



Wild Weekend of Fun Events



All American Summer Picnic
Malena Turner and Jill Jackson

By Karen Linton

Last week was sooo busy—it actually started on Wednesday night with Bingo, then Coffee Hour on Thursday and then the terrific trifecta weekend! Friday late afternoon was our second summer concert at the Gazebo. A nice crowd gathered to listen to Dave Alton and Melanie Roy perform while relaxing under the shade trees. Cascade Park was our sponsor. Our last concert will be Friday, September 2, at 4 p.m.

Then Saturday was our Summer Picnic at lunchtime in the dining room. Cascade Park's Chef and team came over and provided the food for our Activities Committee to serve. Everyone enjoyed feasting on hamburgers with all the fixings, chips, baked beans, lemonade and apple crisp with ice cream. Adding to the mix and making the event even more special was that the Golfers had a make-up tournament and joined the group for lunch.

Finally, as the highlight of the week, ELVIS WAS IN THE AUDITORIUM! Elvis, aka Mark Stevenz, performed songs by Elvis, Sinatra, Johnny Cash and Buddy Holly. He was a consummate entertainer as he roamed the audience. We raised 250 pounds of food and \$303 in contributions to the Aware Food Bank! We were able to donate so much because Elvis was sponsored by Boone Ridge Retirement Community.



Summer Concert at the Gazebo
Dave Alton and Melanie Roy



Mark Stevenz as ELVIS
"Elvis" and Anne Reslock

September Artist of the Month



By Anne Reslock

September's Artist is Connie Abell. She fell in love with Oregon while visiting and decided to make it her home. She moved here in 2001. She is self-taught but enjoys working with fellow artists, finding solace and calm being part of a creative group. Connie works in watercolor, oil and acrylic, releasing her joy and expressions to others. Look for her exhibit on September 11 in the living room by Country Cottage.

The Woodburn Art Center/Glatt Gallery is open 10 AM-3 PM on Mondays at the corner of Country Club Rd and N Boones Ferry Rd. All levels of skill welcome. Come join us!

The Living Room Gallery

There is an art wall on display as you enter the lobby next to the Country Cottage restaurant. It has been a wonderful addition to our decor and gives us some art culture. They say that cultural arts, such as music, art, creative writing are tools that help develop the mind and body. Cultural arts help to explain the world in which we live through an exploration of creativity.

Local artists take turns to have a one-month show and display their work. The artist of the month comes on "Meet the Artist" date to have a little reception and speak about their work and about their creative process. Refreshments are provided by Cascade Park.

MEET THE ARTIST

Sept 11 - FEATURED ARTIST
Connie Abell

4pm in our Living Room Gallery

CRAFT FAIR VOLUNTEERS NEEDED

We really need your help to make this year's craft fair great! We can't do it without you! If you can help out in anyway, please come to the meeting on **Saturday, September 10th, at 1:00 in the blue room.** If you have any questions, please call Jone Drury 503-961-4809.

Cholesterol Education

By N&V Staff

September is Cholesterol Education Month: Time to check up on LDLs and HDLs

Accountants aren't the only ones who go by the numbers. Increasingly, doctors gauge your health by your numbers as well. Better numbers mean better health and lower risk of heart attacks and strokes.

You can make healthy choices that add up to better numbers every day.



To do it, keep LDL cholesterol numbers in mind and choose smaller portions when it comes to high-fat foods like hamburgers, cheese and French fries.

The two faces of cholesterol:

An acceptable total cholesterol reading is 200 milligrams per deciliter (mg/dl) or lower, according to the American Heart Association. Above 200 you should take some steps to lower it.

The number includes two kinds of cholesterol:

The bad: Low density lipoproteins, the LDLs: This is the stuff that clogs arteries. You need some, but too much is bad news. Shoot for an LDL reading of less than 100.

If your total cholesterol level is high, you have two choices: You can pay more attention to eating a low-fat diet and getting some exercise, or you can get your doctor's advice about cholesterol-lowering drugs.

Eating high amounts of soluble fiber from sources like oat bran and beans can also help lower cholesterol, according to the University of Kentucky College of Medicine. In the colon, fiber may interfere with the body's production of LDL.

The good: High density lipoproteins, the HDLs: The minimum good reading here is 35 mg/dl. If you have an HDL as high as 80, despite high total cholesterol levels, you may not have to worry about heart disease.

To increase good cholesterol in your blood, eat more fruits and vegetables. Aerobic exercise can raise levels of the protective HDL and may also help to lower LDL.

If the names HDL and LDL confuse you, remember that, in most areas, high is better than low!

News & Views PLUS

Official Publication of Woodburn Estates & Golf, an Active 55+ Community

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Main Office: 503-982-1776

Email: NV@WoodburnEstatesGolf.com

Website: woodburnestatesgolf.com

Editor: Kim Farquharson

Advertising Sales: Stan Hiller

Distribution: Jim & Linda Hoover

Woodburn Estates & Golf
Active 55+ Community

On Labor Day, consider: Life is pretty good in the 21st century

Portrait of a worker in 1870:

A man started work at 13 and worked every day for 30 years, until the day he died at age 43. In his entire life, he never had more than 9.6 hours a day for sleep, play and work at home.



The 1950s worker:

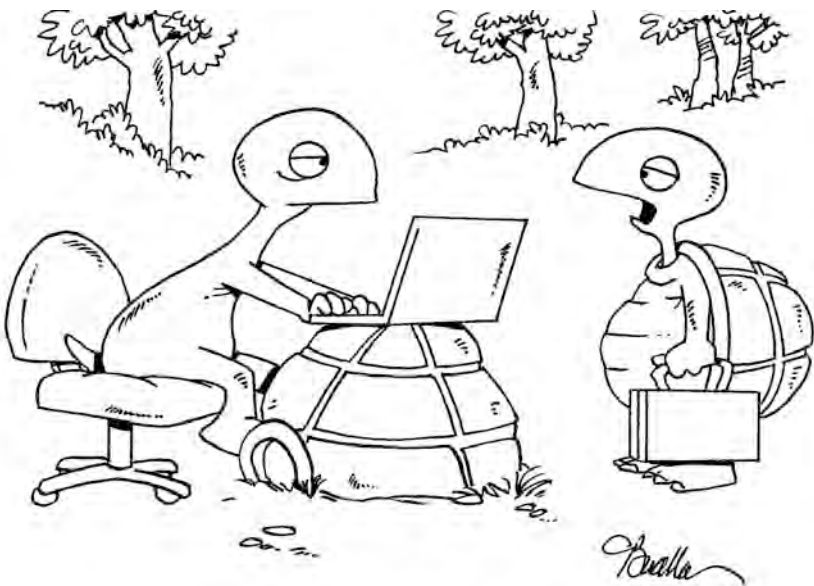
Started work at age 17.6 and worked 50 years. He typically died a year before he could retire at age 68.5. He had about 13 hours a day for sleep, leisure and work at home

The 1973 worker:

Started work at about 18.5 and was expected to work until 2018, when he would be about 64. He or she will actually enjoy 6.6 years of retirement and is expected to die at age 70.6. During his or her work life, he enjoyed 15.6 hours a day for sleep, leisure, and work at home.

The 2022 worker:

Started work at 20. He will work 42.5 years, with 17.5 hours a day for sleep, leisure and work at home. Men will retire at age 61.6. Women will retire at age 60.5. Men will be retired 15.9 more years and live to nearly 81. Women will live 19.3 years in retirement and die at about age 84.



"Working from home?"

WEG Real Estate Report

By Jacqueline Benham



PROPERTIES CURRENTLY FOR SALE

List Price	Location	Bdrms	Baths	Size
\$275,000	1140 Stanfield Rd	3	1	925
\$285,000	2245 Umpqua Rd	2	1	1112
\$285,000	1615 Ecola Wy	2	1	845
\$299,900	1080 Stanfield Rd	2	1	898
\$290,000	1323 Thompson Rd	2	1	812
\$300,000	1650 Vanderbeck Ln	2	1	812
\$302,876	1889 Umpqua Rd	2	1	812
\$309,000	1549 Thompson Rd	2	1	814
\$314,900	1318 Garden Wy	2	2	89
\$319,000	978 Cahill Wy	2	1 ½	900
\$329,900	1215 Stanfield Rd	2	1	1132
\$339,900	876 Oregon Wy	2	1	1146
\$360,000	672 S Cascade Dr	2	1	896
\$375,000	1841 Umpqua Rd	2	2	1516

PROPERTIES CURRENTLY PENDING

List Price	Location	Bdrms/Baths	Size	DOM*
\$275,000	1476 Umpqua Rd	2 1	880	14
\$284,999	1565 Thompson Rd	2 1	870	3
\$285,000	1717 Umpqua Rd	2 1	814	6
\$330,000	1567 Sallal Ct	2 2	932	1
\$370,000	1440 Sallal Rd	2 2 ½	1384	42

PROPERTIES SOLD & CLOSED (1 MONTH)

List Price / Sale Price	Location	Beds/Baths	Size	Sale Date
\$295,000/\$282,500	1723 Princeton Rd	2/1 ½	840	08/24
\$294,900/\$305,000	1661 Umpqua Rd	2/1	840	08/22
\$339,500/\$332,000	1375 Thompson Rd	2/1	868	08/08
\$335,000/\$333,000	1740 Jansen Wy	2/1	853	08/24
\$360,000/\$352,000	1747 Princeton Rd	2/1 ½	1100	08/11
\$359,000/\$359,000	1681 King Wy	2/1 ½	1148	08/22



All Statistics courtesy of RMLS & WVMLS. Status is subject to change. Information deemed to be reliable however not guaranteed.

* Days On Market 9.1.22 6:09 pm



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Bulletin Boards are back on Wall

Introducing the "WEG Communications Wall"



By N&V Staff

For the last couple of weeks, each time we have been working in the News & Views office, someone has stopped in to ask us about the Bulletin Boards. One thing is clear! Those boards are well read by many people. One couple, who came asking about where it was, commented that they bought their rototiller from the board and were just checking to see if there was anything else they needed. Another lady remarked that it was part of her routine - coming to Country Cottage to eat and then enjoying a little 'shopping time' by checking out what is on the board.

Well, we are happy to announce that the wall is now almost complete. The bulletin boards have received a 'facelift' and the wall has been painted and artistically designed to showcase the new digital News & Views. There are a few details yet to go up. However, the boards are now back in place, ready to display whatever it is that you are wanting to sell or share!

Special thanks to the maintenance crew who did a fantastic job!

39th Men's Harvest Invitational Results

Congratulations to Overall Gross winners (tied) in Flight One
Fred Bourne & Steve Bourne
Martin Smith & Tim Harrison

Harvest Invitational									
August 27-28, 2022									
Flight One									
Fred Bourne	H.C.		Rnd 1	Overall Gross	Rnd 2	Total			
Steve Bourne	7.6		75	73	148				
Jim Coleman	H.C.		67.4	65.4	132.8				
Phillip Chun	7.7		76	84	160				
Mike Cranford	H.C.		68.3	76.3	144.6				
Joey Ziogas	8.0		74	76	150				
Martin Smith	H.C.		66	68	134				
Tim Harrison	8.0		70	78	148				
Ron McKillip	H.C.		62	70	132				
Thomas Ballionis	9.3		78	83	161				
Roger Winans	H.C.		68.7	73.7	142.4				
Ian Winans	9.4		81	79	160				
Dick Hammond	H.C.		71.6	69.6	141.2				
Roger McFadden	9.7		78	81	159				
Mark Forrest	H.C.		68.3	71.3	139.6				
Jerry Haugen	10.2		77	76	153				
Ron Aiken	H.C.		66.8	65.8	132.6				
Cory Molan	10.8		76	86	162				
Dave Christoff	H.C.		65.2	75.2	140.4				
Randall Bryant	11.8		79	83	162				
			67.2	71.2	138.4				

Congratulations to Overall Net winners in Flight Two
Ken Bourne & Matthew Shelton

Harvest Invitational									
August 27-28, 2022									
Flight Two									
Len Westphal	H.C.		Rnd 1	1st Gross	Rnd 2	Total			
Russ Krussow	13.2		78	84	162				
Dean Cullison	H.C.		64.8	70.8	135.6				
Terry Lovis	15.7		84	87	171				
Larry Jones	H.C.		68.3	71.3	139.6				
Craig Derusha	16.2		83	82	165				
Robert Jones	H.C.		66.8	65.8	132.6				
Harold Ehlert	16.3		78	94	172				
Ken Bourne	H.C.		71.7	77.7	149.4				
Matthew Shelton	16.5		81	83	164				
Frank Morrison	H.C.		64.5	66.5	131				
Jefry Morrison	18.5		81	92	173				
Gary Vogue	H.C.		62.5	73.5	136				
Roger Danielson	18.9		89	86	175				
Mike Archer	H.C.		70.1	67.1	137.2				
Mike Hachquet	20.7		87	86	173				
Larry Dencer	H.C.		66.3	65.3	131.6				
Don Gienger	22.3		89	88	177				
Bob Brown	H.C.		66.7	65.7	132.4				
Jim Poor	24.0		94	91	185				
			70	67	137				

Tukwila Pickleball Tournament

WEG Players take Grand Prize for Women & Men's
By Donna Stone
Pickleball tournament was hosted by Tukwila pickleballers on August 20, 2022. The grand winners for both the Women's and the Men's groups were from Woodburn Estates & Golf. Congratulations to WEG players Miki Irish and Mike Hachquet.



Women's Golf

18-holers & 9-holers pair up for Golf & Lunch



By Editor
The sounds of laughter and chatter enticed me into the Dining room to see what was happening. I found lots of smiling, happy woman golfers, along with a table full of delicious looking food dishes, and lots and lots of fancy place settings. Amazing to see the different place settings, all carefully coordinated! This was the annual get-together where the two groups join up for a round of golf and then have lunch together.



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\$100 Olive Garden Gift Card Winner



Terri Johnson was the winner of the Olive Garden gift card. This was just one of the prizes offered up on Elvis Night by the night's sponsor Boone Ridge Retirement Community.

You may have noticed the logo and name of Boone Ridge around? They are a brand new retirement center that is opening soon in S. Salem. They haven't open yet but will be shortly.

The Marketing Committee welcomes them as new sponsors to some of our events.

Extend your Growing Season

Here in the Pacific Northwest, you can harvest crops every season of the year with some extra planning.

Article by Al's Garden & Home
Submitted by Karen Linton

Here in the Pacific Northwest, you can harvest crops every season of the year with some extra planning. The first step is selecting vegetable varieties that are well suited for fall and winter harvest. Some of the best vegetables are produced during the warm days and cool nights of fall. These conditions add sugar to corn and crispness to carrots. Other examples of crops that benefit from a touch of frost are parsnips, kale, collards, brussels sprouts, and Jerusalem artichokes.

Crops that endure the winter in mild areas of our region must be well established, but not mature prior to the colder days to come. For this reason, it is important to follow the recommended planting dates and get most winter crops in the ground during the specified month.

Tips for Success

1. Select a warm location such as a south-facing slope that receives as much sun as

CROP	VARIETY	MIN. TEMP	PLANTING DATE
Broccoli	Purple Sprouting	10° F.	August
Brussels Sprouts	Jade Cross "E"	10° F.	Aug/Sept
Cabbage	Cheers/Savoy Ace	10° F.	Aug/Sept
Cauliflower	Snow Crown	10° F.	Aug/Sept
Lettuce	Esmerelda	0° F.	August
Lettuce	Red Oak Leaf	15° F.	Aug/Dec/Jan
Onion	Walla Walla/ red Zeppelin	10° F.	Aug/Sept
Spinach	Tyee	0° F.	August
Swiss Chard	Bright Lights	10° F.	August

possible. Avoid areas that are exposed to wind or prone to an early frost.

2. Prepare the soil for adequate drainage. Raised beds are a safe bet. Amend your soil with compost or peat moss, as well as add a complete fertilizer prior to planting. A good fertilizer to use is 16-16-16.

3. Take extra care to water new transplants daily at first, especially if it is hot and sunny. Once the plants are established, add mulch to retain moisture and control weeds.

4. Control snails and slugs in August and September.

5. When thinning, leave additional space between plants that will remain close in

the garden over the winter season. Closely spaced plants are more susceptible to rot, slug damage, and do not receive adequate air circulation.

6. Prepare for frost and harvest all ripe crops before they become damaged. Tomatoes, melons, eggplants, cucumbers, peppers, and summer squash cannot withstand frost.

In all, cole crop fall and winter planting will help you extend your gardening season by allowing you to enjoy fresh vegetables every season of the year. Now is the time to get those seeds in the ground. Give yourself a bounty to look forward to in the months to come. By Al's Garden & Home

Too Many Tomatoes?

By N&V Staff

You can freeze whole tomatoes to enjoy later in the year if you cut them with the stem.

Here is what you do:
Cut about 3/8 of an inch off the stem end of a ripe tomato with no blemishes. Put the

stem-on tomatoes into a freezer bag and then put the freezer bag into a brown grocery bag.

To use, hold the frozen tomatoes under hot water for a few seconds. The skin will split, allowing you to slip it off and easily cook your tomatoes.

Get creative in ways to use them. Here are some ideas:

Eat them whole. Make fresh salsa. Tomato & Basil Soup. BLT's. Grill 'em. Marinate 'em. Can 'em. Stuff 'em. Homemade sauces - spaghetti, pizza, pasta. Endless!





Office: 503-540-9038
Mobile: 503-569-3751

ROBERT CORNETT
Certified Arborist #PN-6032A
Bonded & Insured CCB #152991

Kirk A. Schmidtman,
Attorney at Law
Wills, Trusts, Probate,
Estate Planning,
Contracts, and Real Property.
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Menu items and prices are subject to change without notice!

CLASSIFIEDS

Please send listings to NV@WoodburnEstatesGolf.com

Ads will be placed in next edition after receipt and repeated in printed issue. It is your responsibility to advise if item is no longer available. Small photos are now accepted. They may be removed from printed edition. When submitting content, please include your member number.



FOR SALE: Men's Taylormade M4 Driver, 12 degree loft (adjustable), Senior flex. \$250 This driver is in wonderful condition! Has not been played much. Taylormade still sells this driver, with excellent reviews. This driver comes with the Taylormade M4 headcover and adjustment tool. Product information on bulletin board. Contact Julia Riehl, 503-704-826

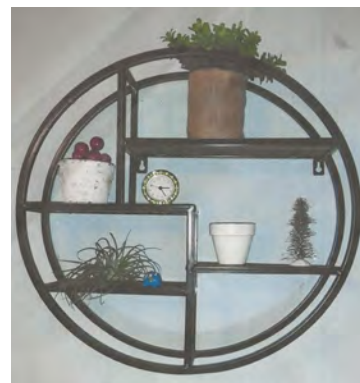


FOR SALE: Exerpeutic 1000 High-Capacity magnetic indoor **Recumbent Exercise Bike**. Nice, small size, step-through construction makes it very easy to step into. Stabilizing legs are about 51" L x 23" W, taking up very little floor space. Comfortable wide seat, adjustable for leg length, 300# capacity. Computer console shows time, speed, distance, calories, and pulse (sensors are on the handles), along with an odometer. Five-star reviews online. Fully assembled, user's manual and floor mat included. \$135 firm. 503-981-0174.

FREE: Wahl electric razor
complete with 8 attachments in
varying sizes.
503-475-9689. Leave message

WANTED: Willing Volunteers for Nominating Committee and for the Election Committee. Are you interested in running for the Board? Here is your chance !

WANTED TO BUY: Motorhome, Pull Trailer or 5th Wheel. 1998 - 2015. Willing to buy AS-IS for cash. If it doesn't work or run, that is ok. Needing one ASAP. We are a private party. Would also consider a Truck Camper w/Slide. Call me: 503-269-2947



FOR SALE: Metal Wall Decor,
4 wood shelves.
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RMF

*As with any mortgage, you must meet your loan obligations, keeping current with property taxes, insurance, and maintenance.

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CALENDAR Sept 3 - 10

Upcoming Events

- Saturday, September 3, 2022
- 12:00 pm

Pickleball Club (AUD only)
- 2:00 pm

Celebration of Life - Ken Leonard (Dining)
- 2:45 pm

Water Volleyball (Pool)
- 4:00 pm

Hand & Foot Card Game (Blue Rm)
- Sunday, September 4, 2022
- Monday, September 5, 2022 Office is Closed
- GOLF: Labor Day Mixed 4 Person Scramble
- 8:00 am

Women's Putters (Conf Rm 1)
- 8:00 am

Mermaid Aerobics (Pool)
- 8:30 am

Sr. Estates Quilters (Craft Rm)
- 8:30 am

Walking Club (AUD)
- 9:15 am

Yoga (AUD)
- 9:30 am

Ladies Laugh & Chat (Blue Rm)
- 10:00 am

Pickleball Club (Dining)
- 10:15 am

Zumba (AUD)
- 11:15 am

Tai Chi -Advanced (AUD)
- 12:00 pm

Mixed 4 Person Luncheon (Gazebo)
- 12:30 pm

Bridge (Blue Rm)
- 2:00 pm

Water Aerobics (Pool)
- 5:00 pm

Pickleball Club (Dining)
- 5:45 pm

Water Volleyball (Pool)
- Tuesday, September 6, 2022
- 8:00 am

Mermaid Aerobics (Pool)
- 8:30 am

Veteran Service (Conf Rm 2)* (changed)
- 9:00 am

Ping Pong (Dining)
- 10:00 am

Fitness Club (AUD)
- 10:00 am

Needlecraft (Card Rm)
- 10:00 am

Writing class (Blue Rm)
- 11:00 am

Uke-de-dos (Craft Rm)
- 1:00 pm

Bible Study (Conf Rm 1)
- 2:45 pm

Water Volleyball (Pool)
- 5:00 pm

Poker Games (Card Rm)
- 6:00 pm

Pickleball Club (Dining)
- Wednesday, September 7, 2022
- 8:00 am

Mermaid Aerobics (Pool)
- 8:30 am

Walking Club (AUD)
- 9:00 am

Ping Pong (Dining)
- 9:15 am

Yoga (AUD)
- 9:30 am

Ladies Laugh & Chat (Blue Rm)
- 10:00 am

~~Pickleball Club (cancelled)~~
- 10:00 am

WEG Men's Club Meeting
- 10:15 am

Zumba (AUD)
- 12:00 pm

Friends of Bill W. (Craft Rm)
- 12:00 pm

Double Deck Pinochle (Card Rm)
- 1:30 pm

Wii Bowling (AUD)
- 1:45 pm

Home-Style Hymn Sing (Blue Rm)
- 2:00 pm

Water Aerobics (Pool)
- 6:00 pm

Bingo (Dining)
- 6:00 pm

Pinochle Group (Blue Rm)
- Thursday, September 8, 2022
- 8:00 am

Mermaid Aerobics (Pool)
- 8:30 am

Sr. Estates Quilters (Craft Rm)
- 9:30 am

Coffee Hour (AUD)
- 1:30 pm

Genealogy (Blue Rm)
- 5:00 pm

Poker (Card Rm)
- 5:45 pm

Water Volleyball (Pool)
- 6:00 pm

Pinochle Group (Blue Rm)
- Friday, September 9, 2022
- 8:00 am

Mermaid Aerobics (Pool)
- 8:30 am

Walking Club (AUD)
- 9:15 am

Yoga (AUD)
- 9:30 am

Ladies Laugh & Chat (Blue Rm)
- 10:00 am

Pickleball Club (Dining)
- 10:15 am

Zumba (AUD)
- 12:30 pm

Bridge (Blue Rm)
- 2:00 pm

Water Aerobics (Pool)
- Saturday, September 10, 2022
- 12:00 pm

~~Pickleball Club (canceled)~~
- 1:00 pm

Craft Fair Volunteer Meeting (Blue Rm)
- 2:00 pm

Sheldon Memorial (Dining)
- 2:45 pm

Water Volleyball (Pool)
- 4:00 pm

Hand & Foot Card Game (Blue Rm)

Woodburn Estates & Golf

coffee hour

Sep 1 NEIGHBOR SING ALONG

Sep 8 Music by KEN BREWER

Sep 15 STORMS of the GREAT PLAINS

Sep 22 Music by JIMI HARDIN

Sep 29 Music by JOEY C. & SPECIAL GUESTS

Thursdays at 9:30 in the Auditorium

Weekly Drawings and featured Entertainers

Performers listed are subject to change without notice.

Biscuits & Sausage Gravy Breakfast

Scrambled Eggs
Fruit Coffee

September 24, 2022
8:00 - 10:00 am
in the Dining Hall \$6

McCully REALTY

BOONE RIDGE RETIREMENT COMMUNITY
2990 Boone Rd SE Salem, OR 503-383-9993



Woodburn Estates & Golf
Active 55+ Community

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Woodburn Estates & Golf
Active 55+ Community

1. Visit WoodburnEstatesGolf.com

2. Scroll to the bottom of the home page

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

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TASTE & TOUR

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



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