

Friday, December 10, 2021

Friday, Jan 28, 2022

Woodburn Estates & Golf®

2021

PARADE *of* **LIGHTS** **Golf Cart Parade**

Route Details - Parade departs clubhouse at **4pm**.

Thursday Dec 16 - South side of **Hwy 214** and near clubhouse, **Quinn Rd** to the west.

Friday Dec 17 - Clubhouse side, **Sallal Rd** to the east.

Foursom
GOLF CARS

CASCADE PARK
A SENIOR LIVING COMMUNITY

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

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News & Views


N&V Office: 503-981-3313 • **Main Office:** 503-982-1776
Email: nv@WoodburnEstatesGolf.com
Website: woodburnestatesgolf.com

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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Active 55+ Community

CLASSIFIEDS

Next Publication of NEWS & VIEWS
December 24, 2021
Deadline for Articles, Thursday, Dec 16, 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.

Found: flashlight in Senior Estates Park around 11/18. Call or text to identify 981-322-4025.

Life Coach: Certified 40-years' experience from Chaos to Calm, living with stress. De-stress call 503-982-4106 or MannyLitwak@gmail.com.

FOR SALE: Wheelchair \$175 and USA medilife walker navy blue \$125, purchase 2019. Call 503-902-2088.

Election Committee Thank You

by Karen Linton, Chairman, Election Committee
As chairman of the Election Committee, I would like to thank the volunteers for this committee who spent many hours meeting, planning, and counting the ballots for the recent election as well as separating the census forms for the ballots. They are:
Sharon Archer
Lani Biddle
Judy Bowen
Vivian Cameron
Pam Culpepper
Marilyn Sbardellati
Also, thanks to Allan Lindberg, the HOA secretary, who was overall in charge of the election and was instrumental in organizing the procedures to be followed.
A special thanks to Vivian Cameron who also helped count proxies. We can't overstate the importance of our volunteers!!

Woodburn Tax-Aide Needs Volunteers

by James Taylor
Woodburn Tax-Aide is in need of some volunteers to do a variety of tasks. We need a receptionist to answer the phone and make appointments. We also need someone to run the scanner. These people in these roles are not the tax preparers, but very important support staff.
We do also need a few more tax preparers to do taxes. If you have done taxes in the past, your help would be great. You can work from one day a week to three days a week.
Please call James Taylor if you are interested at 503-989-0508.

Last Jam of the Year

by Dena Hollod
The Jammers will have their last music jam session for the year 2021 on Sunday, December 12 at 1:00 p.m. in the Auditorium. There will not be a second jam session in December. Come on out and help us end 2021 with a big jam session. See you there!

Sound Wall

by Allan Lindberg
Exit 272 supports all forms of transportation east and west of Woodburn. Besides the Woodburn Company Stores Black Friday, in two years Amazon will complete construction of their Distribution Center that will operate 7 days a week employing roughly 1,500 workers. This means more traffic, noise, and pollution at exit 272.
Safety rumble strips alongside of the freeway alert driver if they veer too far off the road and can be heard clear over on Umpqua all hours of day and night.
Residents living less than 30 yards from I-5 have installed addition insulation, sound deadening windows and built fences to the maximum height allowed by Woodburn City code. Still the freeway noise penetrates walls.
A full night of sleep is difficult with the amount of noise from I-5. **We need a sound wall!**
Please join me in signing a petition urging the City of Woodburn step up and help get us an extension to the existing sound wall to run north past the RV lot. **A clipboard will be available at the next board meeting. We need 200 signatures.**

This&That

from the WEG Activities Committee



Jim White, the first chair, and his grandson at the 2007 parade

by Karen Linton, Activities Committee

Seeing a parade of golf cars decorated in colorful, flashing Christmas lights has become a unique tradition at WEG. For 30 years, golf cars converted into Christmas floats gather at the Woodburn Estates clubhouse before setting out on a whimsical tour designed to spread cheer around the neighborhood.

The event is known as the Parade of Lights. This unique Christmas parade was started in 1991. Jim White of McCully Realty was the golf pro at that time and was the event chairman that year and for 10 years after. The first year of the parade was met with blowing snow and it was very cold. There have been years when it poured down rain, but the parade went on as planned. In those early years, they paraded only on the golf course paths because the golf cars did not have headlights. Jim turned over the event to Dennis Miller, a WEG member, and another realtor at McCully Realty. He was in charge until Becky Butts took over. The only year we did not have a parade was in 2008, because of the West Coast Bank bombing threat. Becky Butts, the longtime event chair, said it was a good thing that the parade was canceled as they would have been going by at the same time as the explosion happened!

Over the years, the golf cars have been fitted with colorful lighting displays and Woodburn Police and Fire have escorted the golf cars through the streets of our community and the assisted living buildings nearby. Last year 30 members participated in this must-see event. This year we hope to have both newspaper and TV media covering the parade.

This year's event will take place on December 16th and 17th 2021. The participants line up behind our clubhouse at 3:15 and the parade gets moving at 4:00 pm. Thursday night's route will focus on the south side of Hwy 214 and wind through the community past several senior living facilities and some streets near the clubhouse and west of Quinn. Friday's route meanders through as many streets as possible on the north side of the highway east of Sallal.

Long-time sponsor Foursom Golf Cars will provide dinner for only the participants following Friday's parade. This year includes a new sponsor, Cascade Park, which will provide coffee, hot chocolate, and cookies for participants before Thursday's start.

The parade is a lot of fun for both the participants and the residents! We have extended the deadline to sign up so please call the office and sign up for this festive event! If you don't have a golf cart, you can borrow one!

Many thanks to Jim White, Dennis Miller, Becky Butts, and all who have organized and participated in this parade throughout the years! This wouldn't have been possible without all the dedicated volunteers who put in so many hours to make this a success.

Country Meadows VILLAGE Retirement Living at its Best

Ask an Expert

Caring for a Person with Dementia
by Country Meadows

No one expects to care for a loved one living with dementia, so we do not prepare for it ahead of time. In the beginning, it may even seem quite doable, and then the unusual or extreme behavior becomes more challenging.

The first thing I would say is that your loved one can no longer live in your reality cognitively, so you must be able to enter theirs when an unusual or demanding behavior occurs. Remember that you can adjust your behavior; your loved one cannot. Virginia Bell and David Troxel, who wrote the "Best Friends Approach to Alzheimer's and Dementia Care," maintain that it is impossible to win an argument with a person who has dementia; my advice, don't try.

It is essential to show that you want to help, keep your mood and tone empathetic, choose words that reflect what the person wants, use facial expressions and physical touch to convey that you understand their feelings.

You need to get the attention of your loved ones before you can begin to help them. Make sure that any noises that may be causing challenging behavior are removed. That might be as simple as turning the TV off or guiding them to a quieter part of the house.

Short-term memory is affected when someone has dementia, which means they cannot hold information like they once did. The average for short-term memory processing in a person without dementia is 10-20 seconds. When talking with or issuing instructions to your loved one, keep to short instructions, two or three words at a time, so that they can process the information you are giving them. Break down tasks into simple steps so it is more manageable for the person.

People with dementia often have good long-term memory, asking questions about these memories can help to deflect people away from some behaviors. Using visual cues like photographs or items acquired throughout a person's lifetime can also help with this.

The main thing is to take care of yourself. You cannot help anyone else unless you first support yourself; just like in an aircraft, attach your oxygen mask before attaching someone else's. Take time out for yourself once in a while, find someone willing to give you time off or a place that offers respite. Don't be afraid to take yourself away from the situation until you feel ready to cope again; always remember to make sure your loved one is safe before doing this. Use local resources like Country Meadows Village for advice; if they do not have the answer, they can point you in the right direction.

What Say Ye...?
Community Comments

Regarding the article "Leg Cramps: How To Understand And Cope With Them" from the November 26, 2021 edition of *News & Views*:

My friend Mary said she uses Blu-Emu lotion on her cramps. When one starts, she vigorously rubs it into the area, and it goes away in minutes. It's available at Walmart and Walgreens. The jar says it's made from emu oil—don't ask us how they get oil out of an emu.

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News & Views Ad Sizes and Prices

by Sherman Lackey

A new year is upon us, and change seems to be a constant. We are announcing changes to our ad rates and ad sizes for *News & Views*, effective Jan 1, 2022. We have eliminated the ½ inch incremental size, and created a new 8-inch column size for color ads. The last change to our advertising rates was in 2014, and we all know that the rate would have to increase someday. The following rates are per issue (effective Jan 1, 2022).

News & Views Ad Sizes and Prices
N&V 971-338-6131 or Billing 503-982-1776
Email: nv@WoodburnEstatesGolf.com

Width	Height	B/W	Color	Width	Height	B/W	Color
1 col./2.5"	2"	\$20.00	\$28.00	2 col./5"	2"	\$40.00	\$55.00
1 col./2.5"	3"	\$26.80	\$34.30	2 col./5"	3"	\$53.50	\$68.50
1 col./2.5"	4"	\$32.10	\$39.60	2 col./5"	4"	\$64.20	\$79.20
1 col./2.5"	5"	\$37.50	\$45.00	2 col./5"	5"	\$74.90	\$89.90
1 col./2.5"	6"	\$42.80	\$50.30	2 col./5"	6"	\$85.60	\$100.60
1 col./2.5"	8"			2 col./5"	8"		

News & Views is published twice monthly on the 2nd and 4th Friday, and is delivered to approximately 1,500 homes, plus surrounding retirement facilities, and those businesses that advertise in that issue.

First-time ads must be paid in advance. Thereafter, they will be billed monthly. A late charge of 1.5% will be added for charges not paid within 30 days after the first billing. Ad copy and inserts must be received at the *News & Views* office according to the publishing schedule.

Inserts are \$150 per issue and must be paid for in advance. The advertiser is responsible for providing a sufficient quantity (1500 minimum) to N&V office.

Pictures and ads that will print in color need to be 300 dpi. B/W photos hide a lot of imperfections, but color magnifies the imperfections. Ads submitted by advertisers need to be to the correct column width of our newspaper format and need to be 300 dpi. If we are building new ads or revising current b/w ads for color we will need new color photos, logos, special artwork that the advertiser specifies; all to be submitted in 300 dpi.

News & Views reserves the right to deny an ad because of content.
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As you may notice, the *News & Views* has increased the number of color pages from four to eight. This makes more room for more color ads and allows us to print more photos in color to add interest.

We are expanding the color and eliminating 1/2" increments for the ads. Ads will still be one or two columns in width, but we increased the maximum height to 8 inches.

Thank you for advertising in *News & Views*.

Welcome To Our New Golf Pro



by Editor

Chip Sullivan, PGA Golf Professional, and Woodburn Estates & Golf Head Professional provide all levels of golf instruction to Woodburn Estates & Golf members. Whether you have never played golf, or are just feeling a little rusty, Chip on can get you enjoying the course in good form. Welcome to this new position, Chip!

De-Clutter For Christmas – Cut Stress

by Editor

Your bedroom closet is already full. Your fridge and cabinets don't have a lot of room to spare, and neither do your storage closets. It isn't even Christmas yet – once the gifts, decorations, extra food, new holiday outfits, and all the other assorted stuff come inside, you'll be overwhelmed, just like you are every year.

If this sounds like you, consider giving yourself an early gift: A pre-Christmas de-clutter, to help you prioritize the items you value, make space for new things, and cut back on stress so you can enjoy the things that matter.

- * Check your stash of Christmas decorations. Separate the things you haven't used in a few years and donate them to a thrift shop for other families to enjoy.
- * Walk through the public areas of your house -- living room, dining room, foyer, hallways -- and pick out any decor items or small furniture that you don't love anymore. If you'd rather see a space, chuck it.
- * Declutter your furniture. Do you need those worn-out throw pillows with all the coffee stains?
- * Hit the kitchen and be ruthless. Toss expired foods, old water bottles or cheap plastic cups, cookware that you never use, or that box of old dishes that you don't have room for.
- * Set priorities carefully for the rooms you'll spend the most time in and accommodate the activities you've planned. The most important thing about the holidays is sharing them with the people we care about, so if you don't have the time or energy to hit every room, don't kick yourself. Do what you can, congratulate yourself for a job well done, and enjoy the things that truly matter.

Winter 'True Or False' Quiz

by Editor

1. Heart attacks increase in winter.
2. Drinking alcohol is an effective way to warm yourself when you are outside in the cold.
3. Mittens are warmer than gloves.
4. If you don't wear a hat, you could lose half your body heat through your head.
5. You should opt for cotton clothing in cold weather.


Answers

1-True, especially in older people with cardiovascular disease. 2-False, alcohol robs you of heat causing blood vessels near the skin's surface to dilate. 3-True, mittens keep fingers together so they lose less heat. 4-True. 5-False, next to your skin should be a thin, long-sleeved layer made of soft wool, silk, or synthetic material.


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MINUTES OF THE
WOODBURN ESTATES & GOLF
BOARD OF DIRECTORS
GENERAL MEETING

November 23, 2021 • 1:30 p.m. • Auditorium
Member attendance available via Zoom

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>

Call to Order at 1:30 pm

Establish a quorum: President: Sharyn Cornett, Vice President: Carol Bolton, Secretary: Allan Lindberg, Treasurer: Phil Balogh, Directors: Gene Nemish, Sherman Lackey, Larry Jones, Steve Krieg, Ken Bourne.

Secretary: Are there any corrections or additions to the October 26, 2021 minutes as printed in the *News & Views* on November 12, 2021?

Secretary: Yes, there are late additions to the October minutes that include the motions introduced at the meeting of October 26, 2021 by Carol Bolton and Phil Balogh. I have provided each board member a copy and they are provided with these minutes. I move to approve the additions as provided today. Seconded and passed.

Phil added one motion.

Sharyn - There will be a discussion on voting for the 2022 officers under new business.

Sharyn - An update will be provided by Vickie Hibbert on Tim O’Larey’s retirement party before the President’s report.

Agenda approved with changes.

New agenda business

Vickie Hibberd gave a status report at the open microphone about the upcoming retirement party for Tim O’Larey on December 4. Please RSVP if you intend to come.

Sharyn also added a short “reprimand” to the board saying they were not getting their reports to the secretary.

Discussion on board officer election.

The board discussed whether to vote for officers. After discussion, it was decided to wait until the January 2022 meeting.

Summary of Executive Meeting November 23, 2021, at 12:00 pm

1. I make a motion we continue paying employee “A” full rate beginning 11-22-2021 until 12-14-2021 and reevaluate. Seconded and passed.
2. I make a motion we continue evaluation of personnel issue as discussed in executive session. Seconded and passed.
3. All new hires for employment will provide proof of COVID-19 vaccination or be scheduled for vaccination as a condition of employment. Seconded and passed.
4. Discussed insurance coverage; postponed until figures come forth.
5. Discussed options for new insurance agent for our overall insurance.
6. Discussed personnel insurance issue.
7. Holiday Pay will be eight holidays, (1) New Year’s Day, (2) Memorial Day, (3) Independence Day, (4) Labor Day, (5) Thanksgiving and (6) day after, (7) one-half Christmas Eve and (8) Christmas day. Seconded and passed.
8. I move we approve reimbursement of 50% of the Capital Working Fee having purchased a second home in Woodburn Estates & Golf. (For approved member who meets criteria) Seconded and passed.
9. Real Estate Sales: not all sales are going through the office.

President’s Report: Please silence phones. I would like to introduce our new Manager, Andrew Steig, and Chip Sullivan, our pro shop manager. Welcome to our community!

The annual meeting was very well attended, thank you all for coming. It was a very positive meeting. Good ideas were presented; many 2021 goals are getting accomplished. Maintenance is well under way to improve our buildings, electrical and structure. The spa is being worked on at the end of this month and re-opening soon. Scheduling work is difficult because companies are so busy, it is taking weeks or months to get work done here.

The (sound) wall was discussed. I am asking to form an Ad Hoc Committee to investigate our options to achieve this wall. A sound study could determine how much a sound wall will diminish the noise. Will new windows in your home help with noise level, grant information, or letter writing campaign to our politicians? Please call me if you would like to volunteer to work on this. I have learned the freeway was built in 1964 the same time WEG was being built. The usage and traffic levels have changed considerably over the years. Salemtowne has a wall, how was that paid for?

In executive meeting a COVID-19 policy will be put in place for all our staff and building. This is within rules mandated by the State. All our staff have been tested for Covid-19, and we have had three positive results. They have been quarantined and will be tested again.

Furniture and files in the office have been moved to make more room and better flow of the space. This has been done by office, maintenance, and volunteers. No money has been spent. Our office staff needs to be comfortable and efficient in their working space. It needs to be warm and welcoming. Debbie has moved her desk to the back office. Anna’s desk will be changed to meet her needs. The side front space will become the board conference room; it is very private. All the board mail will be in this room, and it can be used for meetings.

Yesterday and today, we had a Covid-19 booster clinic, 351 people were vaccinated. I apologize for any inconvenience to exercise classes; however, this will happen from time to time. The overall good, safety, and health of the community takes priority.

Next week we will have a drive-thru charity run in our parking lot. This is for the Aware Food Bank and Love Santa.

When we do something here and ask you to register and call the office, this puts a burden on our staff. The staff will get a list of helpers. We will require a non-disclosure signed by any office volunteer.

The Parade of Lights is coming; please sign up so we have a count for fire, police, cookies, and dinner (for participants). Lots of people look forward to this event every year.

We have 80% compliance for our 2021 census.

Our database is being updated, if we do not have your correct information, we cannot contact you in an emergency. Any changes in phone numbers? Please call the office.

Restaurant carpet is being cleaned every week.

The small spinet piano will be moved into the living room. We will reach out to the music department at the high school to play holiday music.

If you have an empty house in your neighborhood, please let the office know. We need to get these houses sold and repaired. Any clean up in our neighborhoods just adds value to our homes and community.

Treasurer Report: Phil Balogh: Operating Fund: \$218,212; Reserve Fund: \$1,003,716; RV Lot Fund: \$29,675; Cart Path Fund: \$45,945; October was a challenging month, and we net spent about \$129,000. This was not unexpected. We had three payroll periods and most expenses exceeded projections.

We are tracking to be short close to \$50,000 cash in our operating funds before year end. We do have a solution by moving \$13,000 of the RV lot fund and the entire Cart Path fund, which we have determined came originally for operating revenues, we can avoid borrowing from our Reserves. A motion to do such will be presented to the Board.

While this will help with our 2022 budget too, it will not be enough to materially change the bottom line. Our 2022 Operating fund margin is narrow, but at least on the positive side. We will have to be strong stewards of our financial resources next year to accomplish a positive margin.

Secretary Allan Lindberg: motion to approve Treasurer’s Report. Seconded and approved.

Adjourn for Member Speaker Comments about pending motions: comment sheets completed.

Member 1418 asked an operating budget question.

Reconvene Meeting.

Committee Reports

Activity Director: Sharyn Cornett, No report

Secretary Report: Allan Lindberg – No report.

Architectural / RV: Director Gene Nemish: ARCH-RV Committee met November 17, 2021, at 1:30 pm in the conference room. No motions to be presented at this meeting. Discussion & Decisions made at the ARCH-RV Committee Meeting

Discussion--Item # 1--Back-Yard shed. Do we drop it or present it again as a motion at a future BOD meeting?

Decision—The ARCH-RV Committee decided that we should again present the back yard shed issue to the BOD for Vote. Before presenting this motion again, I need a decision from my fellow board members that while Declarations III F does not allow shed installations of any type. The ARCH-RV committee believes that Declarations III G overrules III F as it allows our HOA association to give permission.

Your thoughts are welcomed, if a majority says sheds are not allowed by III G the shed motion will not be presented. To install sheds, we will need to have to have a 75%-member vote to change Declaration III F to allow sheds.

Declarations III G. -- No building shall be occupied while under construction. The construction of any building or structure shall be pursued with reasonable diligence from the time of commencement until fully completed. All buildings, fences, walks, or other structures must be constructed with new materials unless

...continued on page 8

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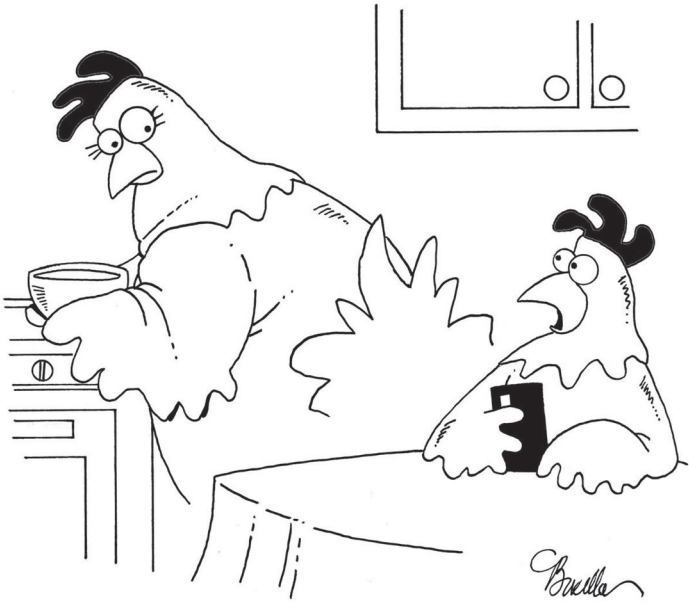
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Trivia Teaser: BOOSTER CLINIC

- by Editor*
1. Who played Jon Snow on the HBO TV series "Game of Thrones"? a-Peter Dinklage, b-Kit Harington, c-Ian Somerfeldter, d-Ben Barnes
 2. Which U.S. state has a name that means "snowclad" in Spanish? a-Nevada, b-Utah, c-Alaska, d-Wyoming
 3. The snow leopard is native to which continent? a-Africa, b-North America, c-South America, d-Asia
 4. Which song was a hit for singer Phoebe Snow? a-"Poetry Man", b-"At Seventeen", c-"God Bless the Child", d-"Let It Snow"
 5. What American city shoveled and plowed a record 108.6 inches of snow during the 2014-2015 winter season? a-Philadelphia, b-Raleigh, c-New York City, d-Boston
 6. Who was the narrator for the TV Christmas special "Frosty the Snowman"? a-Donald O'Connor, b-Fred Astaire, c-Jimmy Durante, d-Gene Kelly
 7. Quarterback John Huarte and wide receiver Jack Snow finished in the top ten of Heisman Trophy balloting in 1964 while both played at what university? a-UCLA, b-Oregon, c-Florida State, d-Notre Dame
 8. Which TV character had three cats named Snowball? a-Mork, b-Lisa Simpson, c-Olivia Benson, d-Samantha Stephens
 9. Who wrote the 1845 fairy tale "The Snow Queen"? a-Charles Dickens, b-Heinrich Hoffmann, c-Harriet Beecher Stowe, d-Hans Christian Andersen
 10. Who had a hit in the summer of 1970 with the song "Snowbird"? a-Anne Murray, b-Terry Jacks, c-Gordon Lightfoot, d-Rita Coolidge



“Mom, what kind of soup do we eat when we’re sick?”



by Sharyn Cornett, President, HOA

The Covid Booster Clinic was a huge success! The boosters were given to 290 people on Monday, November 22 and 70 people on Tuesday, November 23. Most people arrived at the time of their appointments and then stayed in the auditorium for 15 minutes afterwards in case they might have had a reaction. No problems occurred.

A big thanks goes to Woodburn Ambulance for putting this clinic on for us. They had more than enough personnel to check vaccination cards and give the shots so that the whole procedure went very smoothly without much of a wait. Once again, they have shown how professional and efficient they are!

Thanks also to the Activity Committee members who helped out at the clinic both days.

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Woodburn Estates & Golf
Active 55+ Community

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VOYAGE OF DISCOVERY: New to Me

Yoga: Foundation for Healthy Habits

by Editor

Yoga is more popular than ever, and not just among flexible young folks with expensive studio memberships and even pricier workout clothes. 29 million people in the U.S. alone practiced yoga in 2018, according to Statista, and the growth shows no signs of stopping. According to Harvard Health, regular yoga practice with its emphasis on the mind-body connection might be a useful tool to protect heart health and reduce certain risks.

According to a review published in the journal Complementary Therapies in Medicine, researchers analyzed over 300 studies and found that among individuals with coronary artery disease -- plaque buildup in the arteries -- regular yoga sessions were linked to better blood pressure, improved cholesterol and triglyceride levels, healthier body mass index and better quality of life. The researchers also found evidence that when combined with conventional medical care, yoga might be helpful for people with atrial fibrillation or heart palpitations.

But even if your heart is in perfect working order, you can still reap benefits from regular yoga practice. According to Harvard Health, yoga's effect on sleep can directly impact other health issues, such as obesity and depression. The emphasis on deep, even breathing can be useful in managing stress, which contributes to a host of health conditions.

Another advantage? Yoga's accessibility. Though you may prefer the community atmosphere of a class, those who like to practice at home can find an endless array of online classes for every style and difficulty level, including people with disabilities, children, seniors, and others.

All these benefits of yoga...and it is possible to do it right here in the Estates. It is called Senior Yoga because we cater it to our group here in the Estates. We have about 15 people attending including several in their 80's. We meet in the auditorium Wednesdays and Fridays at 11 a.m. for a little socializing, then quiet breathing and stretching to soft music. Once warmed up, we tackle gentle exercises sitting, lying down, and standing concluding with the corpse pose of resting on our backs and relaxing for a few minutes. We always feel invigorated afterwards by the social contact, laughs, and exercise. Mats are provided if you would like to try it out. We are a fun group and welcome newcomers. For more information call Linda Hoover at 503-380-8422.



ANSWERS TO TRIVIA TEASER

1-b, Kit Harrington

2-a, Nevada

3-d, Asia

4-a, "Poetry Man"

5-d, Boston

6-c, Jimmy Durante

7-d, Notre Dame

8-b, Lisa Simpson

9-d, Harriet Beecher Stowe

10-a, Anne Murray

Board Minutes (cont.)

Renumber entire current Section 13 Certify Bylaws as 14 Certify Bylaws.

Director, Phil Balogh: I make a motion to POST: 2020-1123 SOP: Delete SOP Reserve Fund language - Section 4.2.2-A through 4.2.2-E as the appropriate section was moved to Bylaws Section 6. REWRITE (SOP) Title only: 4.2.2 Reserve Fund - See Bylaws Section 6. Seconded and approved to post. (Note – this motion is dependent on above motion).

Director, Phil Balogh: I make a motion to POST: 2021-1123 SOP: Delete SOP Operating and Reserve Budgets and Budget Management, Sections 4.3.2 and 4.4 as the appropriate section was moved to Bylaws Section 6. REWRITE (SOP) Title only: 4.3.2 Operating and Reserve Budgets - See Bylaws Section 6. and 4.4 Budget Management – See Bylaws Section 6, as the appropriate section was moved to Bylaws Section 6. Seconded and approved to post. (Note – this motion is dependent on above motion).

Director, Phil Balogh: I move we form a committee to explore the possibility of forming a Woodburn Estates Foundation. This would include up to four members and one banking community member, that will define the Charter, Mission, and parameters of the Foundation. The purpose would be to benefit members of Woodburn Estates and possibly the Woodburn Community through the donations to the Foundation. This would be a separate entity from WEG Board control with its own 501c designation. Seconded and approved.

Director, Phil Balogh: I move we rescind the approval of allowing voucher money to be used to pay for Golf or HOA dues. Seconded and approved, seven to two. Nay – Allan Lindberg and Gene Nemish.

Director, Phil Balogh: I move we do not fund the RV Lot and at the cart Path Fund this year. We move \$13,000 from the RV fund and we move all of the Cart Path Fund fees back to the Operating Fund. Seconded and approved.

Director, Phil Balogh: I move we accept the 2022 Operating and Reserve Budgets. Seconded and approved.

Director Sherman Lackey: I move to approve 2021-1123 N&V Sizes and Pricing for client advertising in the N&V newspaper starting January 1, 2022. Seconded and approved.

Director Carol Bolton: I move to approve 2021-1123 Resolution: Woodburn Estates & Golf Organized Clubs and Groups request to approve \$2,000 for funding of an Employee Retirement Celebration. This amount will be subject to full disclosure of expenses including receipts as outlined in the Woodburn Estates Expense Sheet, as well as the required application for Club Facility usage. All rental fees and deposits will be waived for this event. (Note – This motion was for one specific event to be held December 4, 2021 – it is not a document change).

Director Carol Bolton: I move to approve 2021-1123 Fee Schedule for 2022 based on the treasurer proposal as there are no fees in the CC&R’s. Seconded and approved.

Director Allan Lindberg: I move to approve the minutes all of November motions as presented without amendments. Seconded and approved.

Director Allan Lindberg: I move to approve all director committee reports as presented. Seconded and approved

OLD BUSINESS – Treasurer
Posted Motions from October 26, 2021; The following Treasurer motions by Phil Balogh were Postponed on November 23, 2021.
I move to POSTPONE: the following motions posted on October 26, 2021, until the vote on the revised Section 6 of the Bylaws that will take place in December.
POSTPONE I move to amend: 55.9-4-Budget Priority, Operating Funds must be budgeted from anticipated revenues derived from fees, assessments, dues, and ancillary income. (Omits capital improvements)
POSTPONE 5.9-6A- The Working Capital Fund and the Reserve Fund are Board controlled funds.
POSTPONE Motion: 5.9-6C- The Working Capital Funds or Reserve Fund will not be used for day-to-day operations of maintenance.
POSTPONE Motion: 5.9-5E Change (\$1,000.00) to (\$3,000.00) on last line.
POSTPONE I move to amend: 5.9-6B-Working Capital Fees shall be deposited in the Working Capital Fund. The Working Capital Fund is for funding the Reserve Fund, capital improvement and expansion projects, and funds to protect the corporation against unforeseen catastrophic events.
POSTPONE Motion: I move we transfer \$1,000 from the reserve fund to the Capital fund to open the Capital Fund.
POSTPONE Motion: 5.9-6F Omit.
POSTPONE I make a motion: Bylaw 5.9-6H-omit.
POSTPONE I make a motion: Bylaw 5.9-6I: 5.9-6I-omit.
OLD BUSINESS – Rules - Posted Motions were from October 26, 2021, now presented in November to approve.
#1 Director Carol Bolton: (this was postponed from September) I move to approve 2021-0928 Bylaw # new add 11.3 Rule Changes: The Rules (CC&R) Director is the principal Board member in revising the various Association CC&R documents. All changes or addition should be reviewed by the rules committee and/or legal opinion, then brought to the Board of Directors by the Rules (CC&R) Director for a vote.
#2 Director Carol Bolton: I move to approve 2021-1026 R&R # move 8.4-5 to 8.3-2.
8.4-5 Signs: No sign including political sign or other advertising device shall be erected on any Lot, Building Site, or Unit, except one (1) sign not larger than 18 x 24 inches advertising that property for sale or rent, or one (1) sign indicating the name of the Owner or occupant not larger than 6 x 24 inches. [12-13-2011] Seconded and approved.
#3 Director Carol Bolton: I move to approve 2021-1026 Bylaw #5.9-6E The Reserve Fund will be maintained at a minimum balance of ~~\$250,000.00~~ **\$500,000.00** to meet those needs. The effective balance of the Reserve Fund, beyond the five hundred thousand ~~two-hundred and fifty thousand~~ **(\$500,000.00** ~~\$250,000.00)~~ lower limit will be determined by updating annually a Reserve Study that includes for consideration those capital improvements, replacements, and repairs of one thousand (\$1,000.00) or more for any single expenditure. This motion was **tabled** by Director Carol Bolton
#4 Director Carol Bolton: I move to approve 2021-1026 a Resolution:
Whereas Gene Finley was a homeowner from 12-15-2004 through 10-12-2012.
Whereas Gene Finley, a non-member since 10-12-2012 has paid Associate Golf fees faithfully since the sale of his home in Woodburn Estates & Golf.

Whereas Gene Finley has obtained the age of 90 years old in 2021.
Whereas the Men’s Golf Club came forward and would like Gene Finley to obtain *Lifetime Golf Privileges* only.
Whereas, any other fees associated with golf, including Golf cart Storage rent and Golf Cart Stickers are current and shall remain paid by Gene Finley.
Whereas, any other Associate memberships, now in use, offered or purchased in the future, such as a Swimming and Exercise Associate memberships, shall remain or will be paid by Gene Finley. The Board of Directors of Woodburn Estates & Golf has voted to grant a Lifetime Golf Membership to Gene Finley starting January 1, 2022. Seconded and approved.
#5 Director Carol Bolton: I move to approve 2021-1026 R&R# addition of section 9.3 Lifetime Golf.
Lifetime privileges commencing the year of the member’s 90th birthday provided:
Members (Owners) and Associates are entitled to free lifetime golf privilege, commencing on January 1st of their 90th birthday upon request. [2-11-2014]
9.3-1 Annual Golf membership must be paid in full three (3) years prior to birthday. [1-27-2015]
9.3-2 Member must be in good standing. [1-27-2015]
9.3-4 The motion is retroactive to January 1, 2020 [2-25-2020]
9.3-5 Second golfer discount, if allowed has attained age (90) and qualifies under the conditions above. [2-25-2020]
#6 Director Carol Bolton: I move to approve 2021-1026 R&R# addition of section 9.4 Referral Rewards.
9.4-1 Must be a current homeowner or associate member in good standing giving a referral to a new paid associate membership. [4-27-2021]
9.4-2 Member to receive a ten percent (10%) gift certificate to Country Cottage or the Association Golf Pro Shop, based on the total fees paid by the new associate member to the Association. [4-27-2021]
9.4-3 Current homeowner of associate member is not limited to the number of referrals that become associate members. [4-27-2021]
9.4-4 Program to be reviewed in December each year, as part of the budget process, to keep program active the following year, beginning Jan 1 each forward year. [4-27-2021] Seconded and approved six to three. Nay by directors, Sharyn Cornett, Allan Lindberg, and Gene Nemish.
#7 Director Carol Bolton: I move to approve 2021-1026 Bylaws #8.6 Lifetime Golf be removed, depending upon passage #5 above. Seconded and approved.
#8 Director Carol Bolton: I move to approve 2021-1026 Bylaw #8.7 Referral Rewards be removed, depending upon passage #6 above. Seconded and approved.
OLD BUSINESS - Rules - Motions approved on October 26, 2021.
Director Carol Bolton: I move to approve 2021-1026 SOP #2.4.7 Golf Voucher Fund: To allow golfer to use their golf voucher fund to purchase items in the golf shop or pay golf fee, golf cart fee, and/or golf cart storage fee. Seconded and approved.
Director Carol Bolton: I move to approve 2021-1026 form #Associate Application as suggested by Anna in the front office. Seconded and approved.
Director Carol Bolton: I would like to submit this "Expense Sheet" to be used on a trial basis to see if it would provide better transparency by the Board to its members. Seconded and approved.
Director Carol Bolton: I move to approve 2021-1026 form #Golf Red Flag Application as suggested by Anna in the front office. Seconded and approved.
President Sharyn Cornett: I move to approve the Activity Calendar for 2022 for the Woodburn Estates & Golf Directory and webpage. Seconded and approved.
Golf: Ken Borne read by Steve Krieg: I move to approve the 2022 Golf Tournament Schedule. Seconded and approved.

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Aware Food Bank & Toy Drive



by Activities Committee

Woodburn Estates and Golf sponsored a food drive for the Aware Food Bank and a toy drive for Love, Santa on December 1 at the clubhouse. Over 830 pounds of food were collected! Aware Food Bank also received a few cash donations. Toys donated completely filled an SUV and were taken to Love, Santa.

Many thanks to the volunteers from each organization who manned the donation center and to the volunteers from the Activity Committee who volunteered their time to help.

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December 10-12
6:00 - 8:00 pm

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A Rockin' Ringin' New Year's Eve



Billy & the Rockets

8:00 to Midnight!
Doors open at 7:30

\$15

Includes: Gifts, Snacks, 50/50 Raffle Champagne Toast at Midnight & More!

Guests will be asked to submit to a temperature check wear a mask and maintain social distancing.

Woodburn Estates Auditorium
1776 Country Club Drive

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

Calendar

(Dec 11-Dec 24)

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

SATURDAY, Dec 11

11:00 a.m. - 5:00 p.m. Poker (Dining Room)
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, December 12, 2021

9:00 a.m. - 10:00 a.m. Greens Meeting (Dining) Hall
1:00 p.m. - 5:00 p.m. Private Party - 95th Birthday (Dining Room)
1:00 p.m. - 2:00 p.m. Music Jammers (Auditorium)

MONDAY, December 13, 2021

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 Laugh & Chat (Blue Room)
10:00 a.m. - 11:00 a.m. Zumba Class (Auditorium)
10:00 a.m. - 12:00 p.m. Pickleball Club (Courtyard)
11:00 a.m. - 12:00 p.m. Tai Chi with Judy Beginning (Auditorium)
12:00 a.m. - 1:00 p.m. Tai Chi with Judy (Auditorium)
12:30 p.m. - 4:00 p.m. Duplicate Bridge (Blue Room)
2:00 p.m. - 3:00 p.m. Aerobic Swimming (Swimming Pool)
5:45 p.m. - 8:45 p.m. Water Volleyball (Swimming Pool)

TUESDAY, December 14, 2021

8:00 a.m. - 9:00 a.m. Mermaids Water Aerobics (Swimming Pool)
8:30 a.m. - 3:00 p.m. Progressive Hand & Foot (Blue Room)
9:00 a.m. - 10:30 a.m. Ping Pong (Dining Room)
11:00 a.m. - 2:30 p.m. Ukulele Jam & Lessons (Craft Room)
12:00 p.m. - 4:00 p.m. Hand & Foot Progressive (Blue Room)
2:45 p.m. - 5:00 p.m. Water Volleyball (Swimming Pool)
5:00 p.m. - 9:00 p.m. Poker Players (Card Room)
5:00 p.m. - 8:00 p.m. Potluck Clackamas Circle TBD (Dining Room)

WEDNESDAY, December 15, 2021

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 Room)
9:00 a.m. - 12:00 p.m. Wood Carvers (Craft Room)
9:30 a.m. - 10:30 a.m. Ladies Laugh & Chat (Blue Room)
10:00 a.m. - 11:00 a.m. Zumba Class (Auditorium)
10:00 a.m. - 12:00 p.m. Pickleball Club (Courtyard)
11:00 a.m. - 12:00 p.m. Yoga (Auditorium)
12:00 p.m. - 1:00 p.m. AA Friends of Bill W (Craft Room)
12:30 p.m. - 4:00 p.m. Pinochle Double Deck (Card Room)
1:30 p.m. - 4:30 p.m. Wii Bowling (Auditorium)
2:00 p.m. - 3:00 p.m. Aerobic Swimming (Swimming Pool)
6:00 p.m. - 9:00 p.m. Pinochle Group (Blue Room)

THURSDAY, December 16, 2021

8:00 a.m. - 9:00 a.m. Mermaids Water Aerobics (Swimming Pool)
8:30 a.m. - 2:30 p.m. Quilters (Craft Room)
5:00 p.m. - 9:00 p.m. Poker Players (Card Room)
5:45 p.m. - 8:45 p.m. Water Volleyball (Swimming Pool)
6:00 p.m. - 9:00 p.m. Pinochle Group (Blue Room)

FRIDAY, December 17, 2021

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 Laugh & Chat (Blue Room)
10:00 a.m. - 12:00 p.m. Pickleball Club (Courtyard)
10:00 a.m. - 11:00 a.m. Zumba Class (Auditorium)
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. Aerobic Swimming (Swimming Pool)
3:00 p.m. - 9:00 p.m. Christmas Parade (Dining Room/Auditorium)

SATURDAY, December 18, 2021

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, December 19, 2021

MONDAY, December 20, 2021

8:00 a.m. - 9:00 a.m. Mermaids Water Aerobics (Swimming Pool)
8:30 a.m. - 2:30 p.m. Quilters (Craft Room)
8:30 a.m. - 9:30 a.m. Walking Club (Auditorium)
9:30 a.m. - 10:30 a.m. Ladies Laugh & Chat (Blue Room)
10:00 a.m. - 12:00 p.m. Pickleball Club (Courtyard)
10:00 a.m. - 1:30 p.m. WEG Ladies Club Monthly Meeting (Dining)
10:00 a.m. - 11:00 a.m. Zumba Class (Auditorium)
11:00 a.m. - 12:00 p.m. Tai Chi with Judy Beginning (Auditorium)
12:00 a.m. - 1:00 p.m. Tai Chi with Judy (Auditorium)
12:30 p.m. - 4:00 p.m. Duplicate Bridge (Blue Room)
2:00 p.m. - 3:00 p.m. Aerobic Swimming (Swimming Pool)
5:45 p.m. - 8:45 p.m. Water Volleyball (Swimming Pool)

TUESDAY, December 21, 2021

8:00 a.m. - 9:00 a.m. Mermaids Water Aerobics (Swimming Pool)
9:00 a.m. - 10:30 a.m. Ping Pong (Dining Room)
11:00 a.m. - 2:30 p.m. Ukulele Jam & Lessons (Craft Room)
2:45 p.m. - 5:00 p.m. Water Volleyball (Swimming Pool)
5:00 p.m. - 9:00 p.m. Poker Players (Card Room)

WEDNESDAY, December 22, 2021

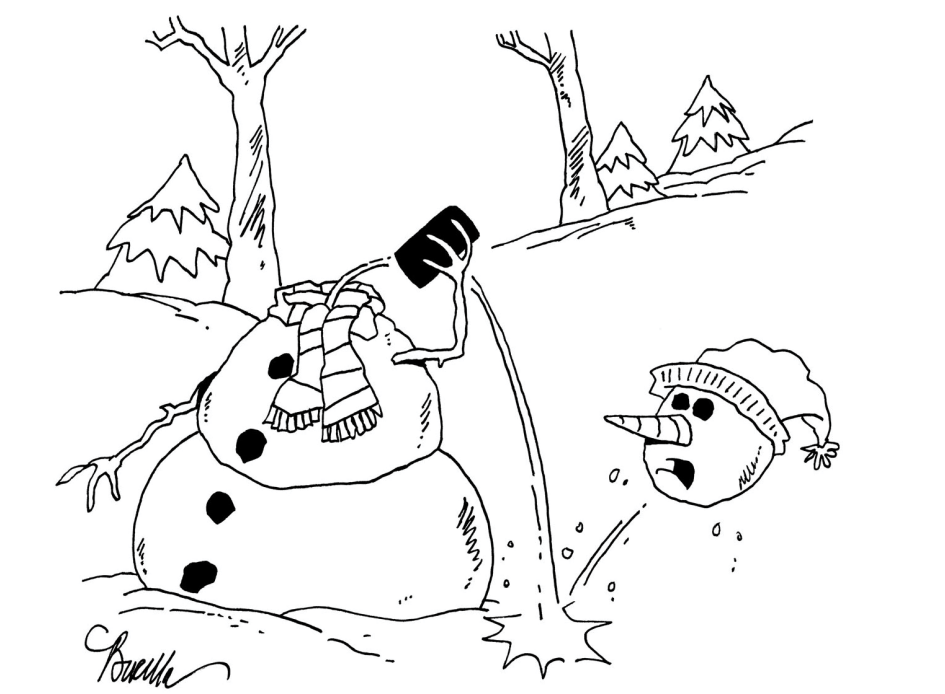
8:00 a.m. - 9:00 a.m. Mermaids Water Aerobics (Swimming Pool)
8:30 a.m. - 9:30 a.m. Walking Club (Auditorium)
9:00 a.m. - 10:30 a.m. Ping Pong (Dining Room)
9:00 a.m. - 12:00 p.m. Wood Carvers (Craft Room)
9:30 a.m. - 10:30 a.m. Ladies Laugh & Chat (Blue Room)
10:00 a.m. - 11:00 a.m. Zumba Class (Auditorium)
10:00 a.m. - 12:00 p.m. Pickleball Club (Courtyard)
11:00 a.m. - 12:00 p.m. Yoga (Auditorium)
12:00 p.m. - 1:00 p.m. AA Friends of Bill W (Craft Room)
12:30 p.m. - 4:00 p.m. Pinochle Double Deck (Card Room)
1:30 p.m. - 4:30 p.m. Wii Bowling (Auditorium)
2:00 p.m. - 3:00 p.m. Aerobic Swimming (Swimming Pool)
6:00 p.m. - 9:00 p.m. Pinochle Group (Blue Room)

THURSDAY, December 23, 2021

8:00 a.m. - 9:00 a.m. Mermaids Water Aerobics (Swimming Pool)
8:30 a.m. - 2:30 p.m. Quilters (Craft Room)
5:00 p.m. - 9:00 p.m. Poker Players (Card Room)
5:45 p.m. - 8:45 p.m. Water Volleyball (Swimming Pool)
6:00 p.m. - 9:00 p.m. Pinochle Group (Blue Room)

FRIDAY, December 24, 2021

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 Laugh & Chat (Blue Room)
10:00 a.m. - 12:00 p.m. Pickleball Club (Courtyard)
10:00 a.m. - 11:00 a.m. Zumba Class (Auditorium)
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. Aerobic Swimming (Swimming Pool)



"Hold on...I seem to be breaking up."

Simplify Your Christmas Feast with an Instant Pot

by Editor

Pressure cookers aren't serving up tasteless mush anymore. Today's electric pressure cookers, such as the ubiquitous Instant Pot, can do it all and with programmable settings, the options are endless. Since most homes don't have multiple ovens or endless stovetop burners, pressure cookers can provide a useful workaround when your stove is at capacity.

Try pressure cooker mashed potatoes for tender potatoes that mash easily and won't force you to babysit a pot of boiling water. A large electric pressure cooker can accommodate about three pounds of potatoes and cook them to perfection in about ten minutes.

Homemade macaroni and cheese are delicious, but it's also tricky and time-consuming. A pressure cooker can drastically speed up your cooking time and give you homemade flavor with less effort.

If your family goes nuts for brisket, a pressure cooker can deliver tender and flavorful meat much faster than an oven or grill. The bonus: you won't have to get up at three in the morning to start cooking an enormous piece of meat for dinner at seven in the evening.

Traditional English Christmas pudding makes a rich and dramatic dessert (especially if you douse it with brandy and set it on fire) but most cooks decline to spend six to eight hours babysitting the pudding while it boils on the stove. A pressure cooker cuts the cooking time down to an hour and doesn't require much supervision.

Provide a colorful, healthy alternative to sodas with infused water. Combine a pot of water with small slices of your preferred fruits, bring the pot up to pressure, depressurize, then drain and chill the mixture. You can dilute with plain water for a hint of flavor, drink full strength, or use it as a mixer for cocktails.



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