

# Town Hall Meeting

by Sharyn Cornett, HOA President

There will be an Open Board Meeting on Saturday, February 26, from 1 p.m. to 3 p.m., conducted like a Town Hall Meeting. This is open to members only.

This will be the time to ask questions about any procedures or events here at WEG and a chance to get to know the Board members and our new GM. No personal questions, please.

There will be no motions at this meeting. You will have two minutes to ask a question. The purpose for this gathering is to be transparent and open about policies and procedures. The Board wants to know what you think is working and what is not working and your suggestions for improvements. This is your opportunity to speak about what you like/dislike about your community so please keep your comments and questions positive and not argumentative.

This meeting style is new for us and we would like to have more of them, about two or three a year, depending on how this one goes.

We will take any reasonable questions and answer to the best of our abilities. You could help this question protocol by going to the office and filling out a yellow questionnaire card so we can be prepared to answer your concern; however, we will entertain any questions from the floor. Members filling out questionnaire forms will be called upon first and then comments from the floor will be taken.

If the question is inappropriate, it will not be answered. This will not be the platform for personal attacks. You may be asked to leave the building if you cannot comport yourself appropriately or if you cannot follow clubhouse rules of showing your vaccination card at the door and wearing a mask over your nose and mouth throughout the meeting.

Please plan to attend and become part of the solution to any issues we may have so that we all can enjoy living in our senior community.

# 2021 Chamber Ambassador of the Year



by N&V Staff

Chamber President Joe Egli, of Brown Insurance, presented Stan Hiller with the “2021 Chamber Ambassador of the Year” with Record Setting Results.

Representing Woodburn Estates & Golf, Stan made every effort to attend all the events with the Chamber in 2021. Stan is always there early, setting up the 50/50 for Love Santa with tickets in hand and collects the business cards for the host for drawing of gifts. He also brings the agenda board for the emcee and then makes the bank deposit.

The Woodburn Chamber of Commerce holds weekly greeters every Friday, hosted by the many businesses in the local area. Due to Covid, the Friday Greeters are mainly held at the Metropolis, Four Square Church, or at the Hoodview Church. Their major fundraiser events include bunco, bowling, golf, soccer, and possible car show.

This is Stan’s second Chamber Ambassador of the Year award since 2014.



## Town Hall Meeting

Many have asked and you have been heard!

**Saturday, Feb 26 @ 1pm**  
in our Auditorium



**Come and speak with Board Members and the General Manager.**

**Members Only. All Covid rules will apply.**

**Because there will be more than 10 people, you need to bring your proof of vaccination card.**

**This meeting is planned to be in person. If it should become necessary, this event will be switched to a Zoom meeting. Watch News & Views for more information.**

## OFFICE CLOSED ON WEDNESDAYS

### News & Views Publication Schedule February and March 2022

#### Copy due by 9:30 a.m.

Thursday, Feb 17, 2022

Thursday, Mar 3, 2022

Thursday, Mar 17, 2022

#### Publication Date

Friday, Feb 25, 2022

Friday, Mar 11, 2022

Friday, Mar 25, 2022



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Next Publication of NEWS & VIEWS

February 25, 2022

Deadline for Articles, Thursday, Feb 17, 9:30 a.m.

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# Brass Ensemble

by Joe Knotts

Wanted! Brass instrument players: trumpet, horn, trombone, baritone or bass. Former facilitator/organizer of Valley Brass of the Grande Ronde Valley and of Valley Brass of Medford, Joe Knotts, is hoping to gather five to ten brass players together for an ensemble of five-part music. Previous Valley Brass groups have played Canadian brass classical music, ragtime, spirituals and folk tunes. What instrument do you play? What music do you have?

Email Joe: [jknotts2046@yahoo.com](mailto:jknotts2046@yahoo.com)

# Why are Chess Sets Expensive?

by N&V Staff

Fancy chess sets in wood can cost hundreds of dollars. But according to The New York Times, the expense is really all about one piece: The Knight, which accounts for about 50 percent of the cost. That is because Knights must be hand-carved to look exactly alike. Just 10 people specialize in carving knights. A set of four knights takes six hours to carve.

# Smart Watches

by N&V Staff

Smart watches could help detect heart attacks; studies find. A small study from Italy is the first proof of concept that a smart watch could detect a heart attack like a traditional ECG, or electrocardiogram. But don't buy one for that purpose, doctors warn. If you have chest pain, call 911 immediately. Smart watches cannot automatically detect a heart attack now, and even if they could, it requires a physician to interpret results. Nonetheless, the study suggests that emerging smart watch technologies could be helpful in the future.

In the study, the smart watch generated ECGs 93 to 95 percent accurately, and correctly identified several types of a heart attack. In healthy people, the watch was 90 percent accurate in identifying the absence of a heart attack, according to a study in the JAMA cardiology.

Researchers compared standard ECGs and smart watch findings on 81 people who sought care for a possible heart attack at an Italian clinic in 2019.

In the study, physicians (not the patients) held the back of the watch at the wrist and eight other specific locations in the chest and abdomen to capture the needed readings.

Researchers used the latest Apple Watch with recordings uploaded to the latest iPhone.

Recording the heart's electrical currents dates back to the early 20th century, when a Dutch physician, Willem Einthoven, invented the first practical ECG, according to the Harvard Heart Letter. He won the Nobel Prize in 1924.

Although much different than an ECG, the Apple Watch's built-in afib detector tool has already been approved for use. It detects the rapid, irregular heart rhythm that suggests the risk of stroke.

Still, questions remain about whether the watch findings will result in a flood of unnecessarily frightened patients, or if the watch readings will even lead to earlier stroke detection, according to the Heart Letter.





by Drew Steig, General Manager  
Hello Everyone

To start with today, I want to say thank you to all of the members who reached out to myself and my staff during and after the recent covid outbreak, it was very appreciated.

Our organization has faced a lot of challenges over the last few years. Financial challenges, the pandemic, and now repairing the facilities. Many changes are happening in a short period of time, and I wanted to talk a little bit about the plans that I have for moving forward.

As many of you know, or have heard, WEG has adopted a new graphic logo. Some have asked why the change, and I wanted to address that a bit today. Logos serve a very specific purpose in marketing. They are supposed to serve a functional role in attracting new members, and in our particular establishment, associate members to our organization. In recent years golf memberships have declined, and as a small part of our overall marketing plan, we felt that a change in the logo would be a positive step in that direction.

The old logo, while enjoyed by some, was not serving the purpose that a logo is supposed to serve. A new concept was put forth by myself, several board members, and our golf pro Chip Sullivan, which was designed in conjunction with a professional graphic designer who specializes in logo development. Because the groundwork and part of the design process was handled internally, we were able to keep costs relatively low on this project. We are currently waiting for the graphic file that has the scalable art from the graphic designer and hope to be able to present that to the membership in the next issue.

One of the choices we made with this logo was to not attach the name of the association or a color scheme to the logo itself. This was done to allow for the logo to be used in a variety of different ways. I have come up with some preliminary design ideas and hope to meet with the various golf clubs (if I haven't already by the time of the printing) to get some feedback on what styles they would like to see on our merchandise. If possible, I will see if some of those can be included with this article, however they may not meet the resolution requirements for printing

To address another Elephant in the room, the hours change. The change of hours in the facility was put forth, it was done so as a way of keeping our maintenance department within budget. Different times of the day require different levels of staffing. Leaving the facilities completely unattended is not an option. It is not a matter of not trusting our members, it's a matter of protecting the association from liability. There are a number of options we are looking at to find a way to restore those hours to the membership, including volunteers.

The hours we chose, were selected based on usage. After monitoring usage levels throughout the day, it was determined that this change affected no more than about half a dozen members. So the question was, do we fund an additional 730 hours of labor to keep it open during those hours somehow, or do we close it for now, until we can find a way to staff it.

I ask for some patience on this issue, I know that having access to the facility is important to our members, and I assure you that this is not a permanent change. How we man the facilities, and cost reduction to the membership is one of my highest priorities.

That actually brings us back to the driving point of it all. How do we take burden off of the membership, and still keep the same level of service, or even increase that level of service? The way to do that, the only way, is by increasing our membership levels, increasing the number of dues paying associate golfers, and clubhouse members at our establishment, and increasing revenue generating services. Getting our marketing functionally improved, and a new logo is a great first step in that direction.

With more revenues coming from outside sources, we can relieve burden off of the membership, provide a better experience to our current and future members, increase staffing levels and hours of operation, and make our facilities a true community center for active seniors.

Thank you all very much for your continued support and patience, and for the opportunity to serve this community.

# Sound Wall

by Allan Lindberg  
Sherry Stoneback is the board member leading the Sound Wall ad hoc committee. I, Allan Lindberg, am the central point of communication. Judy Bowen has experience working the governments and is a good spokesperson. Jaime Rodriguez, Directors Rules is on the committee spokesperson as well.

I have attended the two Zoom Oregon Transportation Commission meetings and was one of the members allowed two minutes to speak.

- FUTURE OTC Meeting Dates; Public Comment will be available:
- February 17, 12:30-2:30 p.m. via Zoom (this is a special meeting dedicated to the IJJA)
  - March 10, 9:00 a.m. TBD; Regular OTC Meeting
  - March 30, 12:00-2:00 p.m. via Zoom
  - Meetings. Watch a live stream of Commission meetings. (This link only works while a meeting is in progress. YouTube link works best with the Chrome or Safari browsers.) Visit our ODOT YouTube Channel for previous OTC Meeting recordings.

If you live close to the freeway and the noise level is high, download a decibel sound level meter (free) and record sound levels of the freeway noise. I down loaded "Sound Meter" to my iPhone and am able to collect data of the sound level.

Several municipalities are competing for money for highway and transportation systems. If you want information, go to: Oregon Transportation Commission: get involved.

# Silver and Fit

by Mike Hachquet  
I received a FREE Garmin Fit Tracker in December, 2021 and was able to order free Advanced Strength Kit in February, 2022 using the Silver & Fit benefits available to many WEG members. Many Seniors know that most Medicare Advantage plans offer the Silver & Fit program. There are seniors in our community that go to local gyms for free using their Silver & Fit Network choices. However, these insurance programs offer more incentives to help us stay healthy.

Go to [www.SilverandFit.com](http://www.SilverandFit.com) to see your benefits and determine if you qualify. You will need to set up an account with your Medicare advantage information. You may also call your Advantage care provider or Silver and Fit at 1-888-797-8086 for assistance. As soon as you open the website, there should be a hot button in the upper right corner that says CHECK ELIGIBILITY. The website is user friendly.

Silver and Fit offers over 8,000 Digital Workout Videos, gym memberships to over 16,000 gyms, Healthy Aging Coaching, Social Clubs, Connectivity Apps, Participation Rewards, and Home Fitness Kits. Each member is allowed one Fitness Kit per calendar year. Fitness Kit choices include a Fitbit Wearable Kit, a Garmin Wearable Kit, Pilates Kit, Beginner/Intermediate/Advanced Strength Kits, Beginner/Advanced Swimming Kits, and Beginner/Intermediate/Advanced Yoga Kits. Most of these amenities are included in your Advantage programs with no additional cost.

Once you select the item, there will be additional screens to fill in to confirm your order. There will be a confirmation process where you will receive a coupon code to enter in an online cart to receive the item for free. I received the code for my Garmin Wearable Kit in the mail. The code for my Advanced Strength kit was available within five minutes on my account dashboard.

As noted before – just call Silver and Fit if you need help. Good luck – and do take advantage of this free program.



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# Backyard Storage On Our Small Lots

*by Gene Nemish, Director–ARCH-RV Committee*  
Notice to members: you cannot install a storage building (backyard shed) other than that allowed by Rules & Regs 15.7-1 on your lot.

As requested by owners, I have twice submitted a motion to the Woodburn Estates & Golf Board of Directors allowing larger storage buildings. Each time the motion was rejected.

**Current Rule**  
Rules & Regs 15.7 – Accessory Storage Units/Cabinet. This section refers to a storage unit only, and not a shed. 15.7-1 Storage units/cabinets no larger than one hundred cubic feet with Architectural Committee approval may be installed against the side or rear of the house. (Example 4' wide x 7' high x 3'6" deep)

In 2021 the rejection was because Declarations III F specifically forbids sheds of any type.

Article III F – Each Building Site shall be limited to one single-family dwelling house with no more than one story above the main floor level, designed for occupancy by no more than one family, together with a private garage which conforms generally in architectural design, exterior finish, and materials to the dwelling house on the building site. No outhouse of any kind, tent, shed, trailer, or any other temporary dwelling, shall be erected or maintained on any building site or be used for living purposes, nor shall any garage be used for dwelling purposes.

Late in the year 2021, I was looking for an answer to another member’s question about another issue when I read Article III G which seemed to allow the association to approve backyard storage sheds if it was approved in writing by the association. At a monthly meeting of the ARCH-RV 4-person volunteer committee, it was agreed Article III G would allow backyard shed installation on lots large enough to follow Woodburn’s lot size restriction.

Article 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 written approval of an exception is granted by the Association. No building constructed elsewhere shall be moved to or placed on another location within Senior Estates Golf and Country Club unless written approval of an exception is granted by the Association.

My motion was submitted at the January 2022 general meeting that I had to pull because Rules & Regs say, with the concurrence of our lawyer’s interpretation, that Article III G cannot be used to negate Article III F.

Motion #2022-125-1 I move to post a change to Rules & Regs 15.7 adding this new rule. 15.7-5 This rule refers to a utility building located in the back yards of association lots. Lots must be large enough to install a utility building that follows the Woodburn City building code which states that utility buildings must be at least 5’ from the back property line, 5’ from the side yard property line and must be 6’ away from any other building. Woodburn Estates utility buildings can be no larger than 10’ by 10’, side walls maximum height 7’ with roof height a maximum of 10’. Utility buildings must meet lot coverage rules and utility buildings may not be installed on golf course lots. Important: A permit is not required for storage buildings of less than 200 square feet of floor area. The City of Woodburn Planning Division requires plan review and approval of the City of Woodburn – Planning Division Lot Coverage Worksheet before installation of the building. The approved worksheet must be presented to the Architectural Committee before construction.

I am writing this article for posting in the *News & Views* to provide accurate information to Estate’s members as to actions your board takes. In this case, I now feel that the only way WEG members can install larger storage units is to change the wording in Article III F. To do that change we will need most of the WEG membership to vote and that vote can only be done in November of each year. I understand our rules say that Declarations can only be changed if 75% of the members cast a vote.

Recommendation: Form an AD-HOC Committee to decide what the change will be and then contact WEG members to ask them to vote.

# Forming New AD HOC Committee

**A JOURNEY OF A THOUSAND MILES BEGINS WITH A SINGLE STEP. –Proverb**

*by Kim Farquharson*

As that proverb suggests, every project, every change has to start somewhere. Yes, it may be a long process and an uphill battle, but anything is possible if we start taking steps towards a goal. So, we would like to announce that we are taking the very first step: The formation of an AD HOC committee for Backyard Storage Units. Here is your chance to be part of a positive change in WEG:

**Purpose:**  
• To start the process to make the necessary changes to the wording of the Governing Documents so that there is clarity of what is and is not allowed.

**Understood Points:**  
• Any WEG rule is subject to Woodburn City rules regarding size of lot, ground coverage and location and size of proposed storage unit.  
• Any change requires a vote of 75% of members in the Declarations.

If you are interested in being part of this AD-HOC COMMITTEE, send an email to [N&V@woodburnestates.com](mailto:N&V@woodburnestates.com) or text to 541-325-6320.

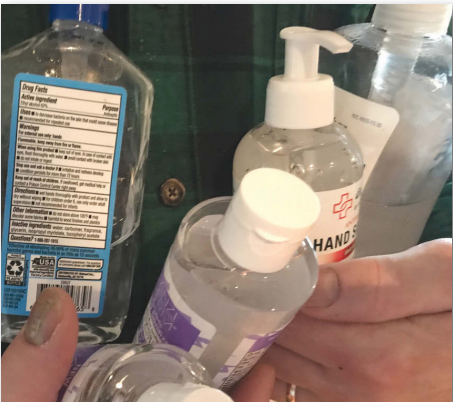
# Contacts

*by Carol Wellington (submitted by WEG Writers Group)*  
Your first question may be, "What type of contacts, eye contact lenses or human contacts?" The short answer is HUMAN CONTACTS. This past year has been one of masking as well as distancing from friends and family, disinfecting hands, computer keyboards, and any area where others may have been in contact. Yes, we are all tired of CDC's recommendations; but, as an old saying states, "An ounce of prevention is worth a pound of cure!" Seems to me that we may need to increase the number of ounces or maybe the number of pounds.

# Alternative Uses for Hand Sanitizer

*by N&V Staff*  
Got buckets of hand sanitizer around? You are not alone. While it is useful to have around, most of us (thankfully) do not need our 2021 supply levels. But what can we do with it aside from sanitizing our hands? Here are some ideas from around the internet:

- Clean your glasses.
- Start a fire. A disaster survival website says you can dab a small amount on your kindling or tinder and light it with a spark, and that it works in rainy or windy weather.
- Remove stains. The alcohol works well at removing blood, ink, or drink stains. Remember to dab, not rub. You can also pre-treat stains with a bit of sanitizer.
- Clean your table or desk. Use a clean cloth and wipe down the surface. Do the same for your filthy keyboard.
- Remove stickers. Price tags are notorious for leaving a sticky substance behind. Hand sanitizer to the rescue!
- Ease the itch of mosquito bites.
- Clean your phone’s screen using a soft cloth and a bit of sanitizer.
- Polish silver. Now that company is coming, squirt hand sanitizer on a soft cloth and polish the silver.
- Try it in place of deodorant. Kill the bacteria, kill the smell. We will leave it at that.
- Use as a dry shampoo. Squeeze a little onto your fingertips and massage into your roots.
- Clean your iron.
- Remove the hairspray on your mirror.
- Remove permanent marker from a whiteboard.
- Remove nail polish.



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# Heart Month Special Recipe is Tasty and Healthy



by N&V Staff

In honor of American Heart Month, here is a recipe that adheres to guidelines for a heart-healthy meal and is also delicious: roasted balsamic chicken with baby tomatoes.

According to a story on the Cleveland Clinic's website that included an interview with a preventive cardiology nutrition expert, a heart-healthy recipe should pay attention to fat and carbohydrates, use lean proteins and vegetables, plant-based fats, and limit any added sugars or sodium.

In this roasted balsamic chicken recipe from the website All Recipes, we've hit the high notes: it contains 38 grams of protein per serving, has 323 calories, and contains 9.1 grams of fat (just 2.8 percent of the total calories). But it gets plenty of flavor from the balsamic vinegar and Dijon mustard, two excellent alternatives to higher sodium seasonings.

Garlic and just a pinch of salt round things out, along with some veggies. Though it's delicious as-is, it would also work well served over lettuce or alongside more veggies and basmati rice.

### Ingredients

- 1/2 cup balsamic vinegar
- 1 tablespoon olive oil
- 1 tablespoon Dijon mustard, or more to taste
- 1 clove garlic, or more to taste, minced
- Salt and freshly ground pepper to taste
- 4 large skinless, boneless chicken breast halves
- 1 pint cherry tomatoes, halved
- 1 lemon, zested and juiced

### Directions

Mix balsamic vinegar, olive oil, mustard, and garlic together in an oven-safe baking dish; season with salt and pepper. Place the chicken breasts in the vinegar mixture.

Marinate chicken in the refrigerator for at least 4 hours.

Preheat oven to 400 degrees Fahrenheit.

Roast chicken in the preheated oven for about 30 minutes. Add tomatoes to the baking dish and continue cooking until the chicken is no longer pink in the center and the juices run clear, about 10 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Sprinkle lemon zest and drizzle lemon juice over the chicken before serving.

# Great Love Letters Endure

by N&V Staff

Love – mysterious, forbidden, secret, new love and old – inspired some of the greatest letters ever written, notes so grand they are still treasured today.

### Longest-lasting love letter

Arguably the greatest love letter has been read for literally thousands of years: The Song of Solomon, which appears in the Old Testament of the Bible. Written in 600 BC to one of his 700 wives, King Solomon writes: "...thou hast ravished my heart with one of thine eyes ... How much better is thy love than wine!"

### Tormented love

A 17th-century Portuguese nun, Mariana of Alcoforado, wrote broken-hearted letters to her lover of two years: the scoundrel Noel Bouton, Marquis de Chamilly. Proving himself a cad, Bouton published the letters, thus creating a new word in French for love letters: Portugals. One of Mariana's lamentations: "... all my pleasure is in repeating your name a thousand times a day. Some nuns, who know the deplorable state to which you have reduced me, speak to me of you. I leave this room you visited so often as little as I may, and spend all my time gazing on your portrait, which I love a thousand times more than my own life."

### Mystery love

Scholars still debate the identity of Ludwig van Beethoven's lover who, in 1812, he famously calls his "immortal (or eternal) beloved." It was a love not to be: "Even in bed my ideas yearn towards you, my Immortal Beloved, here and there joyfully, then again sadly, awaiting from Fate, whether it will listen to us."

### Presidential love

President Richard Nixon's love for his wife Pat was well known. In the early years of their relationship, he writes to Pat, referring to himself in third person: "... when the wind blows and the rains fall and the sun shines through the clouds (as it is now) he still resolves ... that nothing so fine ever happened to him or anyone else as falling in love with Thee — my dearest heart."

### Comedian love

From bad-boy comedian George Carlin to his wife Sally Wade:

"Sallyburger, if you took the number of sub-atomic particles in the universe and multiplied that number times itself that many times; and then added the total number of micro-seconds since the beginning of time, times itself; and then added 803 — you would still have only the tiniest fraction of a billion-billionth percent of the amount of love I have for you. Love, your candle partner, the romantic Mr. Carlin, your eternal flame."

# A Valentine or Love Letter You Create Yourself

by N&V Staff

A surprise of flowers, candy, or a card might be just the ticket for your love on Valentine's Day, and that is the way millions of people celebrate the day for lovers.

The key to a great Valentine's gift is that it conveys the giver's love and appreciation for the recipient. You can find all sorts of designs and card projects online to decorate and create a personalized card. But, beware, it is easy to get so carried away with the art project that the card becomes more about our own art skills than it is about the recipient. On the other hand, something too plain and simple might seem insincere.

If you are going to create your own card, consider putting a good photo of you and your love on the card, especially one that evokes memories or times spent together. Choose a photo from a shared vacation, or an old photo to spark memories. You could find a photo that neither of you have seen for a while to make a special surprise.

For a playful card, try to create a rebus. Rebus valentines have a verse with small pictures replacing some of the words. A picture or drawing of an eye, for example, could be used for the word "I" and a heart can be used for the word "love."

If you like to write, try to create a verse in acrostic using the name of your beloved. The first letter of each line, in large type, uses one letter of the name of the recipient. For the name Mary, for example, one could write:

- May each day bring my
- Adoring thoughts closer to you.
- Remember, you are the one I love,
- You are the one for me, forever.

If none of those ideas work, you can always buy a card and write your own note. Tell how your love enhances your life and how much he or she means to you. A good message is a keepsake to be cherished.

# Valentine Jokes

by N&V Staff

What do you call romance in a fish tank? *Guppy love.*

Why do skunks celebrate Valentine's Day? *Because they're scent-imental.*

What do you call two birds in love? *Tweethearts.*

What kind of flower is the worst to get on Valentine's Day? *Cauliflower.*

What does a caveman give his wife on Valentine's Day? *Ughs and kisses.*

How did the phone propose? *He gave her a ring.*

Why are artichokes so beloved? *They're known for their hearts.*

What did the love-obsessed candle say when it was lit? *"I found the perfect match!"*





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# Artist of the Month

## Priscilla Giammalva



*by Steve Veltman*

On exhibit in the “Living Room” for the month of February are the paintings of Woodburn Estates resident Priscilla Giammalva. Priscilla majored in art while attending Northern Illinois University. Initially making jewelry was her passion (including silver art clay) before she began tole painting. Before long, she was teaching classes and her familiarity with paint and brush led her to painting on canvas.

Today Priscilla’s chosen medium is watercolor and as accomplished as she has become, she continues to hone her skills by taking classes at the Woodburn Art Center/Glatt House Gallery. She doesn’t sell her paintings, most of the artwork she has created over the past eight years has been gifted to friends and family.

Priscilla was an Administrative Assistant for a Portland hospital before her retirement. She has been married to Joe Giammalva for 59 years. Together they have three children, seven grandchildren and one great grandchild on the way!

# Ravenous

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

This past spring, Cora, my Norwegian, country-girl wifey, purchased a rotisserie chicken from Costco. After dinner, she cleaned the carcass, saved the leftovers for sandwiches, set the scraps aside, and came up with an idea: “Let’s put the scraps under the maple tree in the backyard and see if the critters will eat Costco chicken parts.”

She chose the cover of a one-gallon ice cream pail as a plate for the offerings. At sunrise, per her instructions, I positioned the handout in such a way that we could watch the guests chow down from the patio-door window next to the kitchen.

Not long thereafter, a shadow flitted through the window and over the table as we ate breakfast. (I dined on Frosted Flakes and read the comics while Cora ate assorted fruits and studied the financial page.) We peered out the window and caught sight of a big-honking raven sitting in the maple. We identified the bird as a raven rather than a crow because, well, because Cora said so. It sat there until it felt safe then descended to the scraps. After several minutes of checking for hazards and predators, the cautious, cowardly crow, um, raven poked at the goodies and jumped, and repeated the maneuver repeatedly. Eventually, it grabbed a chunk and flew away to the safety of some hideaway.

We heard the bird cawing from a distance, sounding the dinner bell for the family. Within minutes it returned, joined by three members of the murder...the unkindness. (A murder is the term for a flock of crows and an “unkindness” for a gathering of ravens.) You win, Cora. They’re ravens!

The crew made short work of the provisions, even the bones disappeared. Cora stated, “Ravens don’t eat the bones, just pick them clean and discard them at their safe place.” I’m pleased that the raven haven doesn’t exist in our yard. I can only imagine what that lucky homeowner must be thinking.

All summer and fall we put out leftovers for “The Birds.” I thought, “Ravens are pigs! They’ll need an Uber to migrate.” The “unkindness” checked out the Maple Tree Restaurant daily and ate most of every offering; their favorite meal, a large, Pizza Hut sausage and mushroom pizza with extra cheese purchased with a coupon for \$7.99, no sides.

I began the practice of talking to the gang as soon as I walked out the patio door. The male-in-charge (he must not be mated to a Norwegian female) hears me, and when the plastic plate hits the grassy table, the family arrives to pig out. I later learned that ravens don’t migrate. That’s just as well because transportation would’ve cost a wing and a leg. So, we’ve continued feeding them into the winter.

One morning, I believe it was a Tuesday, thanks to the frigid temperatures, we didn’t serve breakfast until later in the day. It seems that ravens have a schedule, and the meal remained unpecked. Wednesday morning, the treats were gone. Cora lectured, “Ravens don’t raid the fridge for midnight snacks as does a resident of our household.”

I checked the snow near the missing provisions, found what looked to be dog tracks, and wondered if there was a stray wandering about. That night, I set out some rib bones, not mine, and mounted a trail camera on the maple tree.

Thursday morning, the remains were gone. I downloaded the trail camera pictures, and we checked out images of what Cora identified as a coyote. I posted a photo on Facebook for the neighbors to see. Joe postulated that the critter was a fox. I told him, “It could be but Cora, my fox, says that it’s a coyote. I’ll mount the video trail camera tonight and hopefully get a better view. If you’re right, I’m not saying anything to the wildlife that rules our household.”

I baited the area beneath the camera with chicken scraps and chunks of a gross, spicy turkey breast that we couldn’t eat. Friday morning, I downloaded a video of a healthy, well-fed fox. I posted it on Facebook with this comment: “Joe was at fault for disagreeing with Cora about our backyard diner being a coyote, but he was right about it being a fox. It ate the chicken but considered the turkey to be an insult to its cultured palate. I left the foul fare on the plate for the ravens. The “unkindness” refused to gobble the turkey. So much for ravenous.”

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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a need to have an SSL, a Secure Sockets Layer, a secure protocol developed for sending information securely over the Internet.

- Sherman will also contact the Golf chair about adding the Men's and Women's group to the list of items under the Golf tab on the WEG website.
- The committee is beginning the thought process of delivering the *News & Views* online, still in the discussion stage.

Discussed the *News & Views* header and how to make the words, *News & Views*, pop out a bit. The Directory is complete and will be delivered to you soon by our volunteers. Additional copies will cost \$5 each.

**NOTE:** The *News & Views* contains minutes of board meetings online starting with 2014. Notice that each Board meeting is noted under the issue date of the paper. Minutes will be listed separately as we are able. <https://woodburnestatesgolf.com/news-views/>

**House Committee Report:** Chair Dennis Griffiths: As the very new Director and Chair of this committee, I am working on getting up to speed with all things that relate to this committee. We are following the repairs that are being made, a lot of which are the result of deferred maintenance in past years. We plan to, with the GM: (1) set maintenance schedules, (2) ensure maintenance schedules are followed, and (3) develop priority lists for repairs, replacements, and plans for significantly improving the structures. I hope to meet with Vince sometime this week, who, by the way, seems to be putting in 80-hour weeks. The Board and committee will keep up with progress in completing what needs to be done.

**Architectural/RV/ Real Estate Committee Report:** Chair Eugene Nemish: First, I'd like to report that our RV lot fence was damaged. Someone cut into the barbed wire that is on top. There is no evidence that anyone entered the lot. No damage other than the fence, and no reports of anything missing, so far. It will be repaired.

Re: Utility buildings: we were holding this motion in abeyance pending legal opinion, and it is withdrawn, as the opinion was that we can't do this. We will write an article about the utility building issue for printing in *New & Views*. We are forming an "AD-HOC" committee to facilitate a change in some wording in our Declarations Article III.

**Rules and Regulations Report:** Jaime Rodriguez: I have yet to have a committee meeting, I am looking for two volunteers. NOTE – two members volunteered later in meeting.

**Motion to approve Committee Reports. Seconded and passed.**

**Old Business:**

Sherry Stoneback, Director: I move to rescind 2021-1214 **Liens and Foreclosures** “At the end of the year in which a member has not paid their dues, Woodburn Estates & Golf will file a lien and provide notice that if the dues are not caught up by the end of the second year Woodburn Estates and Golf will foreclose.” **Motion to rescind. Seconded and passed.**

Gene Nemish, Director Architectural/RV: 2022-0111 Rules & Regulations **Change: 15.7 Accessory Storage Units/ Cabinet To:** 15.7 Utility Buildings 15.7.1 Accessory Storage Units/ Cabinets with current wording, and add: 15.7.2 Utility Buildings - "Utility Buildings no larger than 10' long x 10' wide and a maximum height 7' with roof height a maximum of 10'. Said building must meet lot coverage rules. Utility buildings may be in the back yards of association lots. Lots must be large enough to install a utility building that follows the Woodburn City building code. Code states that said buildings must be at least 5' from the back property line, 5' from the side yard property line, and must be 6' away from any other building. Utility buildings may not be installed on golf course lots."

**Motion to withdraw** by Gene Nemish. **Seconded and passed.**

Jaime Rodriguez, Director, Rules: **2022-0111 OLCC licenses** - I move to explore acquiring a separate OLCC license for Country Cottage, limiting the current license to Woodburn Estates & Golf. **Motion tabled** for further research.

**New Business:**

Jaime Rodriguez, Director Rules: **I move to approve 2022-0125 SOP operating with a manager section 1.1.2B to be amended to expand the duties of the General Manager.** This would allow immediate authority to allow our general manager to enforce the declarations, bylaws, rules, and regulations, SOP-1 and SOP-2, and enforcement resolution as outlined, by allowing them the authority to act not only in an emergency but in his day-to-day management role at Woodburn Estates & Golf."

Discussion clarifying that the General Manager will be allowed to enforce all governing document rules and act in an emergency when needing to bring in contractors for repairs to the buildings. No posting is needed to approve SOPs per Carol. -Division of House – 6: Yes. No: Gene Nemish, Dennis Griffiths, and Sherry Stoneback. **Motion was seconded and passed.**

Jaime Rodriguez, Director Rules: **I move to accept the bid presented by Woodburn aquatic center for \$3 per visit per individual for all members of Woodburn Estates & Golf,** who are not part of the Silver Sneakers Fit Program. I also move that the association pay \$2 for each visit. **Motion was seconded and passed.**

Jaime Rodriguez, Director Rules: **I move to add to the Rules and Regulations Committee:** Marie McHone and Dianne Matta committee members. **Motion was seconded and passed.**

Sherry Stoneback, Director: I make a motion to create an **Ad Hoc committee to work for a sound and safety wall** project with myself, as chair, and to add the following people to my committee: Judy Bowen, who will be the contact with ODOT, Allan Lindberg, who will keep the board and community, including *News & Views* current with upcoming dates, Jaime Rodriguez, and Karen Linton, as a contact, to the City of Woodburn, with separate board approval, to bring back information from the City of Woodburn Council meetings. **Motion was seconded and passed.**

Sherry Stoneback, Director: **I move to rescind** 2021-1214 Approving up to \$25,000 from the Reserve Fund to be approved by the General Manager for emergency repairs, as well as limitation of signature authority for funds to General Manager and Treasurer. **Motion to rescind was seconded and passed.**

Sharyn Cornett, Director: **I make a motion to pass a new (replacement) Logo.**

We've had input from realtors that our current logo is outdated; our new GM has said the same. Here is the new proposed logo. It will not be exactly like this in all instances; it will have flexibility in colors, and where the name and 55 + notation will be placed. It looks like this:

The graphic is black, and “Woodburn Estates & Golf” will be applied, depending on where the Logo is applied. For instance, the words may fit differently on a cap or a golf ball. The colors may vary depending on the article it is on. For instance, if it is placed on a red cap, the colors that are chosen will probably not be the same as they would be if the cap was green.

GM attempted to show pictures over Zoom; unsuccessfully. It cost approximately \$350 to develop and will not cost much more to change over to current letterhead, products, etc. as they will be changed over when it is time to re-order items. As time goes on, and it is decided that signs need to be changed or added, it will cost \$3-5,000 dollars all together, but that is not a planned expenditure for the near future, per Drew.

**Motion:** Approve new Logo for use as items are re-ordered. **Motion was seconded and passed.**

**Adjourn to Open mic for Members Comments**

**VERBAL:**

- #502 and #858 – Disappointed. No vote by membership on logo.
- #514 – Accessibility to meetings. Should we have a finance committee?
- #440 – Dues, large increases.
- #1120 – Why aren't all these motions sent out in Bugle Blast?
- #858 – What was the cost of design for a new logo, out of what budget line and was this approved by the board to spend?
- #302 – In favor of logo change.
- #1174 – Nothing against new signage (logo), but not while in financial “pinch”.
- #1270 – Logo. Hot tub and pool important amenities

**CHAT by members.**

Several comments were made by chat.

Comments included GM should not have executive decisions without a money cap, what are the new clubhouse hours, thank you to board for allowing members to speak.

**Liens and Foreclosure** – Going to foreclose after two years? Always had ability to foreclose per documents but no Board in 60 years chose to do so. Board needs education on liens and foreclosure. Liens are more appropriate than foreclosure. After first billing date is past, the office should generate invoice two and so forth, this is management obligation. Do not rewrite this motion.

**LOGO** – what was cost, when do the members see logo and make comments, please prioritize monies because HOA dues increased. Logo is not a priority, fix pool and hot tub first. Clarification that the Marketing Committee was not part of process for new logo. Was it in the budget?

Reconvene meeting.

**Motion to approve all Committee Reports as presented. Seconded and passed.**

**Motion to approve all motions as presented. Seconded and passed.**  
The next regularly scheduled Board of Directors meeting will be held on February 22, 2022, at 1:30 p.m. in the (Auditorium) and via Zoom.

**Motion to adjourn the meeting.** Seconded and passed.

Note: 28 members were present, including the Board of Directors by Zoom. Respectfully submitted, Sherry Stoneback, Secretary.



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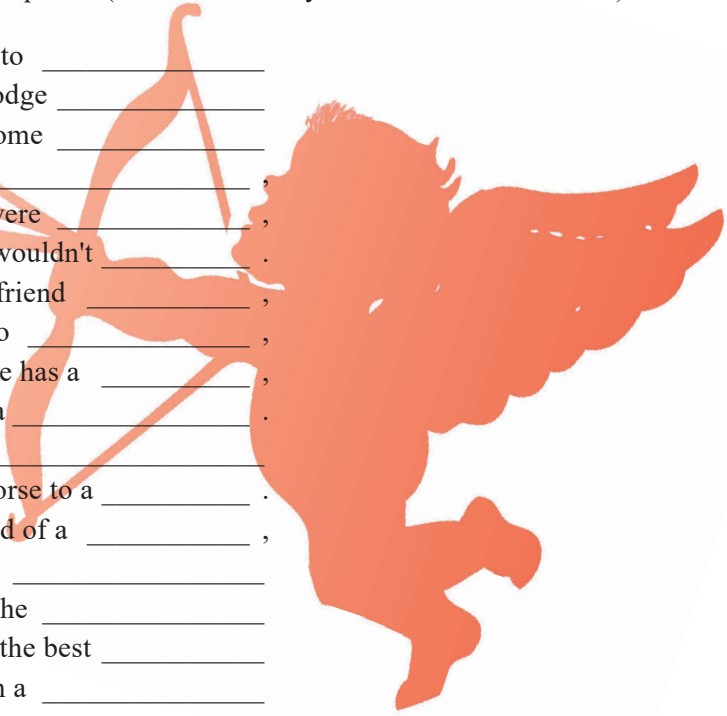


# Rhymes with Heart

by N&V Staff

In honor of Valentine's Day, find words that rhyme with heart to complete each sentence of the poem. (Some words may be used more than once.)

We were about to \_\_\_\_\_  
In my trusty Dodge \_\_\_\_\_  
To go look at some \_\_\_\_\_  
At a cultural \_\_\_\_\_  
But our plans were \_\_\_\_\_,  
'Cause my car wouldn't \_\_\_\_\_.  
And my trusty friend \_\_\_\_\_,  
Who is really so \_\_\_\_\_,  
Though his nose has a \_\_\_\_\_,  
Said it needed a \_\_\_\_\_.  
And so to \_\_\_\_\_  
We hitched a horse to a \_\_\_\_\_.  
And with the aid of a \_\_\_\_\_,  
We located the \_\_\_\_\_  
And looked at the \_\_\_\_\_  
And you know the best \_\_\_\_\_  
Was a card with a \_\_\_\_\_  
For my dearest \_\_\_\_\_!



# Good Investment

by N&V Staff

If you visit your dentist on a regular basis, you are doing yourself a favor in four ways. First, you are saving your teeth so you can chew properly, which is an important factor in nutrition.

Second, when you visit your dentist, he or she can check your gums. Periodontal disease can result in lost teeth and is a significant factor in heart disease. Periodontal bacteria can lead to blood clots, increasing the risk for heart attack and stroke.

People with diabetes should be particularly watchful for periodontal disease. They are more prone to infection, and periodontal disease makes it more difficult to stabilize blood glucose levels.

Third, properly caring for your teeth results in big financial savings in the future. Root canals, bridgework, dental implants, and dentures can cost thousands of dollars.

Fourth, by properly caring for your teeth, you will ultimately save yourself a lot of pain and inconvenience.

# Terms of Endearment

by N&V Staff

Can't wait to see you, lamb chop.  
What is your favorite term of endearment for your spouse?  
Chances are it is honey, unless you want a favor and it escalates to sweetheart or sweetie.  
But whatever you call him or her, it probably involves food. Sweet food. Like Muffin.  
According to The New Republic, the term sweetheart came into vogue in 1290 when it was used exclusively as an endearment, until the movies used it for irony.  
Then, there is sugar, sugar pie, and sugar baby. Folks have been saying that to their sweethearts since the 13th century, but it only came into use as a term of address in 1930. Come here, Sugar.  
So it is easy to imagine why pumpkin, sugar, and pudding have all been endearing, but how do we explain cabbage? It is French.  
The animal world contributes sweet nothings, according to Grammarly Blog. In the Arabic-speaking world, your love could be a Gazelle and in Thailand who would be offended if they were called Little Elephant?  
But, who in the world would want to be called a prawn? Not many people even in 1895, but there is a literary citation: "I expect you're a saucy young prawn, Emma," says a character in William Pett Ridge's Minor Dialogues (1895).  
The millennials totally left the food realm with the popular titles: Bae, Boo, and Babygirl.  
And, lamb chop? Baby boomers will remember the famed ventriloquist and puppeteer Shari Lewis. Lewis and her hand puppet Lamb Chop appeared on television during the 1950s through the 1990s. Her puppet was described as a feisty, intuitive 6-year-old girl.

That being said, now it is time to say: "Leave the sweet for your sweetie"  
It has become a bit of a stereotype all by itself: The guy with the big personality or the older lady who mothers everyone. Somewhere along the line they are going to call someone "sweetie."  
In most cases, these endearments are not ill-intentioned, but they are largely forbidden today in the workplace and less acceptable in society in general.  
One reason is that the terms confer power on the speaker and they assume an intimacy that often doesn't exist. For example, using an endearment like 'sweetie' can be perfect when an uncle speaks to his young niece, but a step too far when he says it to his boss or next-door neighbor. To understand how sweet words can go wrong, imagine a woman calling her male boss 'sweetie.' Or a boy or girl calling her teacher 'honey.' While there is an argument that endearments are more acceptable in some locales, the new norm is to universally shun them.  
One final note: It is not just in our speech. To behave courteously, avoid touching people with whom you are not family, close friend, or confidant.


# Muscle Aches? Try this New Topical Pain Reliever

by N&V Staff


The FDA has approved a new over-the-counter topical gel for pain in muscles from arthritis or muscle aches and sprains.  
Sold as Voltaren Arthritis Pain, the gel is a topical nonsteroidal anti-inflammatory drug (NSAID) called diclofenac.  
The American College of Physicians and the American Academy of Family Physicians recommend this topical NSAID as an early pain treatment.  
The advantage of a topical gel is that lower levels of the drug enter the bloodstream. This might well be a safer way to relieve pain. NSAIDs, such as ibuprofen and naproxen, reduce inflammation and relieve pain for conditions such as arthritis, but they are thought to increase the risk of heart attack, heart failure, and stroke. In fact, in case you have not noticed, there is a warning on the labels of these drugs that says exactly that.  
Cardiologists recommend taking the smallest possible dose of an NSAID for the shortest possible time, according to The Harvard Heart Letter.  
Most NSAIDs can cause the kidneys to hold salt and water, raising blood pressure, so consistent, long-term use is discouraged. They are also implicated in changes in the lining of blood vessels, suggesting they might increase the chance of stroke.  
Only the NSAID aspirin is recommended for longer term use in certain cases. In low doses, aspirin is helpful for those who have had a stroke or heart attack related to blood clot. For them, the low-dose aspirin helps to discourage the formation of clots.  
If a doctor has not recommended low-dose aspirin, avoid taking it routinely. Aspirin can cause bleeding, particularly in the gastrointestinal tract.

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# Calendar

## (Feb 12-Feb 25)

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

**SATURDAY, FEBRUARY 12, 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 13, 2022**

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

**MONDAY, FEBRUARY 14, 2022**

8:00 a.m. - 2:30 p.m. Sr. Estates Quilters (Craft Room)  
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. - 3:00 p.m. Red Hat Party (Blue Room)  
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)

**TUESDAY, FEBRUARY 15, 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)  
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 16, 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)  
10:00 a.m. - 12:00 p.m. Pickleball Club (Courtyard)  
10:15 a.m. - 11:15 a.m. Zumba (Auditorium)  
12:00 p.m. - 1:00 p.m. Friends of Bill W. (Craft Room)  
1:45 p.m. - 3:30 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 17, 2022**

8:00 a.m. - 9:00 a.m. Mermaid Aerobics (Swimming Pool)  
8:00 a.m. - 2:00 p.m. Sr. Estates Quilters (Craft Room)  
5:00 p.m. - 9:00 p.m. Poker Players (Card Room)  
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 18, 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 19, 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)

**MONDAY, FEBRUARY 21, 2022**

8:00 a.m. - 2:30 p.m. Sr. Estates Quilters (Craft Room)  
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)  
10:00 a.m. - 1:30 p.m. WEG Ladies Club Monthly Meeting (Dining Room)  
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)  
11:00 a.m. - 1:30 p.m. WEG Women's Club Meeting (Dining Room)  
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 22, 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)

1:30 p.m. - 4:30 p.m. BOD Board Meeting (Auditorium)  
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 23, 2022**

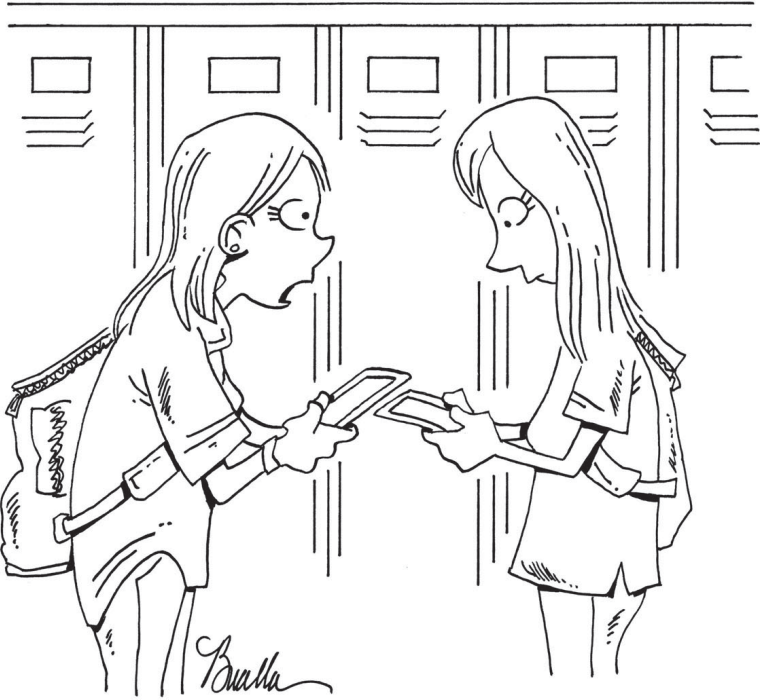
8:00 a.m. - 9:00 a.m. Mermaid Aerobics (Swimming Pool)  
8:30 a.m. - 9:15 a.m. Walking Club (Auditorium)  
9:00 a.m. - 10:30 a.m. Ping Pong (Dining Room)  
9:15 a.m. - 10:15 a.m. Yoga (Auditorium)  
9:30 a.m. - 10:30 a.m. Ladies Laugh & Chat (Blue Room)  
10:00 a.m. - 12:00 p.m. Pickleball Club (Courtyard)  
10:15 a.m. - 11:15 a.m. Zumba (Auditorium)  
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 24, 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. - 9:00 p.m. Pinochle Group (Blue Room)  
6:00 p.m. - 8:00 p.m. Water Volleyball (Swimming Pool)

**FRIDAY, FEBRUARY 25, 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. - 3:30 p.m. Bunco (Craft Room)  
12:30 p.m. - 4:00 p.m. Bridge (Blue Room)  
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)



“I’m not sure. I’ll have to ask my grandma how people used to express themselves before emojis.”



“Working late, my foot! You’re huffing and puffing and have bacon on your breath.”





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