

News & Views

Official Publication of Woodburn Estates & Golf



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

VOL LI NO. 9

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

Friday, May 13, 2022

Woodburn Estates & Golf

Organizational Meeting

CRAFT FAIR 2022

Crafters, this is for you!!!

**Tuesday May 17th
10:30 - Dining Hall**

Come meet the new co-chairs

Jone Drury 503-961-4809

Diana Hughes 503-880-0617

Help us get ready for Fall Craft Fair

Register for the 2022 Neighborhood Garage Sale

by Activities Committee

Woodburn Estates & Golf® Activities Committee is pleased to announce this year's Annual Neighborhood Garage Sale: Friday, June 24, and Saturday, June 25, from 9 a.m. – 4 p.m.

We will publicize the event in our newspaper, as well as the Woodburn Independent, Craigslist, and by other methods. We will also be putting up signs reminding people of this giant neighborhood sale. A list will be printed identifying the addresses of those participating in the sale.

Members who wish to participate on either of these days should register by June 17 using one of the following methods:

1. Sign-up at the Coffee Hour "Resource Table"
2. Sign-up in the office
3. By email to weg.gsale@gmail.com

Please indicate what days you wish to participate. Remember to include your name and telephone number in case we have any questions.



Lunar Eclipse

by N&V Staff

May is a great month for stargazing, especially on the 15th when most of North and South America will enjoy the spectacle of a full lunar eclipse. A lunar eclipse occurs when our planet moves directly between the sun and the moon. The earth's full shadow will be cast on the moon.

The moon will still be visible, but it will appear reddish. According to NASA, this is because the earth's atmosphere indirectly lights up the moon's surface.

The reddish moon of the lunar eclipse is sometimes called a blood moon. However, depending on the amount of dust and other particulate matter in the atmosphere, the moon can also appear yellow or brown.

The lunar eclipse, at maximum, will be on May 16 at 12:11 a.m. EDT and on May 15 at 9:11 p.m. PDT. This is the best time to see the lunar eclipse.

You can look directly at the lunar eclipse, but you can't look directly at a solar eclipse.

In a solar eclipse, the moon is between the sun and the earth. You can't watch a solar eclipse with the naked eye because you would be staring at the sun -- a bad idea that can cause blindness.

But the lunar eclipse is different since you are staring at the moon, which does not have its own light. Its surface only reflects the light of the sun. In a lunar eclipse, the shadow of the earth blocks direct sunlight from reaching the moon.

Total lunar eclipses only happen when there is a full moon and the sun, moon, and earth are aligned.

If it is cloudy in May, you still have a chance to see a total lunar eclipse. The next total lunar eclipse will be on Nov. 7 and 8, 2022. If you miss that one, though, there won't be another until March 2025.

OFFICE CLOSED ON WEDNESDAYS

News & Views Publication Schedule May and June 2022

Copy due by 9:30 a.m.

Thursday, May 19, 2022

Thursday, June 2, 2022

Thursday, June 16, 2022

Publication Date

Friday, May 27, 2022

Friday, June 10, 2022

Friday, June 24, 2022

Woodburn Estates & Golf

coffee hour MAY 2022

May 5th GameShow MAJORITY RULES

May 12th Music by KEN BREWER

May 19th GameShow TRIVIA

May 26th Music by ELLEN WHYTE

Members Only Please

Thursdays at 9:30am

Please enter through the AUDITORIUM
Weekly Drawings and featured Entertainers

Performers listed are subject to change without notice.

Why Choose Estates Realty?

History:
When Senior Estates started, we were the founding real estate company, and have been here ever since.

Integrity:
Estates Realty prides itself on providing the highest level of honesty, diligence and hard work. It's not all about the "bottom line." It's about what's best for our clients.

Commitment:
We guarantee to give you the best service possible, and we'll put that in writing.



503-982-8301
1290 Young St., Woodburn, OR 97071
www.nwclassic.com/estates.html

CONCRETE CONSTRUCTION

Family Operated. We do the work. Specialize in tear-out and replace Driveways – Patios – Sidewalks Broom Finish, Color Stamping, and Exposed.

FREE ESTIMATES


Website:
www.danskeyconstruction.com

Pole Barn Concrete Floor & Construction.

Danskey Construction, LLC
503-871-4544 or
503-982-1702 leave message
CCB# 168267

You could see your ad here in the next issue of News & Views.

Contact the Advertising Sales Manager at 503-981-3313 to find out how.



News & Views


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

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

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

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

Disclaimer
Woodburn Estates & Golf greatly appreciates the advertisers in this newspaper. However, we would like our homeowners to know that these advertisers are independent businesses and Woodburn Estates & Golf cannot assume any responsibility for their goods or services rendered. Every effort has been made to ensure the accuracy and dependability of all materials; it is, however, limited by and subject to omissions and changes. Rules Committee 12/12/2016



CLASSIFIEDS

Next Publication of NEWS & VIEWS
May 27, 2022
Deadline for Articles, Thursday, May 19, 9:30 a.m.

We LOVE to have your free ads and articles.
The BEST way to get your information in *News & Views* is to send us this information by e-mail to nv@WoodburnEstatesGolf.com.
When submitting free ads be sure to include your MEMBERSHIP NUMBER.

FOR SALE: Fishing poles; 16 x 20 picture frames, \$5; Plant rollers, large size, \$15; Concrete Boy water fountain with pump, \$425; Flowerpots, \$5-\$10; 503-902-0489. Leave a message.

HISTORY BUFFS: Time-Life books Pacific and European WWII, each volume is about various parts of the war, 36 books total. For sale as single or all, \$1.00 each. Three of the volumes are “War in the Desert”, “Victory in Europe”, and “Japan at War”. 503-981-3798. Leave message.

WANTING TO BORROW: Does anyone have a cast-iron Dutch oven with lid that they would be willing to loan us? This is a heavy deep pot that can go into the oven and has a lid. Sourdough class has lots of interest and we could use some additional pots. 541-325-6320.

Delivery People Needed

by Linda Hoover
We urgently need more volunteers to deliver the *News & Views* newspaper twice a month or as an occasional substitute. This is a wonderful way to serve our community and get some exercise. Call Linda Hoover at 503-380-8422 for more information.

The Visitor



by Karen Linton
A very tall, handsome young man walked in Coffee Hour on Cinco de Mayo day with two ladies from WEG. I was on the entry table with another member of the Activities Committee, Vivian Cameron. He stepped up to the table and the two ladies stepped to the side. I, therefore, assumed they were together, and he was a relative coming in with them as he certainly wasn't 55.

After welcoming him, I said the admission was \$1, so \$3 for the three of them. He said he would gladly pay for the ladies and then did so. After receiving his raffle ticket from Vivian, he walked into the auditorium by himself, and the ladies were still waiting. Just then, the third person they were waiting for, who had been parking the car, walked in!

When they started to pay, I told them he had already paid for them, and they were confused as they said they hadn't known him! I immediately sought the visitor out and explained the situation and he took it very well, laughing and saying he was happy to pay for them. The ladies also went to him, offering to pay him back, but he smilingly declined.

Turns out that the visitor was Spencer Todd who is running for Marion County District Attorney. He attended the Meet the Artist event on Sunday and was invited to attend the Coffee Hour. He didn't speak or politic, but stayed until the end, even playing our “Majority Rules” game!



Ask an Expert

Dear Shanna,

My family visited me at Easter and are now wanting me to look at moving into a home for seniors because they do not feel I am keeping up with things at home and are worried about me being alone. I do not know if I am ready to make that move yet and the thought of leaving the home that I have lived in for 51 years, makes me sad. I am open to looking, but do not want to be forced into a move that I may regret.

Minnie from Woodburn

Minnie, it is natural to be concerned, it is a huge step and cannot be taken lightly. Unfortunately, younger people do not understand how seniors feel nor can they until they reach that stage themselves. They have your best interests at heart because they love you. The Department of Human Services (DHS) Aging and People with Disabilities have a 20-page Consumer Guide booklet that you can get for free that has lots of valuable information in it. You could start by looking at that and then take a few tours of homes close to you, you do not have to commit to anything when you are just looking. Talk to a few residents when you take tours. I worked with seniors for many years and one thing I heard over and over when a person moved into a senior setting was “I wish I had made the move sooner.”

Flag Time is Drawing Near



by Karen Linton

For those of you who have moved into Woodburn Estates & Golf within the last six months, you will soon be seeing a multitude of American flags rippling in the breeze down every street. This is made possible four times a year by two local Boy Scouts, Karl and Phillip Price. For a donation of \$25/yearly, they install a flagpole and flag at your home on Memorial Day, Flag Day, Independence Day, and Veterans’ Day. They put them up a day or two ahead of time and pick them up a day or two afterward.

Karl (15) and Phillip (13) have been doing this since 2015 as a tribute to the men and women who serve and have served our country. The donations have been used to support them in their Scouting experiences, including Scout camps. This summer Karl will participate in a humanitarian trip to Colombia to build a library and Phillip will attend a 4-H camp through the OSU Extension Service. This fundraiser will help them to go.

If you are interested in this service to help these local Scouts, please contact Dusty Price at 503-201-6840 for an application. Or you can pick up an application on the bulletin board outside the *News & Views* office in the Clubhouse.

This&That

from the **WEG Activities Committee**

by Karen Linton, Activities Committee

Coffee Hour has been back for several weeks now, and more people are coming to enjoy the comradery, coffee, and donuts as well as the entertainment. All of this for the amazing admission fee of only \$1!! It’s the best deal in Woodburn!! Join us at 9:30 a.m. Thursdays, doors open at 9!!

The Activities Committee met recently and decided on the events for the rest of the year (subject to changes and/or additions):

- WEG Community Garage Sale, Friday, June 24, and Saturday, June 25.
- Anyone wanting to participate needs to contact the office with your name, address, and phone so that you can be added to the map that we will supply. The deadline is June 13 to be on the map
- Family Picnic, TBA, sometime in July
- Concerts by the Gazebo. Mid-August to early September
- Wine Tasting, end of September
- Christmas Fundraiser for Love, Inc., Mid-December
- Christmas Golf Cart Parade, Mid-December

Not in order, but...drumroll, please! We have not only one, but two co-chairs for our long-dormant Craft Fair!!! There will be an organizational meeting on Tuesday, May 17 at 10:30 a.m. in the Dining Room of the clubhouse. A decision will be made as to the date of the fair. All those wanting to have a table at the fair should come to the meeting. If you can’t make this first meeting, there will be another one on Saturday, May 21, at 10:30 a.m. PLEASE NOTE: All vendors must be WEG members and all items to be sold must be HANDMADE.

Volunteer to Show Your Love for Animals

by Connie Doyon

April was Prevention of Cruelty to Animals Month, and it's a great time to volunteer some time and energy to help our furry friends. Here are a few ways you can help:

- * Adopt a pet (but only if it's the right time and the right pet).
- * Make a donation. Animal shelters can always use extra money to pay for supplies and care, or you can call and ask if there are any specific supplies (like food or bedding) that you can donate. Most shelters have donation policies you can review.
- * Foster an animal in need. If you're not looking for a new pet but still want to share some love with animals in need, fostering might be a good option. Fostering eases the burden on shelters, socializes animals, reduces their stress, protects them from diseases, and helps them meet potential forever families.
- * Volunteer your time. Your local shelter might need an extra hand cleaning up kennels, answering calls, and walking dogs.

OPEN

For DINE-IN and TAKEOUT

7 Days a Week!

Weekdays 8am - 8pm Sat 8am - 8pm Sun 8am - 3pm

Call ahead for Reservations OR Takeout 503-982-3883

We are following the Oregon Health Department's occupancy guidelines which are subject to change without notice!



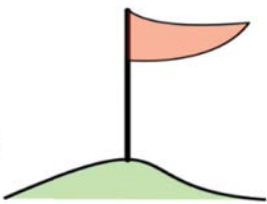
Country Cottage

RESTAURANT

Call us or check our Facebook for Daily Specials

Menu items and prices are subject to change without notice!

FAMILY GOLF DAY(s)



- **FREE Green Fees - Resident and Associate Member Families**
- **Make Tee Times at the Pro Shop (503) 981-0189**
- **Play day choices are June 18 and 19**

Signups start May 20th



Memorial Day
May 30th, Monday
Mixed Golf Tournament
Sponsor:
McCully Realty

Sign ups will end on May 23rd.
Must pay by cash or check when signing up.
Applicable Green Fees and Cart Fees must be paid when signing up.
Entry fee is \$20.00 per person. Subway lunch in gazebo afterwards.
Flights and starting holes will be posted on May 27th.
When finished, 2 signatures required per scorecard and drop them off in box by pro shop.
Game format: Shotgun start 9:00 AM
4-person scramble, minimum 3 drives Men, 4 drives Ladies.
Men play from white tees, ladies play from red tees.
HDCP percentages: 20%, 15%, 10%, 5% of A, B, C, D players.
Remember Social Distancing
No refunds-Need USGA handicap to participate



Woodburn Estates & Golf
Active 55+ Community





Men's Golf Membership Meeting Minutes

Woodburn Estates & Golf
Men's Golf Membership Meeting
May 4, 2022

President Len Westphal called the meeting to order at 10:00 am in the dining hall followed by the Pledge of Allegiance.
All officers, committee chairs/representatives were present unless otherwise noted in this report. There were 22 members in attendance.
NEW MEMBERS: none
PRESIDENTS REPORT: Len Westphal—welcome everyone and hopefully we will be able to play the ball down soon.
VICE PRESIDENTS REPORT: Mike Archer--plaques are updated.
TREASURERS REPORT: Allan Lindberg--absent with notice report given by Russ Krussow Men's Club balance \$4920.26 voucher fund \$4678.00.
SECRETARY REPORT: no report
GREENS REPORT: Ken Bourne--no report
HANDICAP : Russ Krussow--May 21, 2022 Men's horserace (computer pick) to post a nine hole score you must finish 7 holes (final 2 holes figure par plus your handicap, for example hole number 8 is a par 4 , if you are a 23 handicap, you get 2 strokes so your score would be 6) to post 18 holes you must complete 14 holes and then use the same example for 9 holes.
RULES: Dave Schuur--gave examples for yellow lines compared to red lines--- Yellow - you have two options: 1) Stroke-and-distance: The player may play from the spot of his or her previous shot. 2) Back-on-the-line: The player may take relief within one club length of an imaginary line from the pin through where the ball crossed into the penalty area, as far back as you wish. Red - The first two options are available, in addition to a third option. 3) Drop within two club lengths of where the ball last crossed into the penalty area. Each for 1-stroke penalty. This is covered under rule 17.1d.
MIXED TOURNAMENTS: no report
SUNSHINE: Chuck Johnson--absent with notice, seeking a volunteer to fill in for Chuck. Contact Len Westphal if you are interested.
UNFINISHED BUSINESS: April meeting a motion was made and passed to reduce handicap tournament to 2 days, also to be included with that was Men's Club championship, and the super senior (over 80). A motion was made, and seconded--a vote was taken. It was (unanimous all-in favor). To clarify the handicap tournament, club champion, and super senior (over 80) will be 2-day events.
NEW BUSINESS: none
CLOSING COMMENTS: none 50/50 raffle won by Rudy Garcia (\$30.00)
Motion to adjourn and seconded @ 10:20 by President Westphal
NOTE: next meeting June 1, 2022 @ 10:00 am
submitted by Fred Bourne, approved by Len Westphal
Handicap Tournament, Club Champion, and Super Senior (over 80) will be 2-day events.
NEW BUSINESS: none
CLOSING COMMENTS: none 50/50 raffle won by Rudy Garcia (\$30.00)
Motion to adjourn and seconded @ 10:20 by President Westphal
NOTE: next meeting June 1, 2022 @ 10:00 am
submitted by Fred Bourne, approved by Len Westphal

Lady Putters

by Karen Linton

Join a fun group of ladies who meet to try to score a hole in one in 18 holes of putting! Bring your own putter and golf ball. No golf membership required. Free first session, then \$25 to join which includes a shirt & apron. Three dollars each session is paid out in prizes and toward a banquet. May-September, every Monday at 10 a.m. at the putting green behind the pool building. For more information, call Mickey Harrison at 530-320-8297.

Blood Pressure Up & Down









by N&V Staff

What does it mean when your blood pressure fluctuates?
Most people shouldn't be alarmed to find they have minor fluctuations in their blood pressure, especially if the fluctuations are in normal range. But, if blood pressure regularly spikes higher than normal, something might not be right.
According to the Cleveland Clinic, labile hypertension, or blood pressure that regularly spikes past normal levels, could be an indication of cardiovascular or kidney disease, sleep apnea or a problem with the adrenal glands.
Sometimes a medication can be a factor and making changes can resolve the labile hypertension.
A host of factors may contribute to labile hypertension, including nonsteroidal anti-inflammatory drugs like ibuprofen, naprosyn or celecoxib, high estrogen oral contraceptives, oral steroids, or stimulants used to treat attention deficit/hyperactivity disorder.
Those who develop hypertension in their 40s are more likely to have basic hypertension, rather than labile hypertension. Factors include weight and excessive use of salt or alcohol.
High blood pressure can double (or even quadruple) the risk of stroke for men and women, according to Harvard Health.
The ideal blood pressure is about 120/80.
If you are being treated for hypertension, monitor your blood pressure. If you consistently see spikes above normal, tell your doctor.


McCully

REALTY

LOCAL Brokers know this market better!

 <p>Jaime White Assoc Principal Broker 503-910-0701</p>	 <p>Pauline Podawiltz Broker 503-989-5555</p>	 <p>Carol Wellington Broker 971-983-9911</p>	 <p>Tim Kelly Broker 503-522-7270</p>
 <p>Jim White Owner 503-569-7210</p>	 <p>Linda Cully Broker 503-806-1555</p>	 <p>Resi Hind Assoc Principal Broker 503- 730-1873</p>	 <p>Jeanie White Principal Broker 503-569-7210</p>

McCully Brokers are local
WEG HOA
CERTIFIED



503-981-6000
www.mccullyrealty.com
Member RMLS and WVMLS Listing Services

MINUTES OF THE
WOODBURN ESTATES & GOLF
BOARD OF DIRECTORS MEETING

April 26, 2022 • Auditorium
(Approved April 26, 2022)

Sharyn Cornett <i>President</i> <i>Director</i> Activities	Gene Nemish <i>Director</i> Architectural/RV/ Real Estate
Carol Bolton <i>Vice President</i> <i>Director</i> New Members	Sherman Lackey <i>Director</i> Marketing PC
Kim Farquharson <i>Secretary</i>	Vacant <i>Director</i> House
Phil Balogh <i>Treasurer</i>	Jaime Rodriguez <i>Director</i> Rules & Regulations
	Ken Bourne <i>Director</i> Golf/Greens

Carol Bolton, Vice President (absent with notification)
Gene Nemish, Director of Architecture & RV (absent with notification)
1:32 pm Call to Order
Established a Quorum: Sharyn Cornett, Kim Farquharson, Phil Balogh, Sherman Lackey, Jaime Rodriguez, and Ken Bourne
Motion 1: Sharyn Cornett, President 2022-0426 Motion to approve new Board of Director member Seconded and approved
Motion 1a: Sharyn Cornett, President 2022-0426 Motion to lift the Secrecy of the Executive Session on April 19, 2022, Seconded and approved
Reading and approval of Minutes of Executive Session April 19, 2022

Executive Session – April 19, 2022, Conference Room 1:00 pm

Present at that meeting:
Sharyn Cornett, Carol Bolton, Kim Farquharson, Phil Balogh, Gene Nemish, Sherman Lackey, Ken Bourne. Also present was: Interim GM Chip Sullivan and Interim Director John Venner

1:30 pm Call to Order

Blue Mountain Management company gave a presentation of the services that they offer

The submitted resumes for the candidates for the General Manager Screening Committee were reviewed and 3 members were chosen. Those members are Sharon Schaub, Sherry Stoneback and Margaret McGregor

Meeting adjourned 3:00 PM

Reports of Treasurer - Treasurer and Budget Report
Director Phil Balogh
Treasurer/Budget Committee Report - Seconded and approved
Adjourn to Open Mic - Members Comments for Motions only
Reconvene Meeting
New Business
Motion #2:
Sharyn Cornett, President 2022-0426 Motion to appoint Sharon Schaub, Sherry Stoneback and Margaret McGregor to Ad-hoc Screening committee Seconded and approved
Motion #3:
Ken Bourne, Director 2022-0426 Motion to that the emblem that was displayed by Chip Sullivan to be used on merchandise in The Pro Shop at the March Board Meeting be officially approved.
This motion was withdrawn
Motion #4:
Sherman Lache, Director 2022-0426 Motion to approve Karen Linton as a member of the Publications PC Committee. Seconded and approved
Adjourned for open mic for community comments
Reconvened
Correction and approval of Minutes
Meeting adjourned 2:26 PM
Respectfully submitted
Kim Farquharson
Secretary
Woodburn Estates & Golf

Searching for
a Home

by Carol Wellington
Spring of 2022 is upon us, we hope. One of the hopeful signs is the number of birds landing in treetops scoping out areas that would be safe and healthy for their families to be born and thrive. What are the requirements for their homes? Safety such as branches and leaves so that the youngsters will be sheltered from the enemy; a bit of sunshine for warmth while Mother Bird is away from home searching for the next meal. Take some time each day and observe the activities of wildlife in your yard. My wish is that I could obtain a license to help wildlife find a home in addition to helping humans find their perfect nesting place.

Arm Yourself
for Ant Season

by N&V Staff
Summer approaches, and that means that ants are hard at work wrecking your proverbial picnic. They're annoying, some of them sting, and they can carry disease – and if that isn't bad enough, they're masters at breaking into your house to drive you crazy. But you're bigger and smarter, and if you arm yourself with some strategies to treat and prevent infestations, you can kick back and enjoy your home without thousands of tiny uninvited guests.



Safety first
Make sure you have a secure place to store any unused ant treatments and never place them where children or pets can get to them.

Place ant baits
Ant baits don't just poison the ants who stumble inside -- they take the poisoned goodies back to the colony and share them, and when enough ants participate, it's lights out for the whole colony. Some ants prefer sweets and others prefer fats or oils, so stock up on both carbohydrate and protein-based bait traps. Place them near where you see ant activity, but not directly in their trails. Drains, kitchen cabinets, around the stove or refrigerator, and near wall openings are all common areas for ants to show up.

Use outdoor treatments
If you don't control them outdoors, they'll keep trying to get in. Try a combination of outdoor ant baits, including liquid ant bait and ant granules. Ant killer sprays kill immediately but leave the vast majority of the colony untouched, which means frequent treatment with lower effectiveness. Instead of ant killer sprays, try repellent sprays around points of entry.

Try some DIY remedies
Diatomaceous earth, a powdery substance made of the fossilized remains of plankton, clings to insect bodies and dries them out, killing them without poison. Sprinkle food-grade diatomaceous earth near ant trails or areas where they commonly get in. You can also repel them by destroying their scented pheromone trail with a mix of glass cleaner and dish soap. Spray where ants congregate and wipe it away but be sure to leave a light residue. Ants also avoid certain strong fragrances. Try sprinkling brewed coffee grounds or ground black or red pepper around areas where they congregate. Certain essential oils, like peppermint, tea tree or lemon eucalyptus oil also repel them. Mix about 20 drops with two cups of water in a plastic spray bottle or saturate cotton balls with undiluted oil to leave in the prime spots. All fragrances can fade over time, so make sure to re-apply regularly.



“Same old, same old. Knocking things off my desk, walking across the keyboard...”

BEN'S HEATING & AIR CONDITIONING

Senior Discount
20%
Off service and repair only

Service - Repair - Installation
503-233-1779
Serving Woodburn since 1989 | CCB#64597
www.bensheating.com

We Service
All Brands!

Indoor Pickleball Attracts Residents



by Donna Stone

“Don’t break the ceiling fire sprinklers – that’s our mantra during pickleball games played in the Dining Room – we have adjusted our game to prevent balls from striking the ceiling. To do so is judged a fault and cannot contribute to making a point,” said WEG Pickleball Club president Rick Irish. Nearly 50 interested pickleball players represented by the Club were granted approval to set up a temporary court in the Dining Room on Mondays, Wednesdays, and Fridays from 10 am to noon.

Currently, about 18-20 residents play regularly on the 4-person court. In consideration of so many people, players agreed to shorten games to accommodate others. Only one indoor court is not the best situation but it’s all they have until official courts are built for WEG residents. Good news for those waiting a turn to play - there is an added session in the Dining Room on Monday evenings from 5 p.m. to 8 p.m. plus periodically in breezeway area weather permitting.

“I see a lot of our residents find happiness playing pickleball where it hasn’t been played since 1985. I found a treasure trove of pickleball history and equipment in storage. It was surprising to discover that an active sports group played regularly in the Dining Room for about 19 years from 1966 to 1985 when it phased out,” said Pickleball Club treasurer John Venner.

As any regular pickleball player will confirm, beginning players are welcome at any session. This fastest growing sport in America is easy to learn and great exercise, especially attractive for the 55+ crowd. Novice classes teach basic skills, scoring, and serving. Paddles are available to borrow. Call Judy Nanson at 503-313-7929 or Mike Barrow for more information or better yet, come join the fun Mon, Wed or Fri 10-noon.

Wii Bowling



Wii bowlers Mike Hartley, Neal Pinkston, and Joe Hopfer



Wii bowlers Sue Conser and Elaine Hopfer

Bugle Blast is easy to get.

1. Visit **WoodburnEstatesGolf.com**

2. Scroll to the bottom of the home page

3. Click on **Bugle Blast emails** (under **Bugle Blast Email Signup**)

Woodburn Estates & Golf

Active 55+ Community

WEG HOA CERTIFIED

LORRIE COX

(JOSEPHINE)

YOUR VOICE IN REAL ESTATE

503.989.1986

LorrieCox.Realtor@gmail.com

by N&V Staff

Ever since Nintendo introduced the Wii bowling game in 2006, it has gained in popularity. No bowling alley, no special shoes, no heavy bowling ball are needed! Just the console, a TV or screen and paddles and you are ready to play in the comfort of your own home - or in our case, the clubhouse!

You do play with the same object, knocking down the bowling pins and you develop ways to move your wrist and arm to accomplish that goal. It is a great way to enjoy bowling even for people who have physical limitations! Studies have shown it even helps with balance issues and can lessen falls!

A group enjoys Wii bowling here in the auditorium on Wednesdays from 1:30-4:30 p.m.

VOYAGE OF DISCOVERY: New to Me

Needlecraft



by Editor

Way back, when I started as editor of the *News & Views*, I was visiting different clubs and drafting an article in a series called “Voyage of Discovery – New to Me.” I visited the Needlecraft club and this article was ready to go to print. Then, COVID arrived, and all was cancelled. Since the group was no longer meeting, I moved the article into a folder for future editions and promptly forgot all about it.

This week, an email came from this group telling me that they were forgotten off the calendar...that they were meeting again on Tuesdays, in the Card Room at 10:00 a.m. So, I went looking for this article to ‘dust it off’ and use it. I’ve updated the pictures.

Alice Tvetan shows off her recent project. She knits & crochets for charity. Right now, she is working on a baby blanket. She has been taking her projects to Hope Pregnancy Center in Salem. Another project that she works on is making dog blankets for “Project Pooch”, the Humane Society, and the Cat adoption center.

Meanwhile, Sue Conser was busy working on a project making twin blankets. She knits, crochets, and does something called: “Huck Toweling.” It is similar to embroidery but is worked on woven cloth.

Many years ago, Evangeline Harris started this group. The present-day coordinator is Mary Snead.

Make the Classic Reuben Sandwich at Home



by N&V Staff

The sweetness of corned beef paired with the salty sourness of sauerkraut, nutty Swiss cheese, and tangy Russian (or Thousand Island) dressing, all on earthy slices of rye bread.

The messy, glorious Reuben is a classic American sandwich for a reason: It's incredibly delicious. With just a few very common ingredients, it's easy to prepare at home. Make just one for yourself or whip up a pile of them for family or guests -- either one won't take much time. This recipe makes four sandwiches but scales up or down easily.

Ingredients

- 8 slices of good-quality rye bread
- 4 tablespoons softened butter
- 1/4 cup Russian dressing (or you can use prepared Thousand Island dressing)
- 8 slices of Swiss cheese
- 3/4-pound corned beef
- 1 cup sauerkraut, drained

For the Russian dressing:

- 1/2 cup mayonnaise
- 3 tablespoons ketchup
- 2 tablespoons horseradish
- 2 teaspoons Worcestershire sauce
- 1 tablespoon granulated sugar
- 1/4 teaspoon paprika
- Kosher salt to taste
- Freshly ground black pepper to taste

First, prepare the Russian dressing (if desired). Whisk together mayonnaise, ketchup, horseradish, Worcestershire, sugar, and paprika until combined. Season to taste with salt and pepper.

Next, butter each slice of bread on one side. Spread Russian dressing on the unbuttered sides of each slice. Top four slices with cheese, corned beef, and sauerkraut, then top each sandwich with the remaining slices, dressing side down. Place sandwiches in a skillet over medium heat and grill until the bread is golden and the cheese is melted -- two to three minutes per side.

Investing is about more than money.

At Edward Jones, we stop to ask you: “What’s important to you?” Without a real understanding of your goals, investing holds little meaning.

Call today to discuss what’s really important: *your goals.*

Shawn Moyer-DeMarre, AAMS®
Financial Advisor

1389 Meridian Dr
Woodburn, OR 97071
503-981-7040

Shelly Egli, AAMS®
Financial Advisor

1749 Mt Jefferson Ave
Woodburn, OR 97071
503-980-1371

Brent T Glogau, CFP®, AAMS®
Financial Advisor

965 N Cascade Dr Suite B
Woodburn, OR 97071
503-981-1798

edwardjones.com Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

Olav, Sucker, Dustin, and Kirk

by Rick A. Wehler

About nine years ago, when our son Toby got married, he gifted Cora, our household’s Norwegian CEO, and me, the husband, with his well-used vacuum cleaner as his new wife owned one of better quality. That was kind of him considering that we didn’t pay for their wedding. Our original vacuum cleaner whom I had named Olav, didn’t care much for vacuuming. (It’s a him because hims do the housework in our house.) Olav made all the necessary noises, coughed a lot, as did I, gathered a smattering of dirt, and launched the rest of it into space in order to antagonize Dustin Swiffer who’d have to amass the mess.

Toby’s vacuum vacuumed well in comparison to Olav’s. I noted a significant decrease in spider by-products. Sucker and I quickly became friends as did many of our household workmates including Dustin, who now had free time and didn’t have to shake out his clothes or change them as often.

A month ago, Sucker croaked, and not politely. As we were busy with our business, that sucker broke a couple of key components and barfed his gatherings hither and yon. Dustin was more than a little distressed as we redressed the mess, which required three ensemble changes on his part. He’s not a fan of such redundant attire, but that’s how it is.

Dustin hid in the closet because he didn’t care to witness Sucker’s internment. Without going into abysmal detail as a coroner, I’ll merely say that the once vibrant Sucker became a heap of body parts, much like Olav of old, all of which I buried in the recycle bin beneath a gross of used Kleenexes and non-flushable wet wipes, and a costly collection of Keebler cookie containers.

Cora learned of Sucker’s demise and departed for some store or other that sells vacuum cleaners priced below \$100. You’re outta luck Dyson. She bought a boxed Bissel beast and hauled it home. Not being one to read instructions or take them; I spent two hours assembling that Ikea wannabe.

I got It running, (It’s because we weren’t friends yet) and set the one-to-six brush height dial at three. We worked through the carpeted, main floor living room, bedroom, and reading room. (Reading room because that’s where I go and what I do when I’m in trouble with Cora. I’ve read 37 books in the past year.) At first, the crapola within the one-gallon waste receptacle spun at speeds that mocked a third-grader’s fidget spinner; not long thereafter, the gunk decelerated until the bogged-down chaos collapsed. I emptied the wasted receptacle twice!

Tuesday, we vacuumed the upstairs, and Wednesday the downstairs with the same results. Kirk and I did all three floors twice weekly for the next month, choking the hopper without fail. I’m sort of sure that originally our carpet wasn’t gray. It’s now dappled and on its way towards multicolored. In addition, Cora’s allergies have nearly disappeared, and Dustin is on vacation in Tahiti.

You may wonder why my new vacuum cleaner came to be known as Kirk: He dares to seek out new debris; to boldly go where no woman has gone before.

**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, and West of Witty Minne-Sconsin Stories and Femails.*

Spaletto's
Power
Washing
Frank the
Handyman



Cell: 971-338-3811
Email: spaletto59@gmail.com
CCB: #1739219-91

Kirk A. Schmidtman,
Attorney at Law
Wills, Trusts, Probate,
Estate Planning,
Contracts, and Real Property.
Serving Woodburn Since 1976

610 Glatt Circle, Woodburn
Kschmidtman@woodburnlaw.net
engleschmidtmanlaw.com
503-981-0155





Office: 503-540-9038
Mobile: 503-569-3751
ROBERT CORNETT
Certified Arborist #PN-6032A
Bonded & Insured CCB #152991

Trivia Teaser: The Mayflower

by N&V Staff

1. Which signer of the Mayflower Compact married his fellow Mayflower passenger, Priscilla Mullins? a-Myles Standish, b-William Bradford, c-John Alden, d-Oceanus Hopkins.
2. The lyrics of which Paul Simon song mentions the Mayflower and the Statue of Liberty? a-"I Am a Rock," b-"Graceland," c-"Kathy's Song," d-"American Tune."
3. Located two blocks from Farragut Square, the Mayflower Hotel is the longest continuously operating hotel in which city? a-Montreal, b-San Francisco, c-Washington D.C., d-Boston.
4. Who was the King of England when the Mayflower sailed to America? a-Charles I, b-Charles II, c-James V, d-James I.
5. Which 2000 movie mockumentary culminates at the Mayflower Kennel Dog Show in Philadelphia? a-"The Royal Tanenbaum's," b-"Best in Show," c-"For Your Consideration," d-"Mascots."
6. The 2013 Mayflower oil spill occurred in which U.S. state, when an ExxonMobil pipeline ruptured, spilling thousands of barrels of oil? a-Arkansas, b-South Dakota, c-Alaska, d-California.
7. In the 1950s, which car firm manufactured a small luxury car called the Mayflower? a-Rolls-Royce, b-Jaguar, c-Aston Martin, d-Triumph.
8. Villains Darwin and Minerva Mayflower seek to take over the world by reconstructing an alchemy device in which Bruce Willis movie? a-"Hudson Hawk," b-"The Last Boy Scout," c-"The Fifth Element," d-"Surrogates."
9. Who recorded the 2001 concept album "Here at the Mayflower," based on the Brooklyn apartment complex where he grew up? a-Neil Sedaka, b-Barry Manilow, c-Neil Diamond, d-Bruce Springsteen.
10. The Mayflower is the official state flower of which U.S. states? a-Maine, b-Maryland, c-Massachusetts, d-Michigan.

Answers on page 9

Make sure your heating and cooling systems
are running their best!
SENIOR TUNE-UP SPECIAL
\$99 per unit or call for additional specials



Time to replace your heating and cooling equipment?
We offer free consultations. Ask about our senior discounts.

* 10 yr. parts and labor warranty
* 24 hr. emergency service
* 100% satisfaction guarantee

Ask About cash incentives
A trade ally of Energy Trust of Oregon

Trade Ally of
EnergyTrust
of Oregon

ecb.123023



MAY IS OLDER AMERICANS MONTH

Punch Needle:
Fun Projects with
Less Hand Stress

Spring Has
Sprung



by N&V Staff

It is an ancient technique that is good for beginners or embroidery experts. The punch needle technique is great for art projects or decorations on pillows or other items.

The great thing about a punch needle is that the needle itself is large. It does not require the maker to hold a tiny needle or use a magnifying glass to see the stitches. The punch is held like a pencil and has a large threading hole, making it easier to get started. You can use a piece of wire or a wire threading tool to get it going.

This type of punch needle is a lot like rug hooking. However, in punch needling, the needle pushes a loop down into the fabric, instead of pulling it up as in rug hooking.

You will need a design (you could even make one yourself) and a tracing template, thick yarn or rug yarn, a punch needle, monk's cloth, and an embroidery frame.

If you are a beginner, you might consider a complete beginner's kit with all the right supplies, including the needle. Complete kits run about \$20 to \$40.

If you have all the supplies you need, you will find free templates for punch needle projects online.

Luckily, if you have no experience but want to start a project, you can see entire videos of projects on YouTube.

Like any project you are not familiar with, there will be some getting-started pain.

Among the things you should watch out for:

- * Be sure to pull the fabric as tight as possible on the hoop. Consider using a screwdriver to close the hoop tightly. If the fabric is not tight enough, you will have loose loops and stitches.
- * Keep about a foot of slack in the yarn and unwind as you go. Never lean on the slacked yarn.
- * Make sure to punch the needle down to the handle on each stitch, otherwise you might get uneven loops.



by Anne Reslock

At Woodburn Art Center/Glatt Gallery, the theme of the month of May is "Flowers in Bloom." Stop by and see our local artists work on display.

There will be judging by guests from Wooden Shoe Tulip Farm, Adelman Peony Gardens and Bauman's Farm. Visitors may also vote.

Open Studio on Mondays 10 a.m. - 3 p.m.
Watercolor Wednesdays, 1st and 3rd Wednesdays 12:30 p.m. - 3:30 p.m.
Bob Ross method class, 1st Friday, 3rd Saturday of each month, 10 a.m. - 2 p.m.
The Glatt Gallery is also open Saturday 12:30 p.m. - 3 p.m.
Stop by at corner of Boones Ferry Road and Country Club Road.

Needle Nook

by Alice Tvetan

Knit two, purl two. Most of you reading this recognize these items belonging to a knitting project. Did you know knitting has been around since the Middle Ages, when women sheared sheep, carded wool and spun it into yarn in order to make warm clothing for their family?

Crochet is another craft that has a shorter history – only since the early 1800's. Most historians credit France for promoting this hand craft.

These days, people knit or crochet more for pleasure than necessity. So, whether you knit, crochet, do cross stitch, tatting or needle point, or any other hand craft, you are invited to join a group of like-minded people on Tuesdays from 10 a.m. until noon. We meet in the Card Room next to the kitchen.

These activities have been credited with strengthening the mind, helping to prevent Alzheimer's or dementia, strengthening the immune system, and reducing depression and stress among other benefits.

Don't know how? Well, come and someone will teach you. It's a good way to meet new friends and share ideas. We visit while crafting, share patterns and skills, and laugh a lot too, which is an additional health benefit. Gents are also invited and encouraged to come if you are interested in learning or already know how. If you can't spend the full 2 hours, no problem. Come when you can and leave when you need to.

Hope you will join us!!

ANSWERS TO THE MAYFLOWER

1-c, John Alden
2-d, "American Tune"
3-c, Washington, D.C.
4-d, James I
5-b, "Best in Show"

6-a, Arkansas
7-d, Triumph
8-a, "Hudson Hawk"
9-b, Barry Manilow
10-c, Massachusetts

CHRIS WASSINGER

CCB#212884

WC

WASSINGER CONSTRUCTION

503-826-2422 • CHRIS@WASSINGERPAINTING.COM

- Construction
- Handyman Services
- Painting
- Roofing
- Siding & Repairs

Flowers are Key Fitness Help to Attracting Hummingbirds

by N&V

Want to see more hummingbirds in your yard? Lots of blooming flowers -- especially tubular varieties -- help attract nesting residents.

A good hummingbird habitat has more than just a sugar-water feeder.

It should have some small deciduous trees and dense shrubs for nesting. There should be places to perch around your feeder, too. Remember, a hummer must feed every 15 minutes while awake. It will visit 2,000 flowers each day.

A drip fountain or misting device provides a water source. A hummingbird will not visit a birdbath.

Finally, keep sugar water feeders clean and fresh!



by Sally Strom

I am sending this in hopes you will publish, in the Woodburn News & Views, the benefits of working with Allan Carter to help the aging population of Woodburn Estates extend their quality of life.

I wanted to live at Woodburn Estates because of the gym on site. Although I wasn't consistent with my workouts on my own until Allan became my trainer. I had mobility problems related to my two brain tumors. I could not even lift my arms up over my head when I began in 2018. Allan has kept me out of a wheelchair, he literally saved my mobility.

Working with encouraging supportive Allan I became much stronger, after a couple of years I started doing the same weight on my partially paralyzed left side as my stronger right. I was excited and hopeful. Then 2 months ago I had a back surgery that left me an invalid for a month. SCARY! If it wasn't for Allan three times a week, I might be in a wheelchair for the rest of my life. I couldn't drive to the gym. He gladly made house calls three times a week.

I always wanted a trainer but could never afford one. This is Allan's passionate work, he does this for mere tips, which he uses to pay for his continuing certifications, not because he needs them, he wants to train/teach seniors all the new cutting-edge information and exercises in body mechanics, so we heal better and faster! Allan has been my Lifesaver!



Woodburn Estate & Golf HOA Certified

Jacqueline Benham

Principal Broker

541-913-7822

JacquelineBenham0@gmail.com

Call Me For A
Free Market Analysis

Hybrid REAL ESTATE

A Local Realtor Who Lives in The Woodburn Estates with Over 27 years of Experience

It finally happened!

Something too good to be true really is true!

Find out why CPAs, Estate Planning Attorneys and Financial Planners are now recommending a once obscure and often misunderstood program called the *New Reverse Mortgage*, for home owners 62+, as a way of hedging inflation, protecting home equity, providing an emergency fund to cover future long term care events, etc.

You are Invited to Attend an Educational Event being held May 17th 2:30 pm in the Blue Room at the Woodburn Golf Estates.

The event is limited to 25 participants

It has been said knowledge is power and education is a weapon which you can use to change the world. At this event you will gain both the education and knowledge on how to use the New Reverse Mortgage to financially enhance your retirement years!



James McIntosh

HECM Loan Specialist, NMLS #91936

503.730.5702 | jmcintosh@reversefunding.com

reversefunding.com/james-mcintosh

Branch Location: 2198 Astor Way, Woodburn, OR 97071

Branch NMLS #1584387

*Consult a financial professional. Visit [ssa.gov](https://www.ssa.gov). This material has not been reviewed, approved, or issued by HUD, FHA, or any government agency. The company is not affiliated with, or acting on behalf of or at the direction of, HUD, FHA, or any government agency.



© 2022 Reverse Mortgage Funding LLC, 1455 Broad St., 2nd Floor, Bloomfield, NJ 07003. 1-888-494-0882. Company NMLS ID # 1019941. www.nmlsconsumeraccess.org. Not all products and options are available in all states. Terms subject to change without notice. Certain conditions and fees apply. This is not a loan commitment. All loans subject to approval. L423-Exp042017

Background Help



by Karen Linton

It is easy to complain that young people are inconsiderate and ignore older folks, but do we remember to say thank you when they are helpful and considerate?

We want to be considerate ourselves and say a big 'THANK YOU' to this very special bunch. This group is helping us here at WEG by setting up and taking down tables and chairs for Coffee Hour each Thursday. They are also available to assist our members, free, with various chores; for example, pulling weeds, moving furniture, minor repairs, etc. Young men and women in their church (LDS-Mormon) spend two years doing community service in various locations both nationally and internationally.

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

Calendar

(May 14-May 27)

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

SATURDAY, MAY 14, 2022

10:00 a.m. - 11:30 a.m. Paper Crafting (Craft Room)
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, MAY 16

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. - 1:30 p.m. WEG Ladies Club Monthly Meeting (Dining 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. - 1:30 p.m. WEG Women's Club Meeting (Dining 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)
5:00 p.m. - 8:00 p.m. Pickleball (Dining Room)
6:00 p.m. - 8:00 p.m. Water Volleyball (Swimming Pool)

TUESDAY, MAY 17

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. - 12:00 p.m. Needlecraft (Card Room)
10:00 a.m. - 10:45 a.m. Fitness Club (Auditorium)
10:30 a.m. - 12:00 p.m. Craft Fair Meeting (Dining Room)
11:00 a.m. - 2:30 p.m. Uke-de-dos (Craft Room)
2:00 p.m. - 4:00 p.m. Educational Seminar (Blue Room)
3:00 p.m. - 5:00 p.m. Water Volleyball (Swimming Pool)
5:00 p.m. - 9:00 p.m. Poker Games (Card Room)

WEDNESDAY, MAY 18

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. - 4:00 p.m. Double Deck Pinochle (Card Room)
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. - 3:30 p.m. Home-Style Hymn Sing 3rd Wed (Blue Room)
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)
6:00 p.m. -9:00 p.m. Bingo (Dining Room)
6:00 p.m. -9:00 p.m. Pinochle Group (Blue Room)

THURSDAY, MAY 19

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)
9:30 a.m. - 11:00 a.m. Coffee Hour (Auditorium)
1:00 p.m. - 3:00 p.m. The Jazz Tones (Dining 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, MAY 20

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 (Dining Room)
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, MAY 21

10:30 a.m. - 12:00 p.m. Craft Fair Meeting (Dining Room)
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, MAY 22

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

MONDAY, MAY 23

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 (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)
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)
5:00 p.m. - 8:00 p.m. Pickleball (Dining Room)
6:00 p.m. - 8:00 p.m. Water Volleyball Mon (Swimming Pool)

TUESDAY, MAY 24

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. - 12:00 p.m. Needlecraft (Card 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 Tues (Swimming Pool)
5:00 p.m. - 9:00 p.m. Poker Games (Card Room)

WEDNESDAY, MAY 25

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 (Dining Room)
10:00 a.m. - 11:30 a.m. Paper Crafting (Craft Room)
10:15 a.m. - 11:15 a.m. Zumba (Auditorium)
12:00 p.m. - 4:00 p.m. Double Deck Pinochle (Card Room)
12:00 p.m. - 1:00 p.m. Friends of Bill W. (Craft Room)
1:30 p.m. - 4:30 p.m. Wii Bowling verify (Auditorium)
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)
6:00 p.m. -9:00 p.m. Bingo (Dining Room)
6:00 p.m. -9:00 p.m. Pinochle Group (Blue Room)

THURSDAY, MAY 26

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)
9:30 a.m. - 11:00 a.m. Coffee Hour (Auditorium)
12:00 p.m. - 3:30 p.m. Pinochle Afternoon (Blue Room)
1:00 p.m. - 3:00 p.m. The Jazz Tones (Dining Room)
5:00 p.m. - 9:00 p.m. Poker 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, MAY 27

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)

At-Home Flu Test

Coming This Winter

by N&V Staff

Tests you can take at home to detect whether you have influenza will probably be available at pharmacies by the flu season this coming winter, according to Health.com.

The tests, which have proven reliable, are FDA-approved.

A typical flu season sees about 41 million infections, with 710,000 hospitalizations and 52,000 deaths. Following COVID-19, manufacturers believe there is increased interest in at-home testing.

Spring is Prime Time

for Asthma, Allergies

by N&V Staff

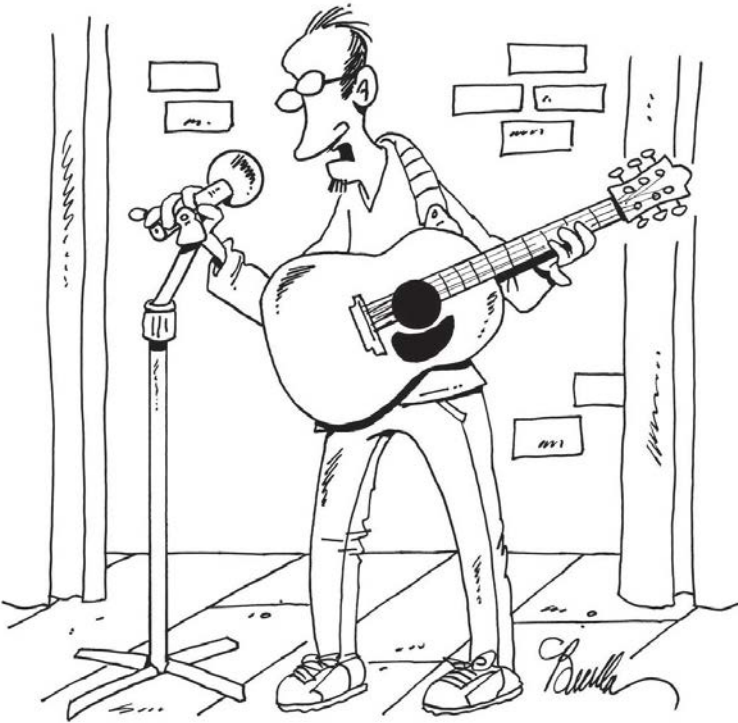
Ah, the beauty of the spring, when trees and flowers bud and bloom. And we sneeze. Or wheeze. The Asthma and Allergy Foundation estimates that 50 million Americans suffer from seasonal allergies. If you are among them, there is plenty you can do to keep symptoms under control. Allergists at Temple University say the spring season is intense because trees ramp up their production of pollen. They release as much pollen as possible in spring so it can be spread by the wind.

Avoidance is one solution. Pollen counts are higher in the morning. Don't jog or play golf early in the day and avoid going out after it rains. Raindrops kick up the pollen. If you have spent time outdoors, change your clothes and wash them. Keep your windows closed and consider a high-quality indoor air purifier.

When none of these avoidance techniques work, over-the-counter medications can help. Newer antihistamines such as Claritin and Allegra tackle the symptoms better and don't make you sleepy. If you have severe allergies, consider getting a skin test or blood test to determine what you are allergic to. Once you know, you could undergo a series of allergy shots. They will ultimately work but could take a year or more to notice the effects.

2022 Woodburn Estates & Golf Directors

<u>Office Held</u>	<u>Name</u>	<u>Corporate Email Address</u>
President	Sharyn Cornett	president@woodburnestatesgolf.com
VP/Membership	Carol Bolton	vp-membership@woodburnestatesgolf.com
Treasurer	Phil Balogh	treasurer@woodburnestatesgolf.com
Secretary	Kim Farquharson	secretary@woodburnestatesgolf.com
House	John Venner	house@woodburnestatesgolf.com
Marketing PC	Sherman Lackey	publications@woodburnestatesgolf.com
Golf	Ken Bourne	golf@woodburnestatesgolf.com
Architectural/RV	Gene Nemish	arch-rv@woodburnestatesgolf.com
Rules	Jaime Rodriguez	rules@woodburnestatesgolf.com



“Here’s a blues number written about my inability to remember computer passwords.”



Ways you can support:

- Vehicle donations
- Cash donations
- Sponsorships
- Volunteer

Your support makes a difference!

Canby: 503-266-5100
Day Respite and Support Groups
www.thelmasplace.org



NEED A NEW ROOF?



Old, worn out shingles?
CALL TODAY!



ROOF RITE SERVICES INC. It's our service that counts
503-984-0924



TASTE & TOUR

Third Sunday of the Month, 11 A.M. – 2 P.M.
Cascade Park Retirement Community



Join us for a delicious snack selection by Chef Walter Von DSD and a tour of our lovely campus.



CASCADE PARK
A CENTURY PARK COMMUNITY
950 North Cascade Drive • Woodburn, OR 97071
CascadeParkRetirement.com

RSVP to 503.981-0033 2 days before the event.





Call Now!
(503) 982-2221

Country Meadows VILLAGE
Retirement Living at its Best

- All Day Dining
- Daily Activities
- Transportation
- No long-term commitment
- Privately Owned
- Assisted Living on Campus



CMV... Where safety and fun meet.

The Sign of Excellence



Dave Christoff, CRS, GRI
Owner & Principal Broker
503-989-1676

Gina Audritsh
503-951-2344

Erica Haworth
503-984-1345

Christina Williamson
503-989-9875

Bill Leder
503-951-2221

Kerin Ostrom, GRI
503-510-2259

James Audritsh
503-951-2366

Annie Kirsch
503-989-1124

Jack Berkey, GRI
503-989-1421

Shelly Stultz
503-710-4028



HALLMARK PROPERTIES INC.

WEG HOA CERTIFIED

503-981-0621 *Members of both Portland & Salem Multiple Listing Services* hpihomes.com
735 Glatt Circle, Woodburn (off Hwy 214 at Meridian)