

Out & About

Honoring Our Heroes

by Karen Linton

Just when you thought Woodburn was safe from getting bigger, your intrepid reporter has discovered another large distribution center coming to town! Chewy.com, the online pet products company, has submitted plans to build an almost 900,000 sq. ft. center on 50 acres south of Walmart. It would be at the end of Evergreen Road and Sweetwater and extend to Parr Road. It will employ 950 people in two shifts. There are 690 parking spaces planned. This project is under review but should be finalized within a month.

Amazon's distribution center is moving along at a brisk pace and will be even faster when the weather remains clear.

Accordingly, the apartment complexes I wrote about before are either underway or almost finished. There is a small 50-lot subdivision under review at Stubb Road & Parr.

Editorial comment: With only one Woodburn exit off I-5, traffic will be increasing exponentially. Also, the noise and carbon emission pollutions can be expected to be off the charts. More reasons for us to band together to petition ODOT for a wall along the golf course, RV lot, and especially the residences. There was a public hearing on February 17 and there will be another on March 10. If more of us send a comment or speak at the hearing, the better chance we have of getting the funds to accomplish such a wall. You can send comments to ODOT on their website.



by Stan Hiller

Saturday, February 12, there were many fire trucks, cars, and motorcycles joined by our own Woodburn Fire department, and Woodburn Police in a procession to honor St. Paul firefighter, Austin Smith, who died in the line of duty. There were all types of fire trucks and cars from across Oregon that lined up 3 abreast on Stacy Allison Road to show their support for this St. Paul firefighter. Peggy Misner and I set up the sign of our support, at Hooper Street near Evergreen Road and waved at the procession as it passed by.



Woodburn Estates & Golf

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.

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News & Views Publication Schedule

March 2022

<u>Copy due by 9:30 a.m.</u>	<u>Publication Date</u>
Thursday, Mar 3, 2022	Friday, Mar 11, 2022
Thursday, Mar 17, 2022	Friday, Mar 25, 2022



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Next Publication of NEWS & VIEWS
March 11, 2022
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Suppose you Could Drive a Car to the Moon

by N&V Staff
If you wanted to get into space and you had a car that could drive upward at 60 mph, you could get there in about an hour, according to astronomer Fred Hoyle.
But getting to the moon is another matter. The moon is 250,000 miles away, so it would be the equivalent of circling the earth 10 times. That would take six months.
It's worth noting that your magical, upward-driving care would need a big fuel tank, since there would be no gas stations. And, of course, there is the matter of air. None.

Music Jammers Continue to Jam

by Maudena Hollod
We had lots of pizza and cake at our last jam session. This was provided by Judi Olinger and her sister Betty Reynolds. Arlene Egli also brought in some goodies. We certainly appreciate all the donations people make. Sorry more people didn't come out to enjoy the goodies and the great music. Our next jam session will be on February 27 at 1 p.m. in the auditorium. See you then.

Your Rights Under the No Surprises Act

by N&V Staff
It is a familiar story -- a necessary trip to the emergency room that yields an astronomical bill because the on-call physician or the facility is not part of your health insurance network. Or you undergo a scheduled procedure with an in-network surgeon, but an out-of-network surgical assistant leaves you on the hook for thousands.
The No Surprises Act, which went into full effect at the beginning of this year, establishes new federal protections against these kinds of surprise charges, also called "balance bills," according to Healthline. The new rules require private insurers and providers to negotiate balance bills directly, and if a fair reimbursement rate cannot be negotiated, an independent arbiter is called to settle the dispute. Importantly, the patient is no longer part of the equation.
According to the Centers for Medicare and Medicaid Services, the No Surprises Act bans surprise bills for most emergency services, out-of-network cost-sharing, charges for most emergency and some non-emergency services, balance billing, and out-of-network charges for additional services (such as anesthesiology and radiology at an in-network facility). The law also requires providers and facilities to provide good-faith treatment cost estimates for patients who are uninsured or self-pay. A bill that exceeds \$400 above the good-faith estimate can be disputed within 120 days.
While the bill eliminates balance billing for air ambulance services, patients are still liable for balance bills for ground ambulance services, according to the Kaiser Family Foundation. The law mandates the creation of a federal advisory committee to study the issue and make recommendations but meanwhile, about half of emergency ground ambulance rides result in out-of-network charges for privately insured patients.



by Drew Steig, General Manager

This last month has been a flurry of activity as we draw closer to a final determination on the status of the pool house. Our engineer who is compiling a detailed analysis of the scope of our issues has had our team busy at work, including a demolition of part of the ramp near the hot tub to gain access to the interior support foundation. The results have been discouraging in many ways. It is quite evident that improper procedures were used in the construction of that foundation, and it is possible at this point that major reconstruction will be required, possibly involving removal and replacement of part of the building. More updates to follow as we await the final report from the engineer.

We have made progress on our yearlong project to develop a detailed operations manual for the running of our facility, so that in future years we will never find ourselves in crisis when personnel come and go. We have also finished the language on several motions defining employee policy, that were needed for smooth operations and protecting the interests of the association, all of which I fully endorse, and ask the board to approve.

We have made some progress on implementation of the new logo, and advertising strategies, and have proposed a first draft of an excellent beginning level marketing plan to the board, for the purpose of expanding our associate memberships, improving our image, and increasing our services to our community. This plan would involve almost no cost to the membership, costs would only be incurred when associates are brought in, on commission, and would be paid for by a reasonable portion of that associates fees. More details to follow as we tighten up the language of this plan.

As promised, I have met with my staff and board members alike, and have the volunteer call out list.

Volunteering is a time-honored tradition here at WEG. We certainly can put all of the responsibilities for running this facility on the staff, and we are happy to do so, however that requires funds. We do not currently have the funds required. One of the ways that assessments were kept at lower rates in the past is that members of the association volunteered and fulfilled some of these responsibilities.

After speaking with my staff and board members, here are some areas where we could use volunteers.

To start with – **Committees**. Several committees are still looking for new members. This is a great way for members to have their voices heard and contribute to the future of our association. Our biggest need is the Marketing PC committee. This committee is looking for several members with practical marketing experience, knowledge of website operation, particularly WordPress, and who are savvy with computers and electronic display systems would always be welcome. To volunteer, email Publications@woodburnestatesgolf.com

Administration

Because of the lack of structure in the administrative office previous to our current staffing, there are several large-scale organizational projects we could use assistance with. This is in addition to help with general day to day office duties. Volunteers accessing confidential documents will be required to pass a background check and sign a non-disclosure agreement. To volunteer, email Accounting@woodburnestatesgolf.com

Groundskeeping

Our groundskeeping department is looking for volunteers to handle a variety of low impact tasks such as weeding, raking, painting, and repairing ball marks. For more details and to volunteer, contact our superintendent at Super@Woodburnestatesgolf.com

Maintenance

Our maintenance department is looking for volunteers for a large variety of low impact general repair and maintenance work. If you love working with your hands, and are interested in putting in some time helping out around, please email Vince at Maint@woodburnestatesgolf.com

I am personally heading up gathering volunteers for staffing the facility on holidays and weekdays from 5-7. I would like to remind members that the facility hours are currently 7 a.m. - 9 p.m. Our bookkeeper has been coming in early to catch up on some extra duties, and opening the pool at 6 a.m. on weekdays, however that is not a permanent solution. If you have interest in using the facilities during the 5-7 hours on weekdays as requested by a few members, I only have 2 volunteers for a day each, I still need 3 more days of coverage to be able to pull it off. You can volunteer by reaching out to me at GM@woodburnestatesgolf.com

Medicare Proposes Restrictions for Alzheimer's Drug

by N&V Staff

The Centers for Medicare and Medicaid Services (CMS) have released a draft decision outlining proposed coverage guidelines for Aduhelm, a controversial drug that is supposed to slow cognitive decline in early-stage Alzheimer's patients. According to the Washington Post, Medicare plans to cover the drug, but only for patients participating in clinical studies approved by CMS or supported by the National Institute of Health. The drug, which is currently priced at \$28,000 per year, has been a subject of intense controversy, with critics questioning its effectiveness. A final decision will be issued by April 11.

The Fork: A Brief History

by N&V Staff

For a short time in the year 1004, it was the talk of Venice. An aristocrat's foreign bride, offending all the guests at the wedding feast without saying a single word.

How did she do it? She ate with a fork, of course.

Maria Argyropoulina meant no offense – forks were commonplace back home in Constantinople. But according to Scientific American, the local clergy in Venice still took it hard, condemning her dining etiquette as an offense against God. When Maria succumbed to the plague a few years later, at least one priest said it was God's punishment for using a fork instead of her fingers.

Even in the 11th century, forks had been around for a long time. According to Leite's Culinaria, the ancient Egyptians, Greeks, and Romans all had forks, though they were not used for eating. Their long-handled versions were cooking implements only, used to carve meats, or safely remove food from cauldrons or fires. Eating was a hands-on affair, with just a knife (which you brought yourself) to assist you. Small forks for eating did not appear until the seventh century, when aristocrats in the Middle East and Byzantine Empire began using them.

After the scandal of Maria Argyropoulina's fork and her premature death, the fork was slow to catch on, and it took a few centuries before they went mainstream. When Catherine de' Medici married Henry II of France in 1533, she brought dozens of silver forks with her from Italy. But this bride's forks did not cause a scandal – instead, French aristocrats raced to adopt the fork themselves.

Despite the sudden spike in popularity, detractors persisted for centuries. As late as the early 1800s, some citizens of the fledgling United States regarded the fork as an affectation and preferred an old-fashioned knife and spoon. But those criticisms eventually died out, and by the middle of the 19th century, the fork had a permanent place at the table.

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What did the gardener do after they retired?
Not mulch.



Mardi Gras Festivities Celebrated Worldwide

by N&V Staff

Mardi Gras – or Fat Tuesday – is world-renowned as a rowdy, bawdy celebration, but the day is more than that.

Fat Tuesday has been traditionally the last hurrah for Christians before the austere penitential season of Lent. Fat Tuesday is followed by Ash Wednesday, the first day of the 40 days of austerity that precede Easter. In 2022, Mardi Gras is March 1.

Mardi Gras has no official standing on the calendar of the Catholic Church, but it has been celebrated for centuries by Christians and non-Christians alike. Mardi Gras, or Carnival, came to Louisiana in 1699 with French explorer Pierre Le Moyne d'Iberville, who had celebrated it in Paris.

Today, it is celebrated in hundreds of cities across the United States, including New Orleans, which virtually owns the Mardi Gras brand. Hundreds more celebrations occur in South America, especially Brazil, as well as in Europe and Asia. It still marks the beginning of Lent, but while not many people strictly observe Lent as 40 days of prayer, self-denial, and penitence, people still like to celebrate Mardi Gras.

Parades of Mardi Gras, then and now

The many parades of New Orleans' Mardi Gras season are the highlights of the famed Fat Tuesday celebration.

While origins of Fat Tuesday date back to Medieval Europe, the people of New Orleans have molded the celebration, which has always been an unofficial religious date, into a cultural, reflecting the French, Spanish, Caribbean, and African influences of its people.

The early French settlers brought the concept of masked costume balls from France. The balls quickly merged with local culture, and in a time when people defined themselves strictly by their racial identity, participants drew from their own ethnic and cultural backgrounds to create new traditions.

Pre-Lenten costumes and formal balls in the late 1700s and 1800s became important social occasions where young women were introduced to society and prospective husbands. Today the ball tradition is part of the parade 'krewes' -- organizations, often secret ones, which hold annual parades and balls.

The number of krewes has exploded over the years and the parades are not limited to Fat Tuesday. In 2022, they began on Thursday, Jan. 6 and continue every weekend through March 1. The Krewe of Joan of Arc kicked off the festivities in the French Quarter on Jan. 6, and the last parades in New Orleans on Fat Tuesday are led off by the Krewe of Zulu at 8 a.m.

The word krewe itself is thought to have originated in the early 19th century with the secret organization Ye Mistick Krewe of Comus, and the archaic spelling of crew has remained. Each krewe has its own traditions, sometimes ancient. The Mystic Krewe of Comus and its Merrie Monarchs of Mirth, the oldest krewe, formed in 1857. It is a secret organization that today holds a ball but stopped parading in 1991.

In 1872, the new Krewe of Rex came into existence, naming a king and queen of Mardi Gras each year. During this period, torchlit night parades of revelers appeared.

Another popular krewe is Zulu, formed by a group of laborers in 1909. Dressed as tramps with tattered trousers, it encompassed a jubilant singing quartet as part of its show.

Besides parading krewes, there are walking krewes and partying krewes. The three 'super krewes' stage massive parades, enormous parties, and throw lots of goodies to the crowd.

Krewe membership is usually by invitation and being a member can be costly. Tickets to the most elaborate krewe festivities are governed by tradition. In some cases, ladies who receive tickets must come to the ball in costume and are required to dance with krewe members. Men must come in tuxedo.

What happens after Mardi Gras?

The many Krewes of the New Orleans Mardi Gras parades throw beads and trinkets, thought to be collectibles and much prized by the rowdy celebrants of Fat Tuesday.

But a ton of beads are not that prized. In fact, about 40 tons of beads each year must be pulled out of storm drains in New Orleans, and that is just the start of the clean-up.

In 2019, garbage trucks collected more than 1,300 tons of trash, adding up to 2.6 million pounds.

In 2021, because of the pandemic, Mardi Gras parades were cancelled. The streets were cleaner, and the city was quieter, but people still partied, resulting in 50,000 COVID infections. Meanwhile, the industries that grew up around Mardi Gras were quietly dying. According to New Orleans radio, millions of pounds of beads had to be warehoused, causing losses of \$30 to \$40 million in 2021.

Easter Charade

(Sung to Easter Parade by Irving Berlin)

by Anna Phillips

In my Easter bonnet
With bits of bird poop on it
I doubt I'll be partaking in the Easter parade.

I have an admirer
Who's ready, aim, and fire
Cost me my prized attire for the Easter parade.

On the way to school, the way to school
He waited, with his slingshot
But he hit a tree and the birds pooped on me

Oh, I could write a sonnet
About my Easter bonnet
Instead, I'm chasing Wilbur from the Easter parade.

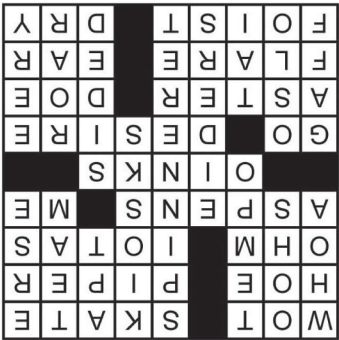
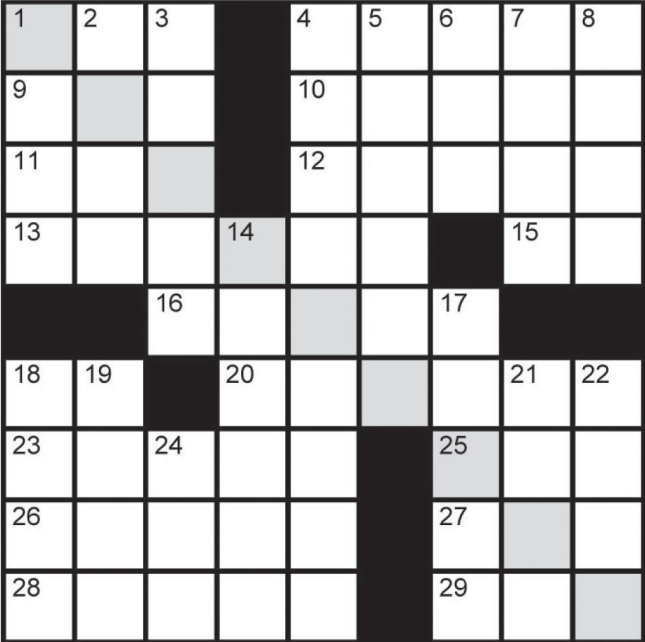
March 8 Special Day

Across

1. Knows, in poesy
4. Flat fish
9. Garden tool
10. Hamelin musician
11. Resistance unit
12. Bits
13. Poplars
15. Northeasternmost st.
16. Pig sounds
18. 'Monopoly' square
20. Cove
23. Fall flower
25. Buck's partner
26. Emergency signal
27. Mr. Potato Head piece
28. Palm off (on)
29. Like some wines

Down

1. "Hold your horses!"
2. ___ and aahs
3. Pace
4. Web-making part of a spider
5. Newsstands
6. Fitting
7. Mets, Jets or Nets
8. Gaelic tongue
14. Large sea ducks
17. Allied (with)
18. Big fishhook
19. Nobel Peace Prize city
21. Surf's sound
22. Otherworldly
24. Skater Babilonia



The headline is a clue to the answer in the diagonal.

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Spring Is Near!



by Editor

We love and welcome the first splash of color that appears in the garden. It kind of takes us by surprise because it seems so soon to be seeing Spring flowers. It is a sign that warmer days are just around the corner.

As the days warm up, the sunshine invites us to get out and enjoy the day! It means that more people are walking in the streets, more folks on bicycles, folks enjoying their pets and more activity golf cart activity. It is a good time to remind folks to be extra careful with the traffic laws within the community streets. Remember that as folks get older, their hearing, eyesight and reflexes are not as sharp as they once were. This affects those who are in motor vehicles as well as those who are on foot or two wheels! We need to be extra careful to watch out for one another. If you are driving, pay attention to the speed limits and those pesty stop signs. Yes, it means coming to a complete stop and checking and rechecking for pedestrians. If you are walking, please watch out for cars, remembering that they may not see you!

We have a wonderful community with wide streets...but no sidewalks so it means we have to be careful together as we blend our movements within the Estates! Happy Spring!

Indoor Garden Systems Offer Growing Options



by N&V Staff

No outdoor space to garden? No problem. With a well-designed indoor garden system to fit your space, budget, and needs, you can grow and enjoy fresh veggies, herbs, and flowers year-round with minimal setup and maintenance. Most indoor gardening kits start plants from pre-seeded pods and include grow lights, timers, and self-watering containers, so even novice gardeners will see great results.

For small spaces, the AeroGarden Harvest Elite (about \$135 on Amazon) is a great way to grow up to six fresh herbs anytime and is small enough to sit on your counter. The hydroponic growing system includes LED lights with a customizable timer and comes with six ready-to-grow pods of herb seeds. A digital display reminds you when to add water or plant food. It is amazing to see how things grow. The petunias and basil were planted in the Aero Garden at the end of December. They quickly grew big enough to replant. Now the aero garden is being used to start seedlings! They are busy growing in the garage and waiting for warmer weather to go outside!

Another winner for small spaces, the Miracle-Gro Twelve Indoor Growing System (about \$190 at Home Depot) doubles as an end table. The app-controlled automated system can grow up to four plants at a time, with a reservoir that holds up to two gallons of water. The system does not include pods, so choose your own seeds or seedlings.

Click & Grow Smart Garden 9's (about \$230 at clickandgrow.com) soil-based system waters itself automatically and includes growing lights. The kit comes with nine complimentary biodegradable plant pods, but dozens of other options are available. The PRO version (about \$290) offers all the same features plus an app so you can manage your garden from your phone. At about two feet long, this system requires slightly more space, but will not dominate the room.

If you dream of a wall of produce, the Gardyn hydroponic system (starting at about \$500) stands more than five feet high and about two feet wide, but at a shallow 12 inches deep, can be tucked against a wall. This splashy setup is a fully automated vertical hydroponic growing system that fits 30 plants at a time, with LED grow lights, sensors to monitor plant health, and a five-gallon tank, along with a mobile app. Plants are grown in pods called yCubes, and for an additional membership fee, you'll receive 10 additional yCube plants each month and round-the-clock plant care from a virtual AI assistant.



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Growing Old Gracefully?

by Norman Ebanks

I do not mean for this to frighten or anger young’uns who have only recently arrived here...it is purely the musings of an old codger. I am in my mid-80s so you folks in your 60s most likely will not relate yet. At some age, you may begin to note a downward spiral in little “insignificant” things such as hearing, seeing, comprehending, performing small tasks, etc. Do not look for help from the hi-tech modern world! Also...do not blame your spouse, no matter how well you get along and how much love you share. You will soon learn that Nature plays tricks on us, such as the fact that the male hearing is most apt to lose sounds in the same frequency as the female voice. Allowing that the average female, as she ages, speaks more and more often from the next room, inside a cabinet, closet, or refrigerator, does not enhance our comprehension or conversations. Just get used to “huh? & what?” becoming the most used words in your vocabulary This is at least an area where we may be able to help ourselves a bit. Try “yes dear.”

One thing which really gets some elderly folks, is attempting to understand conversations, especially on T.V. Actors are seemingly being paid by the word these days, thus they cram as many words into as little time as possible, resulting in what mimics a rapid-fire foreign tongue. Next comes the increasing trend among our producers and acoustics geniuses to increase the terrible background music and/or sounds during the most salient conversations. If we can still comprehend somewhat, fake whispering is used to diminish it further. Should you still have some idea as to what is going on, the scene lights are dimmed to prevent us from reading lips. If we finally rely on “closed caption” it’s usually lost on a similar color background” to obscure the words. Oh, how I wish they would employ these tactics during the BLARING commercials.

My other frustrations involve “easy open” items of all sorts. This one has already hit a lot of the youngsters because only extremely strong folks of any age can now open jars, bottles, etc. and in many cases only with pliers, wrenches, and hammers. The final straw is that now I cannot rip or tear cellophane or Scotch tape anymore.

Is there something I am missing? Am I really that different?

I have always been a glass-half-full kind of guy but these sure ticks me off and confounds me.

I just cannot believe I am alone.

How To Have A Terrific Visit With An Older Loved One

by N&V Staff

Many people, unsure of what to say to an older loved one, make brief visits to those in assisted living, rehab facilities, or nursing homes.

Depending on the situation, a brief visit might be essential. But sometimes a little longer, more intimate visit can relieve loneliness.

Some of the tips for uplifting visits given by Paula Spencer Scott at Caring.com:

- Set your feelings aside as a gift to your loved one. Focus on enriching part of your relative's or friend's day at a difficult time of life. Focus on the person inside. That's who you want to connect with. He or she is still there, even if the outer package has changed considerably. It can help to look into the person's eyes. They are the "window to the soul."
- Time your visit with care. Many frail elders have the most energy and alertness in the morning or right after a midday meal. Call ahead to ask if you're unsure about a good visiting time.
- Greet your loved one warmly.
- Make eye contact, give a warm hug or gently hold a hand (remember that arthritis can make handshaking painful), then sit down to talk at eye level.
- Tweak your communication style. Raise your voice slightly if needed. About half of those over 75 have hearing trouble. Turn off the radio or other background noise.
- Keep your faces at about the same level. Many people rely on lip reading to help follow a conversation.
- Pay attention to your nonverbal communication. Turn off your phone and be present.
- Bring props. You can take off some of the "performance" pressure you might feel in making conversation by bringing along a helping hand. Examples: Some favorite or seasonal music (and something to play it on if needed). Pictures of your loved one with the family can be very enjoyable. Avoid tons of photos of people your loved one has never met -- unless these are requested.

March is National



Month

Steak Salad Transitions From Winter To Spring



by N&V Staff

The old saying to the contrary, it never seems to matter how March begins, it will be unpleasant most of the time anyway.

This delightful steak salad gives you a taste of summer with a hearty serving of beef. It's the perfect transitional meal for cold days in March. This recipe is taken from the British book *How to Lose Weight Well* by Dr. Xand Van Tulleken. The recipe is by Georgina Davies.

We've modified it slightly here, leaving out the honey in the dressing and using spinach leaves for the greens.

Here is what you'll need for this transitional steak salad:

- 2 Portobello mushrooms sliced
- 8 ounces of cherry tomatoes.
- 1 tablespoon olive oil
- salt and pepper to taste
- 1 large steak, about 10 ounces
- 3 ounces (or more if you like) spinach leaves

Dressing

- 1 tablespoon olive oil
 - 1 tablespoon balsamic vinegar.
 - 1 teaspoon horseradish sauce
 - drizzle of runny honey (leave this out if you are watching sugar intake)
- You can grill or bake the mushrooms and tomatoes with olive oil and salt and pepper. If roasting, set the temperature at about 300 degrees for 25 minutes.

Grill meat lightly or to taste.

Whisk together olive oil, vinegar, horseradish and honey for the dressing.

Plate the greens first then add the other ingredients. Dress just before serving.

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House chair, Bob Adamson, reported the pool cleaning is completed and it is being refilled. If all goes well, it should be ready to use by the 11th. The golf

Humility and Insight May Come from Giving Up Pleasures

by N&V Staff

Oh, how brilliant a simple sandwich tastes when you are really, really hungry. Everyone has experienced the pleasure of finally enjoying that which has been denied because of circumstances, or decisions.

In Western society, though, we are not denied much and not for very long. Religious traditions recognize the value of self-denial, followed by celebration. In all traditional religions, some form of fasting and self-denial is mandated for various reasons, including to encourage thankfulness (Islam), spiritual strength, self-mastery, penance (Christian), atonement, commemoration, supplication (Judaism), detachment from self and self-control (Buddhism), to purify the mind and body (Hinduism).

The season of Lent, which in 2022 runs from Wednesday, March 2 to Thursday, April 14, traditionally includes fasting and abstinence from meat (hence the appearance of McDonald's fish sandwiches) but other practices are also popular.

For example, can you give up a glass of wine for 40 days? Lent is commonly a time when people try to give up favorite foods or practices (no fair giving up the gym). Christian scholars are divided on whether giving up a vice is a valid practice for Lent. But people do that, too.

Blogger Joshua Becker of Becoming Minimalist writes that he has frequently given up 'controlling influences' like fast food or television during Lent. Among the things he has learned:

- * Humility: It is what happens when you face the battle of change.
- * Intentionality: Replacing what is removed with something else.
- * Empathy: Greater understanding of the weaknesses of others since you experience your own weakness with clarity.
- * Self-control: Exercising it, using it, understanding it.
- * Excess: Perspective to walk away from excessive wants.

...continued from page 8

practice net was purchased and will be installed in the next few days. The golf car storage area is to be cleaned up, and all car owners are asked to be more diligent in keeping their area clean. The water filter is being installed in the men's dressing room, thanks to Jack Barnett.

September 12, 1989 Board minutes President Ed Schilling introduced TJ Thompson as a newly appointed member to serve out the balance of Cliff Small term; Cliff resigned for health reasons.

Membership chair, Dola Samis, reported as of today, 116 new homeowner including transfers.

October 10, 1989 Board minutes President Schilling announced that the City had abandoned the Princeton Road extension south of Rainier Avenue; and, in addition to the existing utilities easement, in 1983 the adjacent lot owners were deeded the property from their then property lines to the center line of the abandoned street. Because of these actions, he stated, no one will be allowed to build, nor will the road ever be opened again.

November 14, 1989 Annual Board minutes President Schilling then introduced the nominees to the Board as follows: Burt Burton, Jack Donley, Jeanne Hansen, Les Moore and Keith Stovall for 1990. President Schilling then gave his annual report to the membership. He believed by what the treasurer gave him that this Board and the many volunteers had saved the corporation about \$50,000 this year. The meeting was adjourned for voting.

The meeting was reconvened at 9 am the next day with the following results:

Les Moore	428
Jeanne Hansen	424
Burt Burton	401
Jack Donley	394
Keith Stovall	336

December 12, 1989 Board minutes reported over 300 members in attendance. President Schilling stated the Board had appointed a tour review committee whose assignment was to analyze all facets of the tour program and to report back to the Board with any recommendations for improvement.

Mr. Bob Fuller then took the floor and read the following statement. We are concerned about some of the recent changes taking place in Senior Estates. The most recent case in point is the announcement at coffee hour on Thursday that McCurdy Travel would be taking over the tours for us and that Jackie would be leaving to work for McCurdy. When and why were these decisions made?

We are concerned, if Jackie leaves, whether adequate arrangements have been made to keep the coffee hour going as it has been for many years. If coffee hour should languish because of lack of leadership, we could lose one of our most vital activities here at the Club.

Next, the Board minutes of Nov. 14, is mention of the hiring of a manager or administrator. Do we need a manager? Will the membership be kept informed on this matter? Will we be able to maintain this spirit of volunteerism under the direction of a paid manager or administrator? If not, then the Club could become just another retirement community. How can we hire such person without an increase in dues?

Decision was made that McCurdy Travel would take over and that Jackie would be working for McCurdy down the hall from the restaurant. The reason was that the tour business is costing us a lot of money, it is big and cumbersome and with the congestion created, the only local thing to do was to make arrangements to conduct the program in a different manner by turning it over to the professionals, with the understanding that Jackie is going into the new office, so we are not losing her, she will still be here with us, starting Jan. 2, 1990.

The decision to hire an administrator is still on-going by the Board and the Ad Hoc committee.

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

Snow Blower

by Rick A. Wehler

Cora and I have owned homes in either Minnesota or Wisconsin since 1974. During those years, particularly in the winter, I have assisted her with snow removal when required. It is something to remember the snowfalls that exceeded a foot within a day, and the winters where the snow accumulated to such an extent that she had to dig into the snowdrift alongside the road to find our mailbox.

Cora, a northern Minnesota country girl, is used to such events. I, a Minnesota suburbanite, grew up with my dad's commands to clear the driveway. I was more than a little pleased to work full time while Cora managed the household responsibilities, which included snow shoveling.

I retired 15 years ago and have found time here and there to be of assistance with snow removal, when not distracted by creating a snow fort in the drifts even though I risk finding myself as a resident therein.

Last winter, Cora said that she had had enough snow shoveling and vowed to purchase a snowblower for the coming season. To avoid the rush, on October 1st, we visited our friend Ed who owns a store that specializes in forestry equipment, lawnmowers, and snow blowers. He appreciates the fresh baked goods that Cora brings along whenever we stop by. After he admired today's delivery, Ed introduced his selection of snow removal equipment to Cora (and me). After thorough inspections, and a myriad of questions, she chose an Ariens model with all the amenities including a headlight. I am not aware of all the gear as they were not talking to me.

As a friend and a baked goods aficionado, Ed felt it best to deliver the machine himself. He instructed Cora (and me) on how to operate the machine, which, I did not hear for the previously mentioned reason.

It has been a weird winter. January 23rd was the first time we had enough snow for Cora to bother the snowblower. I wheeled the machine out of the garage into the 4 inches of fluffy white and plugged in an extension cord for the electric start option. Cora took over from there because, well, because the operating instructions are on a need-to-know basis.

That is one powerful snowblower! At Cora's direction, it lifted the snow 20 feet into the air, and with the help of frigid wind, deposited a fair share of it into the neighbor's yard. I stood in the driveway, watched, and cleaned the drift off my glasses each time she passed by. When she finished, my snow shovel and I cleared the corners and the dusting that nature had redeposited.

Our mailbox at the end of the driveway is yet in plain sight thanks to the weird winter. I stood close by it flaunting my snow shovel as the mail truck approached. Billy stopped to hand me a slug of letters, papers, and advertisements, none of which were addressed to me. I mentioned, "Cora bought herself a snowblower. This shovel is as close as I've gotten to it."

Billy commented, "I don't know what that says about you."

I replied, "Yes you do."

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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This&That

from the WEG Activities Committee

by Karen Linton, Activities Committee

The Activity Committee has been meeting to decide when to open activities again, which ones to open and what procedures will have to be followed. Another meeting will be held the first week in March so keep reading this article and the *News & Views* for updates.

Every year teenagers in the foster system “age out”. This means that the state no longer pays the foster parents for ages 18 and up. Unless the foster parents really like them or they have an extended family somewhere who will take them, the teenagers are on their own. They need transportation, rent, utilities, food and of course, a job. Until they get established, funds are short for toiletries which are more expensive and not covered by food stamps.

The Activity Committee has been collecting toiletries for these kids in past years to help them out a little. This year, we are asking for help from the community. We will have a box outside the office to collect the travel sized toiletries like you get when you stay at a motel. We also would gladly accept full sized items.

Items to donate:

- Shampoo/Conditioner
- Hair gel
- Hairbrushes/Combs
- Deodorant
- Toothpaste/toothbrushes
- Mouthwash
- Razors (male & female)
- Soap
- Body wash
- Hand lotion
- Hand sanitizer
- Manicure kits
- Antiseptic creams or liquids
- Band aids
- Shaving cream
- Baby wipes
- Q-tips
- Cotton balls
- Tissues (Kleenex)
- Women’s sanitary supplies

Of course, these are kids so gum, candy and gift cards in small amounts to somewhere they can buy necessities, like Walmart or Target, will also be extremely appreciated.



Teens in need of a Helping Hand

Please donate travel sized toiletries and other essentials for these young adults in need!

Use the donation box provided in the office lobby through the month of March!

Facing the Mess: First, Make Your Bed

by N&V Staff

When your house is a mess and you feel too overwhelmed to clean, take a breath.

You're not lazy -- you're busy, and everyone knows that cleaning kind of stinks sometimes, especially when you'd rather relax after a long week. Instead of looking at your house as one enormous chore waiting to be accomplished, start small. Make your bed.

Marathon cleaning is the worst way to start, according to blogger and author Rachel Hoffman in an interview with *Today*. Tackling it all at once is exhausting and just worsens your anxiety -- after all, you know your house will be messy again soon.

How to avoid the stress of a cleaning marathon? Simple -- don't do it. Break everything into manageable chunks, and instead of worrying about everything that needs to be accomplished, focus on what you can accomplish right now. According to Hoffman, making your bed is an ideal place to start -- it takes a minute or two at most, and immediately makes your bedroom look better. It is an easy habit to establish -- just roll out of bed and do it every morning.

Hoffman also recommends the 20/10 method, which alternates short bursts of cleaning with a break. Set a timer for twenty minutes, and when your timer goes off, take ten minutes to relax with a cup of coffee or read a few pages of your book.

If you don't have the time to do a 20/10 clean and your bed is already made, try picking one small area to tackle when your stress levels rise, like your coffee table or a messy bookshelf. No matter how small the task or how tiny the area, you've accomplished something meaningful.

That Ominous Tingle: Preventing, Treating Cold Sores

by N&V Staff

If you're one of the 50 to 80 percent of Americans infected with oral herpes, you might be familiar with the warning signs of a cold sore: a tingling sensation, followed by some redness or swelling. Blisters make their appearance not long after that, and then the action really begins.

Cold sores are uncomfortable, and unsightly, and according to Medscape, they've been annoying humanity for our entire history. The virus has no cure, but unlike our ancestors, we now have ways to treat symptoms or prevent outbreaks entirely.

First, know your triggers. According to Healthline, common triggers include stress, too much sun exposure, fatigue, hormone fluctuations, and compromised immunity. Other illnesses such as colds can contribute to cold sore outbreaks as well, weakening your resistance to the virus while your immune system is busy fighting off another infection.

Cold sores almost always heal on their own within seven to 10 days, but according to the Mayo Clinic, you can relieve discomfort with cold compresses, over-the-counter remedies to dry out the cold sore, a little bit of rest, and pain relievers such as Tylenol. You can also apply a hydrocolloidal bandage to the affected area to prevent crusting and help the sore blend into the surrounding area.

Prescription topical and oral antiviral medications can dramatically shorten healing time, lessen the severity of outbreaks, or prevent them altogether. You can contact your doctor or use a telehealth provider such as Nurx, Rory, or GoodRx to discuss whether a prescription medication is appropriate. Check your health insurance benefits first -- not all telehealth providers accept insurance, and you may save money by visiting your regular physician.

Cancer Death Rate Continues to Decline

by N&V Staff

People in the U.S. are living longer after cancer diagnosis, according to a new report from the American Cancer Society. Between its 1991 peak and 2019, cancer death rates declined by about a third, from about 215 deaths per 100,000 people to 146. According to Healthline, lung cancer deaths accounted for much of the progress. While lung cancer remains the leading cause of cancer death in the U.S., people with lung cancer are diagnosed earlier and living longer.

ANSWERS TO ONE WHALE OF A QUIZ

1-a, Pequod

2-b, Sperm whale

3-c, Jonah

4-d, Pacific Life

5-c, Twitter

6-c, Frankenstein

7-b, Chicken

8-d, Minnie the Moocher

9-b, Rex

10-a, Carvel

Calendar

(Feb 26-Mar 11)

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

SATURDAY, FEBRUARY 26, 2022

1:00 p.m. - 3:00 p.m. Town Hall Meeting (Auditorium)
3:00 p.m. - 5:00 p.m. Water Volleyball Sat (Swimming Pool)
4:00 p.m. - 9:00 p.m. Hand & Foot Card Game (Blue Room)

SUNDAY, FEBRUARY 27, 2022

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

MONDAY, FEBRUARY 28, 2022

8:00 a.m. - 9:00 a.m. Mermaid Aerobics (Swimming Pool)
8:30 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 Mon (Swimming Pool)

TUESDAY, MARCH 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. - 11:00 a.m. Writing Class (Blue 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 Tues (Swimming Pool)
5:00 p.m. - 9:00 p.m. Poker Games Tuesday (Card Room)

WEDNESDAY, MARCH 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)
9:00 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. - 11:00 a.m. WEG Men's Club Meeting (Dining 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)
1:30 p.m. - 4:30 p.m. Wii Bowling (Auditorium)
1:45 p.m. - 3:15 p.m. Home-Style Hymn Sing 1st Wed (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, MARCH 3, 2022

8:00 a.m. - 9:00 a.m. Mermaid Aerobics (Swimming Pool)
8:30 a.m. - 2:30 p.m. Sr. Estates Quilters (Craft Room)
5:00 p.m. - 9:00 p.m. Poker Thursday Night (Card 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, MARCH 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, MARCH 5, 2022

3:00 p.m. - 5:00 p.m. Water Volleyball Sat (Swimming Pool)
4:00 p.m. - 9:00 p.m. Hand & Foot Card Game (Blue Room)

MONDAY, MARCH 7, 2022

8:00 a.m. - 9:00 a.m. Mermaid Aerobics (Swimming Pool)
8:30 a.m. - 9:15 a.m. Walking Club (Auditorium)
8:30 a.m. - 2:30 p.m. Sr. Estates Quilters (Craft 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)
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 Mon (Swimming Pool)

TUESDAY, MARCH 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)

3:00 p.m. - 5:00 p.m. Water Volleyball Tues (Swimming Pool)
5:00 p.m. - 9:00 p.m. Poker Games Tuesday (Card Room)

WEDNESDAY, MARCH 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)
10:00 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)
1:30 p.m. - 4:30 p.m. Wii Bowling (Auditorium)
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, MARCH 10, 2022

8:00 a.m. - 9:00 a.m. Mermaid Aerobics (Swimming Pool)
8:30 a.m. - 2:30 p.m. Sr. Estates Quilters (Craft Room)
5:00 p.m. - 9:00 p.m. Poker Thursday Night (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, MARCH 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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