

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

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Friday, January 28, 2022

Support the Arts



by Steve Veltman

Announcing the 2022 Woodburn Art Show and Sale presented by Christa Miller and the Woodburn Art Center/Glatt House Gallery. On February 12th, 2022, from 4 p.m. to 7 p.m., the public is invited to attend Woodburn's largest art show and sale. "A Show of New & Old Masters" is the working title of the gala that is hoped to become an annual event.

"The New" refers to artists currently living and working in the Woodburn area (many of which live within the Woodburn Estates, specifically). Hopefully, many local residents have already been exposed to some of these artists as the Country Cottage Restaurant has been featuring their work in their lobby area. Anne Reslock and Clare Predeek exhibited their work in December and January respectively; Pricilla Giammalva's paintings are scheduled to adorn the walls beginning in February. The feedback on this new, rotating exhibit (curated by artist Linda Chatfield) has been extremely favorable.

"The Old Masters" refers to the art collection of Christa Miller. Born in Germany, Christa has been a collector of fine art her entire life. She and husband Ed relocated to the Woodburn Estates recently and brought their collection (which includes examples of Pablo Picasso's work as well as other listed artists) with them. The Millers have decided to part with select pieces of their art and have chosen the Glatt House Gallery to help them facilitate this. A portion of the proceeds generated from all art sold at this event will be donated to the Woodburn Art Center, a non-profit organization.

Please support the arts and join us on the evening of February 12th. The Woodburn Art Center/Glatt House Gallery is located at 2551 N. Boones Ferry Road at the intersection of Country Club Way. Hors d'oeuvres will be provided, and wine will be available for purchase.

Website & CC&R's

by Stan Hiller

As of 1-20-2022 the current Bylaws, Rules & Regulations, and Standard Operating Procedures (SOP) are now available on the website. Open your browser to WoodburnEstatesGolf.com, click on "Our Community", from the dropdown menu, select or hover over "Our Governance", then click on "Governing Documents".

Now you can click on any of our CC&R's documents to view or download to your computer.

Medicare Scam

Submitted by Diana Lindberg

Just a reminder that Medicare scams are still active, and in our community.

Only give personal information like your Medicare Number to doctors, insurance companies (and their licensed agents or brokers) or plans acting on your behalf, or trusted people in the community who work with Medicare like your State Health Insurance Assistance Program (SHIP).

If you receive a "cold" or unsolicited phone call, HANG UP and call your Medicare representative if you work with one, or Medicare itself.

1-800-MEDICARE (1-800-633-4227). TTY: 1-877-486-2048.

Out and About

by Karen Linton

Many of us have been interested in what will be going in on the lot at MSH214 (Newberg Hwy.) and Oregon Way. The owner finally submitted plans to the city and those plans have been conditionally approved.

The lot is like a backward "L". Plans call for a 4100-sq. ft. convenience store (7-11) on the short part of the "L" closest to Oregon Way. Directly behind it will be an 1863 sq. ft. office building. Closest to 214 and adjacent to the Dairy Queen will be six islands with 12 gas pumps and proposed propane and air pumps. At the top of the "L", adjacent to the Panor Condos, will be a 5000-sq. ft. office building. Scattered around the lot will be 54 parking spaces and landscaping. There will be entrances on 214 and on Oregon Way. Plans call for two underground storage tanks for the gasoline pumps. There will be an eight-foot fence behind the office building and a six-foot fence between the office building and the houses on Oregon Way. The office building will be 18 feet high.

If anyone would like to see the plans, go to the City of Woodburn website, Community Development Department, Planning. All plans are there. If anyone would like to have input, please contact the Planning Department by phone (503) 982-5246 or email woodburn@ci.woodburn.or.us, and put attention Planning Department. At the time of this writing, City offices are closed so do not go in person without checking first.

Looking for Input from Our Members

by Sherman Lackey, HOA Director Marketing PC

The Marketing PC committee is looking forward to the 2022 year and adding additional functionality to our Homeowners website. While we have a pick list of things we think would be very useful, we really would welcome the members of Woodburn Estates & Golf to weigh in. To that end, what sort of things, besides dispensing information, would you like to see when visiting our website?

OFFICE CLOSED ON WEDNESDAYS

News & Views Publication Schedule February 2022

Copy due by 9:30 a.m.

Thursday, Feb 3, 2022

Thursday, Feb 17, 2022

Publication Date

Friday, Feb 11, 2022

Friday, Feb 25, 2022



Ask an Expert

by Country Meadows

Dear Shanna,

It is that time of year when many people make a New Year's resolution to lose weight. As a 70-year-old senior, who is overweight, I am aware that I need to take care of my overweight issue for many reasons, especially for my heart and brain.

I hear about how foods high in antioxidants can benefit the brain, and help prevent dementia due to bad lifestyle choices like overeating and eating junk food. Can you explain a little more about why such foods?

Priscilla from Hubbard

Priscilla, thank you for the question, and I know firsthand how difficult it is to lose weight, especially as we age. Food rich in vitamins C and E contain antioxidants that can help stop brain neurons from being damaged because of free radicals produced during normal metabolism, cell function and stress, as well as pollutants in our air, water, and food. Antioxidants offer powerful, effective protection for your body and cells against oxidative stress by blunting the damaging effects of free radicals. Primary antioxidants delay or inhibit the initiation step of oxidation. The secondary antioxidants slow oxidation by removing the surface material from which free radicals grow or nourish themselves.

Antioxidants in food are measured by Oxygen Radical Absorbance Capacity (ORAC). The US Department of Agriculture recommends that people consume 3,000 units of ORAC per day. One thousand six hundred of these daily amounts could be achieved by just consuming 1 ounce of prunes. Kale is another superfood, and eating 3.5 ounces of kale will provide you with 1770 ORCA units. These two foods are on the high end of the antioxidant scale and probably not a person's first choice, but most fruits and vegetables contain antioxidants, just not as high of an ORAC content. As fruits and vegetables are vital in helping a person lose weight, maintain a healthy heart, and be good for the brain, these superfoods are worth adding to everyone's diet.

For more on free radicals and their enemy, visit the Country Meadows Village Website.

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News & Views

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Volunteers are always needed to help with preparation of copy, proofing, and delivery. Please email, if possible, all photos, articles, free ads, or reports. If email is not an option, please submit your information to the N&V office. Use the mail slot in our door. All submissions must include name and member number. Thank you.

Disclaimer

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CLASSIFIEDS

Next Publication of NEWS & VIEWS

February 11, 2022

Deadline for Articles, Thursday, Feb 3, 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.

MOVING SALE: Phone 503-982-3622, CALL BETWEEN 10 a.m. & 4 p.m. RC china with single rose pattern, service for 12, \$75. GE 18 quart roaster oven, \$25. Rival electric food slicer, \$20. Brother serger with carrying case & threads, \$75. Crystal dessert plates with cups, service for 12, \$15. WII console with games & scale, \$75. Roadmaster McSport mountain bike, \$30. Small Sanyo stainless steel refrigerator, \$30. Mikasa 6 piece crystal wine glasses, \$15. Mikasa 6 piece crystal flutes, \$15. 42" diameter round oak table with 18" leaf & 4 chairs, \$100. Black & Decker Electric 18" Hedge Trimmer, \$15. Chicago Electric Reciprocating Saw, \$15. Black & Decker Leaf Blower (Electric) New, \$35. Kobalt Air Compressor, 3 Gallon, 25' Hose, 300 PSI, \$75. Greenworks Pressure Washer, 1500 PSI, \$25

Tax-Aid News

by James Taylor, Tax-Aid Coordinator

Tax-Aid will start preparing taxes on Feb. 8th, 2022. You can call to set up an appointment starting on Jan. 31 from 10:00 a.m. to 2:00 p.m. Monday thru Friday. The phone number is 503-980-8704.

This year Tax-Aid will be at the Woodburn City Library. Drop off your tax information and pick up your return when called.

Library News

by Heather Taylor, Library Coordinator

Thank you everyone for your support of the book sale. It was very good, and we sold about 700 books. We made \$207 and, with the money, we bought 9 new Large Print Books and will be getting more Large Print at a later date. This is one area in the library that does not have a very big selection of books. So, we are working to make it better.

The honor system of just putting money in the can for books you bought worked great. It is so nice to see that people are good and honest still.

If you have books to donate, please contact me before you bring them. Call Heather Taylor 503-981-0285. We have limited space. If you are dropping off just a couple of books no need to call.

Just a reminder if you are bringing puzzles in, make sure they have all the pieces.

Thank you again for all your support of the library.

What You Will Find in the First Aid Kit

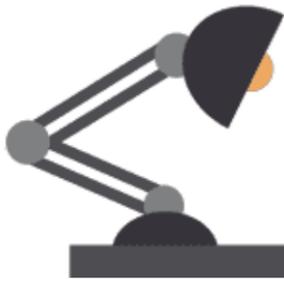
by N&V Staff

If you need to respond to a small accident, the first aid kit may be your first resource after calling for help.

Here is what you should find:

- Gauze pads. Large size will be about eight by 10 inches. Smaller pads will be four by four inches.
- Adhesive bandages for small injuries.
- Triangular bandages.
- Wound cleaning agents, a sealed pack of small moist wipes. These should be checked regularly to be sure they are still usable.
- Scissors.
- A blanket.
- Tweezers.
- Adhesive tape.
- Gloves, latex or latex-free. OSHA requires latex gloves, but vinyl or nitrile gloves protect those with latex allergies.
- Resuscitation equipment. A resuscitation bag, airway, or pocket mask.
- Elastic wraps.
- Splint.
- Emergency directions.

You might also find a break-open cold pack. If the emergency kit doesn't have one, consider adding it. This can be useful if someone sprains an ankle or incurs another soft tissue injury.



DREW'S DESK

by Drew Steig, General Manager

As I am currently dealing with the aftereffects of covid, my comments today will be short and brief.

We are continuing to work with inspection teams regarding the pool house deterioration and damages and putting together our plan of action. We will begin getting finalized bids and making decisions as soon as we receive our final report from the leak detection company. Once that is completed, I will present a timeline to the board and membership for repairs.

We had a productive meeting with the marketing committee where we discussed additional functionality and upgrades to the website, as well as proposed cost cutting measures. We are slowly but steadily making progress on modernization of our image and hope to have some exciting improvements completed throughout the year.

Covid has reared its ugly head throughout the staff, affecting myself and an additional office member. However, thanks to our vaccinations we are weathering it. We hope to have the office reopened soon if it has not already been reopened by the time of this reading.

We are making progress on volunteer involvement and identifying areas that the organization can use volunteers. As I stated last time, I expect to have that together by the February board meeting.

I would like to extend my personal thanks and recognition to Debbie Brown who not only kept the office running in between managers, but whose resilience and dedication have kept us moving forward even during this time where the rest of the staff was stuck at home. She deserves our thanks and gratitude for all of that.

Thank you, and have a wonderful day.

The Eyes Have It



by Anna Phillips

Experience subtle growth. Listen carefully, touch with reverence and watch closely.

Masks in sensible black, sterile white, bold color, fanciful print.

They don't tell the story.

Notice instead the shoulder stooped in defeat, the hesitation before indulging in a hug.

Hear the tremble as a voice declares, "I'm fine".

All are clues, but in the end: The eyes hold the story.

Why Facebook Renamed Itself

Submitted by Connie Doyon

Facebook, the company, is no more -- even though the social media platform called Facebook remains available. The tech giant has renamed itself Meta Platforms, Inc., although the company still uses the "FB" stock ticker. What's with the change? Going forward, the company plans to focus more on virtual reality and the so-called Metaverse.

Traditionally, Facebook was a social media company, and its biggest products and ambitions centered around social media platforms, including Facebook and Instagram. However, the company plans to focus more on the "metaverse" in the future. Indeed, in an interview with Casey Newton of The Verge, Meta CEO Mark Zuckerberg said that the company was shifting its focus from Facebook to the entire "metaverse."

So, what is the metaverse anyway? First coined in the 1992 novel Snow Crash, the metaverse refers to a virtual world where people can live, work and play. Zuckerberg, among others, believes that the metaverse is the next stage of the Internet.

Rather than driving to work, you might connect to the metaverse, perhaps using VR goggles and a haptic feedback vest to visit a virtual office instead. With VR goggles and haptic feedback, you're not simply viewing a meeting through a screen and camera. Instead, you could be "embodied" into a digital environment, allowing for more life-like interactions.

If the metaverse really is the next stage of the internet, the decision to transition from social media could pay off. Facebook already owns Oculus, one of the biggest virtual reality brands, and Zuckerberg intends to spend billions more in his efforts to revolutionize the web.

Still, while Meta aims to be a major player, the company doesn't expect or intend to develop the metaverse entirely on its own.

Special Thanks for Unexpected Kindness

by Elsie Leen

Last month, in casual conversation, Elsie Leen was asked if she was ready for Christmas, and she just responded that she was not really ready. She was busy and concerned about her family in the Philippines that was greatly affected by the typhoons. It was one of those conversations where we share a little of what is happening in our lives in a casual way. A few days later, she was surprised when she received a visit and a gift of \$550. It was so unexpected and very touching as it was a collection of funds from the whole Archer family, from children to grandchildren contributing for those needy folks in the Philippines. Elsie was very overwhelmed by this kindness. Then, another neighbor, Donna Rector, heard about this and quietly put \$100 in her mailbox to help out as well.

How to do Simple CPR – No Mouth to Mouth

by Editor

We have all heard that CPR can be done without mouth-to-mouth contact, but there are other instructions to keep in mind when you set out to save a heart attack victim's life.

Experts say to call 911, but do not wait for the paramedic's arrival to offer help. Bystanders who perform CPR improve survival rates and reduce the risk of brain damage that can result from cardiac arrest, a new study finds. The hands-only approach is the best technique for bystanders. They start and keep it going until help arrives.

Put one hand on the patient's chest and put the other hand on top of it so you can press deep enough to reach the heart. The goal is to get blood to flow from the heart to the brain.

There is no set number of presses for you to make, and you should do your best to keep pressing until help arrives. Sometimes another bystander or a friend is available to take your place so you can rest for a few minutes.

The American Heart Association recommends doing it to the tempo of "Stayin' Alive" or similar music.

Hang in there. You can do it. The patient and his family will be very grateful for your saving the patient's life.

Whether he or she lives or not, you will always know you did your part.

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

January 11, 2022 • 1:30 p.m. • Auditorium
Via Zoom only Agenda

Sharyn Cornett *President*
Director Activities

Carol Bolton *Vice President*
Director New Members

Sherry Stoneback *Secretary*

Phil Balogh *Treasurer*

Gene Nemish
*Director Architectural/RV/
Real Estate*

Sherman Lackey
Director Marketing PC

Dennis Griffiths
Director House

Jamie Rodriguez
Director Rules/CC&Rs

Ken Bourne
Director Golf/Greens

Masks and proof of vaccinations or proof of negative COVID test within 72 hours are required to attend groups of 10 or more.

Call to Order

Establish a quorum:

Sharyn Cornett, President, Director Activities; Carol Bolton, Vice President, Director New Members; Phil Balogh, Treasurer; Sherry Stoneback, Secretary; Gene Nemish, Director Architectural/RV/ Real Estate; Sherman Lackey, Director Marketing/PC/ Communications; Dennis Griffiths, Director, House; Ken Bourne, Director Golf/Greens; all present

Our new Rules and Regulations Director, Jaime Rodriguez, absent with notice

Additions or corrections to the agenda? Yes, 2-motions added (Sharyn Cornett)

Motion to approve the agenda as amended. Seconded and passed

GM Report- Drew Stieg

I am pleased to report that we have made significant progress in identifying the scope of the maintenance issues and affecting some of the repairs. While we still have a long way to go, we have brought in several professional inspectors to assist us in the process so that when repairs begin, we have a clearer understanding of what our contractors will be doing.

- The electrical repairs in the pool house are nearing completion.
- The ice machine in the restaurant was obtained. GM authorization was used to allocate reserve funds in the amount of \$700 to the project to effect the acquisition of the ice machine, and it has been installed by our wonderful maintenance team at minimal cost to the facility.
- As part of the installation, we looked at how to bring the plumbing up to code, specifically the air gaps, which are a backflow prevention measure in the sewer line, and we have designed an option that should solve the problem.
- While the full scope of the issues is subject to confidential contract negotiations at this time, I can with confidence say that progress is beginning to be made at an accelerated rate. I am hopeful that by February's board meeting that we will be able to present the full project scope to the membership as well

as a definitive timeline. It is important that we take the time needed to do this right, with competent contractors, at the best available price to our Association.

The spa- let's address the elephant in the room. I know that the spa returning to full service is an issue that is important to many of our membership. In fact, I don't think that I have received more inquiries about any other subject. I have received permission from our board president to address this issue in more detail.

When repair work was begun on the spa by our maintenance team, it was thought that the issues faced would be a minor repair. Unfortunately, that turned out not to be true. Due to a combination of age, improper, and incompletely performed maintenance in past years, and poor ventilation of the pool house we began to peel back layers of this particular onion finding new issues as we went. These issues included nontoxic mold, and severely deteriorated electrical wiring. The mold issue has been handled, and electrical repairs are nearing completion.

Additionally, we have found severely deteriorated HVAC systems, dry rot, and plumbing that is cracked and leaking. The leaking plumbing has caused erosion which has affected the foundation of the building. While our engineer who inspected the facility does not feel that the foundation erosion is an immediate danger, The erosion is continuing, and it is only a matter of time before permanent and irreversible damage occurs.

Part of the challenges we are facing with this is that not only does the foundation need to be shored up, but that to repair the pipes we need to identify the exact location of the breaks, and then excavate under the building in order to perform repairs. Finding a contractor to perform this repair is at the top of our priority list, however, many contractors are booked out for weeks or months due to labor shortages and finding one that will provide not only timely repair, but also affordable repair is of the utmost importance. I will provide additional updates on the repairs via the Bugle Blast, and *News & Views* as information becomes available.

Currently, I ask for continued patience from our members with this project, as the sheer immensity of this undertaking far exceeds our original understanding of the issues at hand.

As it is important that the employees have good direction, education about their roles, expectations, and safety rules that must be followed, I have dived deep into our policies and handbooks and I am working on a detailed operations handbook and revised employee handbook, designed to make sure that no matter the circumstances, we can restaff and move forward, should we lose any of the key personnel in our association. We are also revisiting employee benefit policies to find options that balance the needs of being both beneficial to the employees, and affordable to the association.

We are currently in contract negotiations with the Woodburn aquatic center, and I am hopeful that we will have a plan in place to use their facilities while ours are in repair. Most of our membership already qualify to use it for free through their Medicare plan/silver fit program, and the remaining members would have an option at least partially covered by the association to allow them a significantly reduced cost. We will have more information on this once the Board makes their decision. I have confirmed that the Woodburn aquatic center participates in the standard senior gym programs, which are included in most Medicare Advantage plans.

One of the ways that our HOA has been able to reduce its expenditures and stay competitive since its inception is through a high level of volunteer involvement. Our founders envisioned a community where everyone helped pitch in, in whatever capacity they were able, to make this place the best that it could be.

I am looking at organizing volunteer groups, designated to specific areas of expertise where anyone with a background in that area, or who feels they could do well, can volunteer. This could be anything from maintenance, to helping in the office, or the landscaping, and even with technology. We will be identifying specific areas of need over the coming month, and hopefully presenting specific opportunities in the February meeting.

If you are interested in volunteering, please reach out to me, and let me know what areas you would be able to help with. You might come up with something we hadn't even thought of yet.

In conclusion, I would like to read an adapted quote from a former president "ask not what your community can do for you, but what you can do for your community."

If we all work together, we can make this a place that we are all proud to call ours and keep operations costs and in turn assessments from rising drastically in the future.

President's Address:

Executive Meeting Synopsis: we discussed: personnel, staff operating procedures- safety, vacation, COVID rules; maintenance issues, repairs, and upgrade of Fire system.

In the executive meeting, we discussed many things. It was packed with information. We decided that since this additional January meeting was intended to be organizational, we would postpone all motions to January 25, except for one. Information on that later. We discussed many employment operating procedures and need to get much more information before establishing them. We listened to a lot of information about what was going on in the buildings and were asked to approve some repairs and upgrades to the Fire suppression system.

It was reported that there was an incident in the building that needed to be addressed. Sherman Lackey volunteered to gather a group of 5-non-board members to meet to investigate and report to the Board. We are working on revising the Enforcement Resolution considering this incident. We will report on this progress at the January 25 General Meeting. If you are interested in participating in this investigation, please call Sherman Lackey or email him at his Woodburn Estates email.

We introduced Dennis Griffiths to the Board Members, as he has just joined us to take over the House Director position.

Welcome to 2022! Our New Year's resolution is to make the clubhouse safe by fixing and replacing all issues concerning maintenance and providing repairs and upgrades to meet code for our very old buildings. We have a lot to do. Some are quick fixes; others will be long-term projects. The General Manager is working with the Treasurer to access funds from the Reserve Account. These

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repairs are not in the Operating budget, which is funded differently, mostly from dues and fees from our community. Initial Fees paid by new owners fund the reserve fund, and there are planned repairs and replacements for the building that come from that fund. We are looking at the reserve study and may have to change other projects scheduled for early this year. The priority is the safety of the buildings. Opening up the buildings to members is our main goal.

I hope this year will be better than 2021. We will continue to make improvements and grow and implement changes to run a successful business and serve you as well as possible. With a strong board, strong employees, and the community's help, we can grow and be strong and can not only improve the strength of the HOA, but the community as well as Woodburn. This is a great place to retire. Our members collected 2,000 pounds of food for the community recently.

The covid infection rate has risen due to fallout from the holidays. We have a new Covid policy in place. Groups of 10 or more, when meeting here, must assign one person to check vaccine cards as members come in. If you don't have proof of vaccination, a negative test within the last 72 hours is required. If you don't have either of those, you will not be admitted. If you are meeting in a closed room, such as the card, craft, pool room, *News & Views*, the conference room, etc., you may, if everyone agrees, take off masks in the room, but must put them back on when you leave the room. Just a reminder, we require masks for everyone who comes into the building. This rule applies to the swimming pool as well.

The restaurant is a separate business and not subject to these new rules but must follow CDC regulations.

Small rooms in the blue, pool, card, craft, *News & Views*, and conference rooms may take masks off but must put them back on when leaving the room.

Groups of ten or more, as we reported at the last meeting, will need to designate a person to check vaccination cards.

I move that Dennis Griffiths be appointed as House Director to replace a person who retired last year. Seconded and passed.

Treasurer's Report

We ended the year with only \$18,000 in unpaid dues, representing only five members, much better than in the recent past. Otherwise, final numbers won't be available until the general meeting on January 25, 2022.

There are a lot of expensive repairs and replacements coming up. Of course, these are 50-60-year-old buildings, so it is not surprising that these issues need to be addressed.

Motion: I move that up to \$40,000 be approved for repairs and code upgrades to the Fire suppression system. Second and passed.

Activities Committee report: Coffee Hour is not allowed as the covid infection rate is too high. When we resume it, it may look different than it has in the past.

An article in the *News & Views* lists accomplishments in 2021 by the Activities Committee. It's amazing how much work was done, even with building and activity shutdowns due to the virus. We had a long discussion about getting trees to replace the ones we lost in the ice storms. We discussed many resources and needed processes. We may need to access more than one source to get all we need. We will be working with Dave Robinson, who manages the golf course. He has an extensive background in arbor care and is working on obtaining appropriate trees for this area. We are working on trying to improve the sound situation in our area. Thanks to all who participated in the ODOT hearing and your input, either speaking or written. The Committee will meet again in February to check Covid numbers and consider reinstating the Coffee Hour in one form or another.

President- working to make the motions shorter, more understandable. Appreciate the input.

Communication to run smoother on how we do business, all more efficient.

More going on than meets the eye; planning an open Town Hall meeting in February.

Activities Committee members: Chair Sharon Cornett, Malena Turner, Diana Lindberg, Lani Biddle, Karen Linton, Connie Watt, Cathy Zimmerman, Walt Van Rheen, Jill Jackson, and Vivian Cameron.

Motion to approve Activities members seconded and passed.

New Membership Committee: Chair Carol Bolton and Dave Bolton. Looking for volunteers to expand membership

Motion to approve members New Membership Committee seconded and passed.

Golf Committee members: Chair Ken Bourne, Dave Robinson, Len Westphal, Russ Krussow, Steve Krieg, Barb Lucas, Sally Carter, and Donna Burnside.

Motion to approve Golf Committee members seconded and passed.

Marketing/ PC /Communications Committee members: Chair Sherman Lackey, Allen Lindberg, Connie Doyon, Carol Wellington, Kim Farquharson, and Stan Hiller.

Motion to approve Marketing PC Committee members seconded and passed.

Rules and Regulations Committee members: Chair Jaime Rodriguez, Stan Hiller, and Carl Sundberg.

Motion to approve Rules and Regulation Committee members seconded and passed.

Budget Committee members: Chair Phil Balogh, Don Knight, Dave Mastalski, John Venner, Staff: Debbie Brown, Accountant, and Drew Steig, General Manager.

Motion to approve Budget Committee members seconded and passed.

House Committee members: Chair Dennis Griffiths and Roger Gonzalez. Dennis is brand new and doesn't have his full committee named at this time.

Motion to approve House Committee members seconded and passed.

Architectural/RV/ Real Estate Committee members: Chair Eugene Nemish, Larry Osterhout, Mike Moen, Jack Rea, and Marty Rollins.

Motion to approve members Architectural/RV/ Real Estate Committee seconded and passed.

Adjourn for Member Speaker Forum Comments

Member #858 regarding rescinding the motion for allowing General Manager

authority to spend \$25,000 and limiting persons authorized to sign checks and regarding the motion to set procedures for placing liens on properties for unpaid dues.

President: both issues postponed until the next general meeting.

Reconvene General Board Meeting

Unfinished Business (Motions posted since last General Meeting on December 13, 2021)

Charitable Fund Establishment with Phil Balogh as Chairperson and Dennis Griffiths. To become a possible 501c3.

Discussion: Treasurer: This is to be a separate entity with its own Board. The intent is to support needs in the community. The charter is yet to be written. Will primarily give HOA members assistance with things like HOA dues, landscaping, and may be used for a yet to be determined project that will benefit the community. All charitable contributions, not dues.

Treasurer: Please volunteer to help if you have an interest in joining; message me with your name, number, and what you are volunteering for.

Motion to approve seconded and passed.

These motions were postponed because the time for discussion, new information, and need for process needs to happen:

- Rescind motion re: Liens improper process, more information to come forward.

- Utility Buildings

- GM funds availability and check-signing authority

- Liens motion

- OLCC license

Motion to postpone all until January 25, 2022, General Meeting seconded and postponed.

New Business:

Motion to accept all the minutes of this meeting. Seconded and passed.

Adjourn to Open mic for Members Comments

#161 re: liens motion suggestion for meetings to be held in the evening or on weekends occasionally, transparency is appreciated by members.

#870 re: new homeowners, unsure listing sales persons aware about HOA requirements.

#858 re: motions postponed

#1120 The website has all current governing documents up except Bylaws which will be done in a couple of days.

Reconvene meeting

The next regularly scheduled Board of Directors meeting will be held on January 25, 2022, at 1:30 PM in the Auditorium and via Zoom.

Motion to adjourn the meeting. Moved seconded and passed.

Kirk A. Schmidtman,
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HOA Comparisons

by Karen Linton

After we all learned of the increase in our HOA dues for 2022, many people complained of the amount for the amenities we enjoy. So, with a little help and a lot of research and phone calls, this chart was compiled of 55+ communities—amenities, dues, transfer fees, average price, and taxes. All the comparisons use only single-family houses; however, all the other communities have condos and/or townhouses that also contribute to the budget of those areas.

Please note that even though some communities have lower dues than we do, sales prices and taxes are significantly higher than WEG. So, we would be paying a lot more in mortgage and taxes for essentially the same amenities. Also, although the per person dues could save single people some money, those who live in a two- or three-person household would pay a great deal more. In addition, WEG is the only community that has an 18-hole golf course. Two have 9-hole courses and two have public 9-hole courses—all of them use their golf fees and part of HOA fees to maintain said courses.

Charbonneau was not included because it is not a 55+ area even though many people believe it is. Hopefully, this comparison will answer a lot of residents' questions.

Comparison of Similar 55+ Communities in our Area

	WEG <i>Woodburn</i>	Salemtowne <i>West Salem</i>	King City <i>Tigard</i>	Summerplace <i>NE Portland</i>	Summerfield <i>Tigard</i>	Claremont <i>NW Portland</i>
Golf	18 hole	9 hole	9 hole public	None	9 hole	9 hole public
Swimming Pool	Indoor	Outdoor	In & Outdoor	Outdoor	Outdoor	Outdoor
Whirlpool Spa	Indoor	No	In & Outdoor	2 Indoor	Outdoor	Outdoor
Onsite Restaurant	Yes	No	No	No	No	No
Conference Rooms	Yes	No	Yes	Yes	No	Yes
Auditorium	Yes	Yes	Yes	Yes	Yes	Yes
Kitchen	Yes	Yes	No	Yes	Yes	Yes
Library	Yes	Yes	Yes	Yes	Yes	Yes
Fitness Center	Yes	Yes	Yes	Yes	Yes	Yes
Billiards	Yes	Yes	Yes	Yes	Yes	No
Craft Room	Yes	Yes	Yes	Yes	Yes	No
Card Rooms	Yes	Yes	Yes	Yes	Yes	Yes
Woodworking Shop	No	Yes	Yes	No	Yes	No
Tennis	No	1	No	2	1	2
Pickleball	1	2	No	1	1	No
Walk & Bike Trails	No	No	No	Yes	Yes	Yes
RV Storage Available	Yes	Yes	No	Yes	No	No
Golf Cart Permit, Annual	Golfer /\$50 Non Golf /\$10	None	\$100	N/A	\$110	N/A
Office Hours M-F	9a-4p	9a - 2:30p	8a-5p	9:30a-11:30a	8a-12p	9a-3p
Number of Homes	1508	462	643	585	501	456
Buy-in Cost	1.5%*	\$3,155	1.5%	\$2,000	\$2,000	0.5%
Average sale price**	\$303,099	\$362,000	\$406,500	\$448,492	\$476,370	\$952,750
Average prop tax **	\$2,586	\$3,357	\$2,968	\$5,554	\$4,894	\$8,752
Annual HOA Dues ^^	\$ 750 pu	\$ 1122 pu	\$ 645 pp	\$ 350 pp	\$ 625 pp	\$ 1180 pp
Annual Golf Fee	\$775 /1 \$1400 /2	\$400 /1 \$600 /2	N/A	N/A	\$600 /1 \$1200 /2	N/A

All sales and tax data comes from Zillow.com, searching for sales in the last 90 days only.

*= \$3,000 min. **= of those sold last 90 days ^^pu=Per Unit/pp=Per Person

Some Medications May Raise Blood Pressure

by Editor

A new study published in JAMA Internal Medicine has found that some hypertension cases may be medication related. According to the New York Times, researchers examined data from 27,599 adults, 35.4 percent of whom had uncontrolled hypertension. Among that smaller group, 17.5 percent were taking prescription drugs that can raise blood pressure. Another 18.5 percent of participants who took such drugs also took medication to control hypertension, leading researchers to conclude that some of the participants might not have otherwise needed treatment for high blood pressure.

How Music Can Help Heal a Broken Heart

by Editor

What song makes your heart pound? Do you get breathless from "Total Eclipse of the Heart?" Does Whitney Houston's cover of "I Will Always Love You" get you going? Or maybe you're old school and nothing makes your pulse race quite like the final movement of Beethoven's Symphony No. 9. Whatever your preference, humans have always felt an innate connection between music and their hearts. And according to Scientific American, that ancient instinct is helping modern physicians diagnose and treat today's cardiac patients.

Heart rhythm disorders, such as arrhythmia and atrial fibrillation, create complex tones that are audible through the stethoscope. In an article for the Lancet, nephrologist Michael Fields describes how he uses musical analogies to teach cardiac auscultation to medical students. According to Fields, describing heart tones in musical terms is a useful tool to help new physicians acquire this notoriously difficult skill.

According to Frontiers in Physiology, another group of researchers used a scene from a movie that pairs high tension with a fast-paced musical score to study how strong emotions influence heart cells. Their data may explain how extreme stress can contribute to serious cardiac arrhythmias.

According to Scientific American, cardiac patients can also benefit from music-based interventions to help them recover from surgery, lower stress and help reduce blood pressure and heart rate. Some studies have found that patients who listen to relaxing music after heart attacks experienced decreased strain on heart and lungs.

While music therapy for heart patients is still an emerging area of study, the early results are promising, according to St. Luke's Health. And even though more research is needed and music alone cannot treat cardiovascular diseases, there's no real risk attached to spending 30 minutes a day relaxing with your favorite tunes.

Crying Wolf

by N&V Staff

1. Peter Wolf was the lead vocalist for what band on the hit songs "Freeze-Frame" and "Centerfold"? a-The Remingtons, b-Brownsville Station, c-Bad Company, d-The J. Geils Band.

2. What actor starred as stockbroker Jordan Belfort in the 2013 movie "The Wolf of Wall Street"? a-Leonardo DiCaprio, b-Jon Hamm, c-Hugh Jackman, d-Chris Cooper.

3. What voiceless Australian wild dogs are descended from Asian grey wolves? a-Basenjis, b-Dingos, c-Chows, d-Kelpies.

4. What mystery novelist was the creator of the eccentric, orchid-loving detective Nero Wolfe? a- Edmund Crispin, b-Rex Stout, c-Ngaio Marsh, d-Agatha Christie.

5. The Wolfpack is the nickname for sports teams at which university in the Atlantic Coast Conference? a-North Carolina State, b-Clemson, c-Wake Forest, d-Virginia Tech.

6. In "Peter and the Wolf," Sergei Prokofiev's symphonic fairy tale for children, which musical instrument represents the duck? a-Oboe, b-Bassoon, c-Clarinet, d-Viola.

7. What daily news program on CNN has been hosted by Wolf Blitzer since 2005? a-"Inside Politics," b-"OutFront," c-"The Situation Room," d-"The List."

8. What New Wave band had a top ten hit in 1982 with the song "Hungry Like the Wolf"? a-Scritti Politti, b-Duran Duran, c-Spandau Ballet, d-Culture Club.

9. What drink appeared in the title of Tom Wolfe's 1968 book documenting the lives of Ken Kesey and the Merry Pranksters? a-Near beer, b-Mulled cider, c-Pepsi, d-Kool-Aid.

10. During the Seven Years War, British General James Wolfe captured which Canadian city from the French in June 1759? a-Vancouver, b-Toronto, c-Quebec, d-Winnipeg.

Answers on page 8

Buying the Right Device for Folks Unfamiliar with Computers

by N&V Staff

Connect a laptop to the Internet and you have a portal into the World Wide Web. Whether you want to communicate with friends and family, do some shopping, look up information on anything or whatever else, the Internet and computers offer myriad opportunities.

Yet tech can be a bit tricky, especially for someone who's not technologically inclined. Fortunately, users now have more options than in years past and computers are also more affordable than ever before. When purchasing a laptop for folks unfamiliar with tech, ease of use and security are the two most key factors.

Mac laptops, offered by Apple, are well-known for their ease of use and security. Traditionally, cybercriminals have focused on Windows devices, as they account for a larger share of the market. Some cybersecurity experts also argue that the Unix-like Apple OS is fundamentally more secure than Windows, according to Pensar.

If there is one major drawback with Apple, it's price. Their cheapest laptops start at \$1000. You could opt for a cheaper iPad and get a keyboard to go along with it. However, the screens are small, making text hard to read, and touch screens are problematic for some users.

If you want security, simplicity, and an affordable price, consider a Chromebook. You can now get a powerful Chromebook for \$400 or less. These laptops run on Chrome OS, which is offered by Google. Chrome OS is a lightweight operating system and can run on computers with basic specs.

The software options on Chrome OS are a bit more limited compared to Mac or PC. Fortunately, Google offers many free software services, such as Google Docs, which work great even if they are not as robust as, say, Microsoft Word.

History of the Telephone Conversation

by Editor

Odds are pretty good that when you answer the phone, "hello" is the first thing out of your mouth. But have you considered taking "ahoy" for a spin instead?

When Alexander Graham Bell received the patent for the telephone in 1876, "hello" had not been in our vocabulary for very long. According to National Public Radio, the first published use of "hello" was in 1827 – just shy of 50 years before Bell's patent. Instead of using it to greet others, people employed it to catch someone's attention or communicate surprise, not unlike the way we use "hey" today.

So, when Bell thought about the appropriate way to answer a telephone call, he landed on "ahoy," a word with a much longer history. According to the Somerville Public Library, the idea gained some traction when the first telephone operators were trained to answer the phone with "Ahoy! Ahoy!"

Bell's arch-rival Thomas Edison, who invented a transmitter that improved upon Bell's original invention, encouraged users to answer the phone with a crisp "hello" instead. When the first telephone directories advised "hello" over "ahoy," the issue was settled though according to the Somerville Public Library, Bell insisted on using "ahoy" or "ahoy-hoy" for the rest of his life.

Jokes

by Editor

Ponder this

- I used to eat a lot of natural foods until I learned that most people die of natural causes.
- The easiest way to find something lost around the house is to buy a replacement.
- Never take life seriously. Nobody gets out alive anyway.
- Have you noticed since everyone has a video on their cellphones, no one talks about seeing UFOs?
- In the 60s, people took acid to make the world weird. Now the world is weird and people take Prozac to make it normal.
- How is it one careless match can start a forest fire, but it takes a whole box to start a campfire?
- Who was the first person to say, "See that chicken there? I'm gonna eat the next thing that comes outta its butt."
- If Jimmy cracks corn and no one cares, why is there a song about him?
- Why does your OB-GYN leave the room when you get undressed if they are going to look up there anyway?
- Do illiterate people get the full point of Alphabet Soup?
- Why doesn't glue stick to the inside of the bottle?

It's a Thing: Look up Your Name

by Editor

The bucket test and the soap pods have faded into history, but a new craze is sweeping social media.

Everyone is looking up the definition of their name in Urban Dictionary.

Now, name meanings have been around for ages. The thing with Urban Dictionary is that the definitions are not traditional. Users can also add their own definitions.

One woman on social media found a personal definition: the most talented girl in the world. I think I'm in love with you.

Trisha: A tiny ball of cuteness.

Matthew: A sweet and caring guy ... who will only ever love one person.

Focus on History

History of 1988

by Stan Hiller

Chapter 29 for 1988 starts with the following:

President.....Chuck Minor and the administrator
 Vice PresidentDola Mae Samis + Membership
 SecretaryBing Hiserote, now Pat Esvelt May 13, 1988
 Treasurer Joe Galvin – Finance – Budget
 ActivitiesDale Fitzpatrick, now Cliff Small April 5, 1988
 Golf.....Ralph DeBriae
 HouseBob Adamson
 Planning Gil Flaughner
 Public RelationsBing Hiserote, now Pat Esvelt May 13, 1988
 Rules Ed Schilling

Golf Pro Jim White started July 14, 1979
 Golf Course Super Jack Smith
 N&V Editor Susan Vetter Jan. 1, 1986,
 now Jean Cravens June 25, 1988
 Travel Office Jackie Opitz
 Estates Restaurant Dave & Lucy Almond started
 February 14, 1984

The Initiation fee is set at \$1,000 for new homeowners.

Type	Assessment	Golf	Total
Homeowner Membership (50+)	\$157		\$157
Homeowner & Golf single	\$157	\$190	\$347
Associate Membership (50+)	\$197		\$197
Associate Member Golf single	\$197	\$200	\$397
Green Fees – guest	\$6 for 9 holes; \$10 for 18 or all day.		
Green Fees – other	\$7 for 9 holes; \$12 for 18 or all day.		
House Guest Golf fee	\$100 per one month		
Club Storage \$12	Oversize club storage \$18		
Locker rental \$12	Pool cue reserved rack \$3		
Power golf car user fee \$25	Electric Cart Storage \$36	walk-along	
Power golf car storage electric \$120	Golf car storage gas \$90		
Trailer storage	small \$10, medium \$40, large \$80		

January 12, 1988 Board minutes President Minor welcomed everyone to his first meeting of 85 members attending. This year the Phone Directory will have advertising in color on the back cover and inside the front and back cover in addition to the customary color front cover. We are using a larger font for the name and addresses. We also believe it important to note that of the nearly 50 volunteers working on the telephone directory each are participants in the many activities.

Rule's chair, Ed Schilling, expressed his concerned with rental property. They are not being kept up to specification. I will contact the proper authority concerning such property soon.

Golf chair, Ralph DeBriae, reported that the windstorm of the 10th and 11th of this month, did considerable damage to the golf course. Fifteen trees in all were lost, fourteen on the front nine. There was also a request from the Woodburn High School to use the golf course for their golf team and made a motion–motion carried.

Comments: when will the auditorium floor be repaired? President Minor responded that it was felt the floor should not be refinished until a decision had been made on the stage project; and that the Board would take a close look at outsiders using our facilities.

February 9, 1988 Board minutes House chair, Bob Adamson, reported that February 19, 1988, is the date our auditorium floor is to be redone with a "gym finish".

March 8, 1988 Board minutes Secretary, Bing Hiserote, read a letter of thank you to our restaurant operators Lou Ann Almond. Also, she announced that an insert into the N&V about the Rummage Sale, concerning where and how to get items to the sale, as well as items needed.

Golf chair, Ralph DeBriae, announced that Jack Smith, our Golf Course Superintendent, is retiring as of May 31, 1988 after 18 years. Jack started in July of 1970.

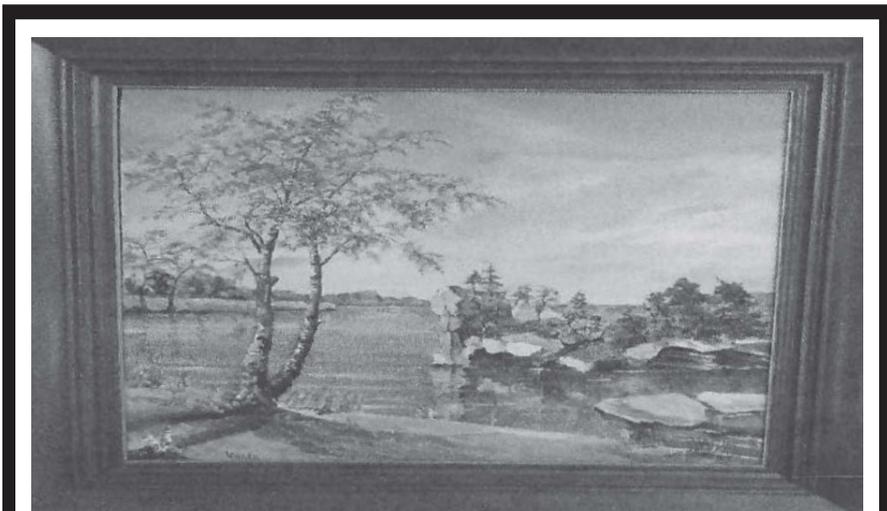
April 12, 1988 Board minutes President Minor announced Dale Fitzpatrick resigned on April 5, 1988. Today I have appointed Cliff Small to fill this vacancy. Your Board is happy to say we have hired Curt Smith as the new Golf Course Superintendent.

House chair, Bob Adamson, reported a new overhead door with automatic opener has been installed in the rear of the Pro Shop creating 7 new spaces.

40 yards of gravel would be dumped in the RV lot. Our insurance had just gone up about \$5,000 and that SAIF dues would also go up by about 7 percent next year.

May 10, 1988 Board minutes House chair, Bob Adamson, reported that the security system and safe have been purchased for the Pro Shop and are being installed. If this system proves successful, we will look into adding it to the offices and restaurant area. This would be much more reasonable than a commercial alarm system. We had four more lights installed into the RV lot; and to begin the process of annexing the RV lot into the city, so we could hook our security system into City Hall, for quicker response time from the City Police.

June 11, 1988 N&V Chicken BBQ and Rummage Sale was a big success – the sale of chicken dinners, June 4 was a sell out by 3:30 pm. 600 pieces of chicken, 110 lbs. of cabbage for slaw and 135 lbs. of beans were consumed. RC Cola donated the drinks and Lind's Market contributed additional food



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ANSWERS TO CRYING WOLF

- 1-d, The J. Gellis Band
- 2-a, Leonardo DiCaprio
- 7-c, "The Situation Room"
- 8-b, Duran Duran
- 9-d, Kool-Aid
- 5-a, North Carolina
- 4-b, Rex Stout
- 3-b, Dingos
- 6-a, Oboe
- 10-c, Quebec

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items. We appreciate their generous cooperation. Also, thanks to the volunteers who assisted in serving. The Rummage Sale profits amounted to approximately \$13,000. Our thanks go to ALL who assisted in the BBQ and Rummage Sale.

June 14, 1988 Board minutes President Minor announced Bing Hiserote resigned and appointed Pat Esvelt as the replacement. There was a letter to the Board regarding the needs of the RV lot – security, fencing, and gravel.

Another letter to the Board saying thanks from the Woodburn High School golf team for their use of our golf course and the help of Jim White.

Another letter to the Board regarding the plants in the swimming pool. One person does not want them, but that wasn't the case – they were diseased according to Al's. The Walking Club volunteered to donate new plants and take care of them at no charge.

Another announcement of Jean Cravens will be in complete charge of the N&V and Pat Esvelt will be the Secretary for the Board.

Activities chair, Cliff Small, was urging everyone to get their tickets and come to the Pancake Breakfast at the Gazebo on July 2.

Golf chair, Ralph DeBriac, reported that the top dressing will begin, but when they were ready that morning – the water line broke on the #14 and another break that will be repaired as soon as the parts arrive, and a new person had to be hired for the crew because one of them had broken a leg at the beach.

President Minor announced that the Board was continuing to examine the Associate Membership issue and that someone has suggested raising the quota in the 5000 series, because there are 24 applications on the waiting list. Also announced they were meeting with representatives with respect to our sprinkler system. Our system is one of only two in the US and they are no longer making parts for it. Toro has offered to bring our system up to date for about \$10,000 and will give us some of the new equipment.

July 12, 1988 Board minutes Treasurer, Joe Galvin, announced that the paper dropbox for June brought a return of \$237.75.

Rule's chair, Ed Schilling reported that the process of annexing the RV lot into the city is still not finalized. Ultimately, a second fence will be put up in the lot to prevent backing into the alarm system. New markers will be made for the parking spaces.

Memberships chair, Dola Mae Samis commented on the fact that in the first half of this year, we have received 93 new members, of which 63 are new homeowners.

House chair, Bob Adamson, reported that the Board is interviewing applicants for the maintenance position now open and encouraged anyone who might be interested, or knows of someone, to encourage their application. The Board is looking into the possibility of redoing the sprinkler system around the clubhouse building. The Board also decided to hire an expert to come in and advise us as to what we should do to update our sprinkler system on the golf course.

President Minor said the original concept of the rummage sale had been to refurbish the lobby area of the dining room. In the comments section a lot of members disagreed as the carpet and drapes were worse. A show of hands proved that carpet and drapes were wanted by the members present.

August 8, 1988 Board minutes RV lot chair, Ed Schilling reported that someone is leaving the RV gate unlocked and not sure what could be done about it. He also announced a work party for the lot where new signs would be installed, and more gravel brought in for spreading.

President Minor reported that they had received the report from the golf course consultant who had reviewed the sprinkler system and had concluded we had to begin to plan for a major overhaul of it. He also reported that they had been discussing this with Toro and would continue to do so. The consultant also recommended that we tie the two well systems together by installing a pipe in the underpass. The financing has not been completed, but we have discussed two options for doing this to an estimated expense of about \$40,000. The first would be using the telephone directory funds, the second, would be the depreciation fund, which would result in an increase in dues for next year, and third, a special assessment, however, he pointed out no decision had been made.

President Minor reported that he had been told that HUD was planning to buy about 40 homes in Woodburn for low-income families and he had called the City Manager to confirm this. The City Manager told him there would be hearings on this and we would be notified when they were to be scheduled.

Rule's chair, Ed Schilling reminded everyone to file complaints of violations by renters. He also cited a newspaper article of a drastic drop in value of homes because the neighborhood had deteriorated. President Minor also noted that there are some homes right now that need watering and weeding, and we might just have to hire someone to do this and bill the property owners.

September 13, 1988 Board minutes Nominating Chair, Stan Gustafson, announced the following candidates to run for the Board next year: Ernie Causey, Jack Reedy, Joe Rice, Hillis Slaymaker, TJ Thompson, Helen Frazier, Bernice Homan, and Clarence Homan.

October 11, 1988 Board minutes President Minor announced that Governor Neil Goldschmidt would be here on October 24th (no article was printed as to why). President Minor informed the group that he looked up the cost of soap to the Club, since it was mentioned at the last meeting, and he found about \$1,800 is spent a year. He also reminded the group that the purchase of the carpet, drapes, and office improvements came from the profits of the Rummage Sale.

November 9, 1988 Annual Board minutes Treasurer, Joe Galvin, announced that the dues will increase for 1989. President Minor gave his annual report. It has been a pleasure to serve with this Board. I would like to thank the staff: the office workers, maintenance staff, golf crew, our golf pro, the restaurant crew, and finally, our ex-mayor that locks up every night. Our maintenance staff consists of one full time employee and one part time employee. Plans are being made to upgrade the golf sprinkler system, so it was necessary to have an aerial photo and blueprints made. It was necessary to dig numerous holes in the course to find the location and sizes of the pipes. Carl Kuhn and Associates are now in the process of drawing up plans and we will then work with Toro to obtain the necessary equipment. We will have to purchase more and install the equipment. Extra help may be needed, and we do not know at this time what the cost will be. We have allotted \$45,000 from the profits of the 1988 and 1989 directories to improve the golf course irrigation system. Many thanks to our telephone directory staff and our advertisers in our telephone book. And let us not forget the rummage sale and barbecue volunteers in raising money for things that give this club a good image. Oh, and the many people that donated their time and money to the various funds.

Ed Schilling and I attended a meeting several days ago with members of Salemtowne, Summerfield, and King City. They have the same problems as we do with the unauthorized people using the facilities, renters, and burglaries.

The Board reconvened with the election chair who gave the following report:

Joe Rice	224
Jack Reedy	220
Hillis Slaymaker	187
TJ Thompson	154
Ernie Causey	129

December 13, 1988 Board minutes Rules chair, Ed Schilling, announced that we have a security guard with a dog in the RV lot and asked that no one touch the dog which is on a thirty-foot leash in the day time and turned loose to roam the entire RV lot at night. He also announced that water and electricity had been brought into the RV lot and they expected to put in the sewer next week. We have a couple, Mr. and Mrs. Davey, who will be living in their motor home at the RV lot. Their guard dog will be our security at night.

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

Impress Your Sweetie with This Easy Chocolate Mousse



by Editor

Tasty, fun, and a little bit cheesy if you want to go over-the-top on presentation. This easy chocolate "mousse" is a quick three-ingredient dessert to impress your sweetie on Valentine's Day. Or you can enjoy it on your own anytime – it really is that simple.

Ingredients

- 1-1/2 cups heavy whipping cream
- 1/4 cup sifted cocoa powder, or 1/3 cup for dark chocolate flavor
- 1/2 cup powdered sugar or 1/4 cup for dark chocolate flavor
- 1/4 teaspoon almond or vanilla extract (optional)
- Fruit for garnish

Using a hand or stand mixer with a wire whisk attachment, begin whipping the cream in a chilled bowl until frothy and slightly thickened. Add the cocoa powder and powdered sugar and carefully mix until soft peaks form. Add the optional extract and continue whipping until stiff peaks form. Spoon the mousse into a plastic bag or piping bag with a tip and pipe into your preferred small bowl or dessert glass for extra panache. Garnish with fruit and serve immediately.

If you plan to serve later or you are serving in a warmer temperature, you can stabilize the mousse with gelatin and cold water. Add one packet of unflavored gelatin to 1/4 cup cold water and allow to bloom for two minutes, then melt in microwave for 15 seconds or until liquid (heating times will vary). Let the gelatin cool until it is just warm, but still pourable. Prepare the mousse as directed, but slowly pour the gelatin into the still-running mixer once the mousse has reached medium peaks. After the gelatin has been added, continue whipping to stiff peaks. Be careful with temperature – too-cool gelatin will form clumps, and too-warm gelatin will deflate the mousse. Once the mixture has reached stiff peaks, serve as normal.




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Deer Diverters



by Rick A. Wehler

Cora and I purchased Westwoods, a 65-acre expanse of forested property, in 2010. A forestry neophyte, I got religion, mounted a 3-year crusade to purge the invasive plant life, and vowed to save the forest.

During the summer of 2014, in the valley that we were to name, the Oak Forest Swamp, together with our neighbors, we took down dozens of scrubby box elder trees. The neighbors appreciated the firewood, and I laid out a plan to rejuvenate the swamp. We refer to the valley as a swamp because it's the lowest spot on our property, and the rains and melt waters draining from the hills and surrounding forest flow through it.

In the spring of 2015, Cora and I planted 200, one-year-old, three-inch-tall white oak trees within the cleared Oak Forest Swamp. We fenced them in to guard against deer snacking and fought the vegetation that so easily overgrew them.

The trees thrived, and by the summer of 2019, many had surpassed ten feet tall. I removed the fences over the next two years, figuring that the oaks should be safe from the deer. Oh, wrong little boy. Bucks with their antlers in velvet, enjoyed polishing them on the trunks of the young trees. In so doing, they shredded the bark and broke the branches that impeded their purpose. I wasn't going to stand for such vandalism, and invented Deer Diverters. This is my recipe.

Ingredients and tools:

- Empty aluminum cans. The beverages are of little consequence, although I do appreciate Dr. Pepper and an occasional Coors Light. The deer haven't stated a preference thus far, disdaining all without prejudice.

- Finding enough cans can be a challenge. At times, I pedaled my bike about the countryside and collected uncrushed cans from the roadside ditches. I learned that it's easier to drink a lot. Our neighbors have been pleased to contribute.

- Pocket knife with a sharp point. I have a special one that I purchased at a garage sale. It doesn't hold an edge but gets straight to the point.

- Weed whip line. It won't deteriorate over time unlike cord. The color isn't important, which is good because I buy it at garage sales and save up to 75% off of the retail price. The savings help pay for the occasional beverage.

- Scissors. A pair sharp enough to cut the weed whip line but dull enough to protect against my coordination.

- Marbles. I like peeries the best, but cat's eyes work well too. Fortunately, contrary to Cora's belief, I haven't lost all of mine.

- Boxes to store the Deer Diverters. The box from Costco that contains two extra-large bags of Frosted Flakes and the one from Walmart that holds 48 Pop Tarts are light but sturdy.

- Real old newspapers. Real old because if Cora hasn't completed the crossword puzzles, then they're just old newspapers. If I use them, I may not become old.

The construction:

- Rinse out the cans thoroughly. At times, I've enjoyed a sip or two that remained in unrinsed cans, much like the raccoons at Westwoods, although I don't tear them to shreds while attempting to enjoy the Dr. Pepper dregs from last nights over indulgence.

- Lay out the old newspapers on the counter to protect yourself and the countertop from the consequences of processing damage.

- Set two rinsed cans upside down on the old newspaper, positioned so that they'll take a leak on the national news. Open the knife with the dull blade and a sharper point than the news stories, grab onto the handle tightly, and with due diligence, puncture the base of each can twice. I recommend small holes, especially in the cans. The punctures serve as drain holes for the rain. No use creating mosquito habitat.

- Lay each can on its side with the beverage portal on the high side. Once again, grip the knife, by the handle, and cut a hole just below the portal of equal size.

- Stand the two cans upright. Select one marble for each, peeries go well with Dr. Pepper and cat's eyes with Coors Light and cram it through the portal. It's wise to load the marble into the can before the weed whip line is in place, otherwise it's nearly impossible to get the freaking thing in there.

- Latch onto the weed-whip-line container. Do your best to find the beginning of the line without appropriate bad language because Wifey will hear and have something to say about it. String out about that much line, grab the scissors and cut it off. The line may curl, but that's okay because the next step is to thread it through the hole in the side of the can and up through the portal from where you poured the beer into your face. Point the curl upwards, pull the line through and tie it off. The tie-it-off process requires special skills as well as verbal encouragement. Take the other end of line, there should only be one, and do the same with the other can. It's all right if the cans aren't the same size, brand, gender, or ethnicity.

- Repeat the process as often as your patience and vocabulary will allow.

- After feasting on a hearty meal of Pop Tarts and Frosted Flakes, set the sets of Deer Diverters inside the vacant boxes for transport, otherwise the ADHD marbles will roll around and drive you blanking nuts.

Head out to your forest and hang one set of Deer Diverters on a low branch of each sapling tree. The sun reflecting off of the aluminum cans that are clanging in the breeze with their confined, disturbed marbles are real pissers for the deer. Deploy a hundred sets of Deer Diverters, and no sober, self-respecting deer will venture anywhere near your youthful trees.

I've included a picture of the properly protected countertop, ingredients, tools, and a Deer Diverter. You may have noticed the orange hammer. That's one of Cora's Dear Diverters.

Afterthoughts

While writing this story, I had used the descriptor, forestry virgin, in the first sentence, but I wanted an unusual phrase. In the middle of the night, I woke up with the word "neophyte" bouncing around in my mind. I've got no idea where it came from. I looked up its meaning the next morning: a beginner or a new convert to a belief. Forestry neophyte, that'll do it.

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



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Calendar (Jan 30-Feb 11)

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

SATURDAY, JANUARY 29, 2022

3:00 p.m. - 5:00 p.m. Water Volleyball (Swimming Pool)
4:00 p.m. - 9:00 p.m. Hand & Foot Card Game (Blue Room)
7:00 p.m. - 10:00 p.m. Golden Squares (Auditorium)

SUNDAY, JANUARY 30, 2022

MONDAY, JANUARY 31, 2022

8:00 a.m. - 9:00 a.m. Mermaid Aerobics (Swimming Pool)
8:00 a.m. - 2:30 p.m. Sr. Estates Quilters (Craft Room)
8:30 a.m. - 9:15 a.m. Walking Club (Auditorium)
9:15 a.m. - 10:15 a.m. Yoga (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)
10:15 a.m. - 11:15 a.m. Zumba (Auditorium)
11:00 a.m. - 1:00 p.m. Tai Chi (11 a.m. Advance, 12 p.m. Beginners) (Auditorium)
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)
6:00 p.m. - 8:00 p.m. Water Volleyball (Swimming Pool)
7:00 p.m. - 10:00 p.m. Golden Squares (Auditorium)

TUESDAY, FEBRUARY 1, 2022

8:00 a.m. - 9:00 a.m. Mermaid Aerobics (Swimming Pool)
9:00 a.m. - 10:30 a.m. Ping Pong (Dining Room)
10:00 a.m. - 10:45 a.m. Fitness Club (Auditorium)
10:00 a.m. - 11:00 a.m. Writing Class (Blue Room)
11:00 a.m. - 2:30 p.m. Uke-de-dos (Craft Room)
3:00 p.m. - 5:00 p.m. Water Volleyball (Swimming Pool)
5:00 p.m. - 9:00 p.m. Poker (Card Room)

WEDNESDAY, FEBRUARY 2, 2022

8:00 a.m. - 9:00 a.m. Mermaid Aerobics (Swimming Pool)
8:30 a.m. - 9:15 a.m. Walking Club (Auditorium)
9:15 a.m. - 10:15 a.m. Yoga (Auditorium)
9:00 a.m. - 10:30 a.m. Ping Pong (Dining Room)
9:30 a.m. - 10:30 a.m. Ladies Laugh & Chat (Blue Room)
10:15 a.m. - 11:15 a.m. Zumba (Auditorium)
10:00 a.m. - 11:00 a.m. WEG Men's Club Meeting (Dining Room)
10:00 a.m. - 12:00 p.m. Pickleball Club (Courtyard)
12:00 p.m. - 1:00 p.m. Friends of Bill W. (Craft Room)
1:45 p.m. - 3:15 p.m. Home-Style Hymn Sing (Blue Room)
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)
6:00 p.m. - 9:00 p.m. Pinochle Group (Blue Room)

THURSDAY, FEBRUARY 3, 2022

8:00 a.m. - 2:00 p.m. Sr. Estates Quilters (Craft Room)
8:00 a.m. - 9:00 a.m. Mermaid Aerobics (Swimming Pool)
6:00 p.m. - 8:00 p.m. Water Volleyball (Swimming Pool)
6:00 p.m. - 9:00 p.m. Pinochle Group (Blue Room)

FRIDAY, FEBRUARY 4, 2022

8:00 a.m. - 9:00 a.m. Mermaid Aerobics (Swimming Pool)
8:30 a.m. - 9:15 a.m. Walking Club (Auditorium)
9:15 a.m. - 10:15 a.m. Yoga (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)
10:15 a.m. - 11:15 a.m. Zumba (Auditorium)
10:30 a.m. - 12:00 p.m. Bible Study (Craft Room)
12:30 p.m. - 4:00 p.m. Bridge (Blue Room)
12:30 p.m. - 3:30 p.m. Bunco (Craft Room)
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)

SATURDAY, FEBRUARY 5, 2022

3:00 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, FEBRUARY 6, 2022

MONDAY, FEBRUARY 7, 2022

8:00 a.m. - 9:00 a.m. Mermaid Aerobics (Swimming Pool)
8:00 a.m. - 2:30 p.m. Sr. Estates Quilters (Craft Room)
8:30 a.m. - 9:15 a.m. Walking Club (Auditorium)
9:15 a.m. - 10:15 a.m. Yoga (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)
10:15 a.m. - 11:15 a.m. Zumba (Auditorium)
11:00 a.m. - 1:00 p.m. Tai Chi (11a Advance, 12p Beginners) (Auditorium)
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)
6:00 p.m. - 8:00 p.m. Water Volleyball (Swimming Pool)
7:00 p.m. - 10:00 p.m. Golden Squares (Auditorium)

TUESDAY, FEBRUARY 8, 2022

8:00 a.m. - 9:00 a.m. Mermaid Aerobics (Swimming Pool)
9:00 a.m. - 10:30 a.m. Ping Pong (Dining Room)
10:00 a.m. - 10:45 a.m. Fitness Club (Auditorium)
11:00 a.m. - 2:30 p.m. Uke-de-dos (Craft Room)
12:00 p.m. - 4:00 p.m. Progressive Hand & Foot (Blue Room)
3:00 p.m. - 5:00 p.m. Water Volleyball (Swimming Pool)
5:00 p.m. - 9:00 p.m. Poker (Card Room)

WEDNESDAY, FEBRUARY 9, 2022

8:00 a.m. - 9:00 a.m. Mermaid Aerobics (Swimming Pool)
8:30 a.m. - 9:15 a.m. Walking Club (Auditorium)
9:00 a.m. - 10:30 a.m. Ping Pong (Dining Room)
9:15 a.m. - 10:15 a.m. Yoga (Auditorium)

9:30 a.m. - 10:30 a.m. Ladies Laugh & Chat (Blue Room)
10:15 a.m. - 11:15 a.m. Zumba (Auditorium)
10:00 a.m. - 12:00 p.m. Pickleball Club (Courtyard)
10:30 a.m. - 12:30 p.m. Crafts for Fun (Blue Room)
12:00 p.m. - 1:00 p.m. Friends of Bill W. (Craft Room)
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)
6:00 p.m. - 9:00 p.m. Pinochle Group (Blue Room)

THURSDAY, FEBRUARY 10, 2022

8:00 a.m. - 2:00 p.m. Sr. Estates Quilters (Craft Room)
8:00 a.m. - 9:00 a.m. Mermaid Aerobics (Swimming Pool)
1:30 p.m. - 4:00 p.m. Genealogy (Blue Room)
6:00 p.m. - 9:00 p.m. Pinochle Group (Blue Room)
6:00 p.m. - 8:00 p.m. Water Volleyball (Swimming Pool)

FRIDAY, FEBRUARY 11, 2022

8:00 a.m. - 9:00 a.m. Mermaid Aerobics (Swimming Pool)
8:30 a.m. - 9:15 a.m. Walking Club (Auditorium)
9:15 a.m. - 10:15 a.m. Yoga (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)
10:15 a.m. - 11:15 a.m. Zumba (Auditorium)
10:30 a.m. - 12:00 p.m. Bible Study (Craft Room)
12:30 p.m. - 4:00 p.m. Bridge (Blue Room)
12:30 p.m. - 3:30 p.m. Bunco (Craft Room)
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)



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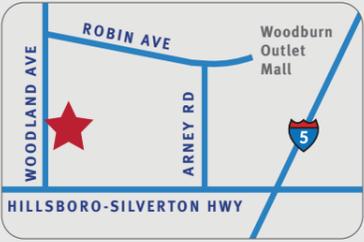
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