You can also change your shooting angle to a slightly higher or lower position than the pet's eyes. If you are using a traditional camera with a separate flash, tilt the flash to bounce light from the ceiling or wall.

A Clowder of Cats

by Editor

You have your school of fish and mob of kangaroos, but you mostly find a proper clowder of cats in places where humans put up a fight against mice and rats.

Today, the most famous clowder may be in the largest museum in the world, the Hermitage in St. Petersburg, Russia, founded by Empress Catherine the Great in 1764.

The clowder was formed earlier, in 1745, when the Hermitage was merely a palace with a mouse problem. Empress Elizabeth Petrovna ordered 30 cats. Those cats and their descendants roamed the galleries and cellars, controlling rodents for nearly 200 years.

But the cats could not survive the Nazi's siege of Leningrad (now St. Petersburg) that began in 1941. During the brutal 900-day siege, the city was intentionally starved. By the end of the siege in January 1944, there were no more cats. The rats, however, survived.

Rats were destroying the Hermitage. Although some treasures had been evacuated, everything else was at risk. According to Russian Beyond, residents of Siberian cities sent 5,000 cats known for their mousing skills. The cats quickly took care of the problem.

Today the 70-cat clowder lives in the cellars of the Hermitage, no longer allowed to roam the galleries. But don't feel too sorry for them. There are about 13 miles of cellars, plus courtyards and tunnels where the cats are the new czars. They no longer work for a living. They lounge around on warm heat conduits or in baskets and boxes made for them. Their staff prepares their food in the cat kitchens. They have a cat hospital. They even have their own press secretary and Instagram account.

Chess Match

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D C E Q L I T P A M C D C
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Focus on History

History of 1985

by Stan Hiller

Chapter 26 for 1985 starts with the following:

President..... Mabel Vomocil (1st lady president)
Vice President Fred Kyser – Golf
SecretaryLetha Rasmussen – Public Relations
TreasurerSam Gibson
Membership George Tallmadge
ActivitiesOllie Harris, now Bob Saunders August 13, 1985
HouseGeorge Steffensen, now Margaret Keister Dec. 10, 1985.
Planning John Marchetti
Rules John Sherman, now Jess Pace on May 14, 1985

Administrator is the President, and the meetings were held in the Craft Room.
Golf Pro Jim White started July 14, 1979
Golf Course Super Jack Smith
N&V Editor Vivian Read comes back on Dec. 13, 1983
Office Secretary Loretta Lundy and Susan Wildesmith is Assistant Director
Travel Office Jackie Opitz
Restaurant Dave & Lucy Almond started February 14, 1984

1985 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 purchasers of resale homes must pay an initiation fee, a one-time charge of \$1,000.			
Green Fees – guest	\$5 for 9 holes; \$8 for 18 or all day.		
Green fee (17 years old or younger)	\$2 for 9 holes; \$3 for 18 holes		
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 \$120	Golf car storage gas \$90		
Trailer storage initiation fee \$15	Trailer assessment \$10		
Trailer less than 25 feet \$18	Trailer over 25 feet \$36		

January 8, 1985 Board minutes was a meet the new board and their chair positions.

February 12, 1985 Board minutes the new phone books have been delivered with thank yous going to the committee and delivery. I hope that whenever possible our Senior Estates members will buy with the merchants who have advertised in our phone directory book. When you do shop with them, leave a card thanking them. These cards are available in the office.

Golf Chair, Fred Kyser reported the irrigation pumps on the north and south sides have been pulled for maintenance. The north side pump has been used since 1962 and the south side pumps used since 1965. The shafts and bearings needed work which will be done, and the pumps replaced soon.

March 12, 1985 Board minutes this year, **1985, is the 25th anniversary of Senior Estates Golf and Country Club.** The first home was completed in July of 1960, at the corner of Astor Way and highway to 214. At this time, it was used as an office, and it is now a private home. This information is from the History of Senior Estates prepared by **Mariette Pilgrim**, a former resident. We are planning to celebrate our **25th anniversary** with a special program to be held on the same day as our annual picnic, August 10. This book “Senior Estates” mentioned before takes a development of Senior Estates through 1976. Possibly there is someone living here now who would like to bring this history up to date the next time.

April 9, 1985 Board minutes the rummage sale was a huge success, we appreciate the work and all the efforts put forth by so many members with the proceeds placed into the swimming pool fund. The entrance to the clubhouse at the craft room and pool room is being renovated to remove the materials that contain dry rot.

May 11, 1985 News & Views – Pro’s Corner by Jim White - Our tournament season has commenced with the start of the Woodburn Landscapes Spring Handicap. We started out with a Big Bang this year! Sue DePre holed out her tee shot on the first hole on May 1 to win the new 1985 Chevrolet automobile donated by Hubbard Chevrolet.

May 14, 1985 Board minutes President Mabel Vomocil announced the agenda would be changed, because John Sherman has submitted his letter of resignation due to many cancer treatments, he can no longer continue his duties. The President then nominated Jess Pace to the appointment to serve as on the board to replace John Sherman’s term and the motion was approved.

Then President Vomocil read the following report from the Swimming Pool committee. The Swimming Pool committee has worked diligently for the last few months on plans for the building over the swimming pool. Carefully checking all dehumidification and heat recovery systems, they have come up with the best plans and contractor possible. The swimming pool cover bid has been awarded to Woodburn Construction Company, Woodburn, Oregon. As per drawing, plus interior cedar and tile walls below the windows, the total bid is \$63,542. Mechanical dehumidification and heating were awarded to TEMPCO Mechanical Construction, Vancouver, WA, at \$14,313. The painting was done

by us with a special paint at \$2,000. The total complete cover and equipment is \$79,855.

June 4, 1985 Board minutes we’ve made a little progress on acquiring the property adjacent to the RV lot. On May 28, we mailed a check, along with the bid forms, and have been informed that the state will prepare deed for the property.

July 9, 1985 Board minutes House chair said new carpeting will be installed and has a group of volunteers to help move the heavy pool tables.

August 13, 1985 Board minutes the President read another letter of resignation from Ollie Harris. The President then placed Bob Saunders as the replacement on the Board.

September 10, 1985 Board minutes the president said the Budget committee has prepared the 1986 budget and now approved by the Board. The budget as of now does not include a raise in the dues or fees. The audit said our books are well kept and in good condition. The telephone directory funds from advertisers, if any, be allocated for the clubhouse lobby and restaurant renovation and modernization projects.

House chair, Jess Pace said the construction on the cover for the swimming pool and expansion of the restaurant is under way and proceeding as scheduled. It is anticipated that the pool will be reopened about November.

Rules chair, George Steffensen spoke of the posted Bylaw 4.1-2 changes concerning employees as Associate Members – motion carried.

Golf Chairman Fred Kyser reported the following at our last board meeting. We approved remodeling an addition to our golf maintenance shop. We will enclose the open building, adding 20 feet to it, and add 15 feet to the shop. This will give more room for repairing equipment and storage. We are going to clean up the entire area and repaint the building. There are many pictures showing the construction and finished work that was done.

October 8, 1985 Board minutes the secretary, Letha Rasmussen, read the following letter from architects SAABYE, BRIBSKOV & CARLSON: Raising the platform about 4 feet would help a great deal. This would also necessitate raising the auditorium roof about 6 feet to make the room a more acceptable space. Raising the roof would provide more volume of air and a more spacious feeling as well as permit the platform to be raised. The cost should run about \$60,000 to \$65,000 estimate.

President, Mabel Vomocil read a letter from the Men’s Golf Club which asked what was the total dollar amount received from Golf Car fees for 1985? What was the total dollar amount disbursed toward golf cart path improvements for 1985? Madam President responded by letter which read: we feel that the golf cart paths and fairways, as well, are used as cart paths. The work we did in the past two years by putting in drainage, adjusting sprinklers should all be considered car path expenses. Labor and expense for 1985: seal coating around the Pro shop, underpass, drainage, rocks, and spraying cost more than we took in. We have 1,416 homes of which 389 are golfers, leaving 1027 homes that help pay \$37 each for upkeep.

Also, when I took the “Restated Articles” into the State Corporation Commissioner’s office for filing, I was told they could not be filed because they contain information that was in violation. Our attorney revised the articles as follows: (1) deleted the registered office address and agent; (2) deleted the names and mailing addresses; (3) deleted names and address of directors; and (4) added an attestation clause which states the officers sign under penalty of perjury, that we have examined the document and that they are correct and complete.

The president then mentioned that the alarm system in connection with our sprinkler system recently had to be changed. Installation of a digital phone dialer connected to the Woodburn 911 center cost \$535. The new monthly fee will be \$8 instead of \$22.

Rule’s chair, George Steffensen then read he has worked for the past 14 or 15 months as a director to maintain the atmosphere as beautiful, friendly, relaxed, and a safe place to live. Recently, he has found that he has been ineffective in this aim. This is due to personality conflicts with other Board members. He then submitted his resignation at the close of this meeting.

November 12, 1985 Annual Board minutes for the 24th annual meeting. President Mabel Vomocil read her kudos to all board members and tasks they have accomplished. On October 24, 1985 we finally received the deed to the property by the RV lot that we’ve been negotiating on for the past 3 years. Next was the instruction on voting and adjournment.

The Board reconvened at 8:05 pm the following report was read:

the total votes cast was 560

Articles of Incorporation for 472 and against 28 - passed

N. S. Abrahamson 358 votes

Ralph DeBriae 355 votes

Myron Baumer 252 votes

December 10, 1985 Board minutes reported that the private road in front of the clubhouse will be closed New Year’s Day. President Vomocil reported that Margaret Keister has accepted the appointment to the Board of Directors to fill the vacancy created by George Steffensen’s resignation. It was moved and seconded to accept Margaret – motion passed.

The President then noted that the Telephone Directory Committee had written to her stating that any Directory Funds that are remaining upon completion of the Health Center, and funds raised from the sale of advertising in 1986 be allocated for the clubhouse lobby and restaurant.

The meeting turned at this time to the ceremonies dedicating the swimming pool building and the remodeled restaurant.

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

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Calendar

(Nov 27-Dec 10)

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

SATURDAY, Nov 27

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, Nov 28

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

MONDAY, Nov 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)
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. - 11:00 a.m. Zumba Class (Auditorium)
10:00 a.m. - 12:00 p.m. Pickleball (Courtyard)
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, Nov 30

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, Dec 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)
9:00 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. - 12:00 p.m. Pickleball (Courtyard)
11:00 a.m. - 12:00 p.m. Yoga (Auditorium)
11:00 a.m. - 2:00 p.m. WEG Men's Club Meeting (Dining Hall)
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 (Blue 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, Dec 2

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. - 3:00 p.m. Ladies Pinochle (Blue Room)
5:00 p.m. - 9:00 p.m. Poker Players (Card Room)
6:00 p.m. - 9:00 p.m. Pinochle Group (Blue Room)
5:45 p.m. - 8:45 p.m. Water Volleyball (Swimming Pool)

FRIDAY, Dec 3

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)
10:00 a.m. - 12:00 p.m. Pickleball (Courtyard)
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. - 4:00 p.m. Friday Bridge (Blue Room)
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)

SATURDAY, Dec 4

1:00 p.m. - 7:00 p.m. Tim O'Larey Retirement (Auditorium)
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)

MONDAY, Dec 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)
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. - 11:00 a.m. Zumba Class (Auditorium)
10:00 a.m. - 12:00 p.m. Pickleball (Courtyard)
10:00 a.m. - 12:30 p.m. St. Monica's Circle (Dining Hall)
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, Dec 7

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, Dec 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)
9:00 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. - 12:00 p.m. Pickleball (Courtyard)
10:30 a.m. - 12:30 p.m. Crafts For Fun (Blue Room)
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 (Blue 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, Dec 9

8:00 a.m. - 9:00 a.m. Mermaids Water Aerobics (Swimming Pool)
8:30 a.m. - 2:30 p.m. Quilters (Craft Room)
9:45 a.m. - 11:15 a.m. Writing Club (Blue Room)
12:00 p.m. - 3:00 p.m. Ladies Pinochle (Blue Room)
1:30 p.m. - 4:00 p.m. Genealogy (Conference Room)
1:30 p.m. - 4:30 p.m. Neighborhood Bunco (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, Dec 10

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)
10:00 a.m. - 12:00 p.m. Pickleball (Courtyard)
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. - 4:00 p.m. Friday Bridge (Blue Room)
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)
5:00 p.m. - 8:30 p.m. Ladies Chat & Laugh Dinner (Dining Hall)



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