



Craft Fair - This SATURDAY 8:00 - 4:00 pm

After weeks of planning, organizing, and working to get it all together, it is now time to invite everyone in to enjoy the Craft Fair & Book Sales in the WEG Auditorium

By N&V Staff

This Craft Fair is shaping up to be alot of fun. There are 40 different tables displaying their homemade craft: Quilts, paintings, fused and mosaic glass items, pin cushions, crochet organizer, aprons, bowl cozy's, wall plaques, flower pots, jewelry, weaving, afghans, scarfs, hats, dingel dangels, baked goods, gourds, cards, ornaments, earrings, wreaths, birdhouses, tote bags, dog and cat gifts, yard art, teddy bears, crib quilts, handmade ceramics,

2-inch tiles, and gift boxes are just some of the items that you will find. It is a perfect time to pick up that extra special Christmas gift.

Open to Public!

Raffle Items

Raffle items are shop vacuum, circular saw, beach chair, wash pail and accessories, purple quilt, 120-piece socket set. There are also door prizes that will be given out!



Get all your Christmas shopping done in one location!

Election Time is Almost Here

Now is the time to get informed and get involved.

Election time is upon us! Some were asking why all members are not given that chance to vote on important issues like the budget. Our founding documents established a Board of Directors that would make those decisions. However, they are chosen by you. This is your opportunity to pick who you want to be making those major decisions next year. There will be a BOD meeting on Tuesday, Oct 25th at 1:30 pm. President Sharyn Cornett has asked each candidate to come and be prepared to introduce themselves and speak up to 3 minutes. They also will be at Coffee Hour on Oct. 27th.



Carol Bolton



Ken Bourne



Carl Conser



Jaci Pinkston



Marilyn Spellman



Marilyn Sbardellati

Woodburn Estates & Golf

coffee hour

Coffee Hour is now OPEN to the Public

Oct 13

GameShow

SECRET IDENTITY

Oct 20

Music by

MARK SEYMOUR

Oct 27

MEET THE CANDIDATES

Thursdays at 9:30 in the Auditorium

Weekly Drawings and featured Entertainers

Performers listed are subject to change without notice.

TEXAS HOLD'EM POKER

Saturday, November 5th

Dining Hall

12:00 noon to 4 pm

\$25 Buyin - No 2nd Buy

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Presidential Comments

October 2022

Hi everyone! I usually make comments at the board meetings; however, there is room in the N/V this issue this week for me to say something.

First of all, this is the busiest time of the year for our community. We have elections, the annual meeting, the budget, lots of year-end things to complete.

I want to thank all the volunteers who give of their time to help make all of this happen. The volunteers make this community what it is. If we had to pay for all these services, we just could not afford the price.

This community was built by volunteers doing everything. Many fundraisers happened to build the pool, most of the buildings, and parts of the golf course.

We have had a very difficult time these past few years, but things are opening again for all our amenities. It is so nice to see the blue room full of card players, the auditorium full of exercises and events. The goals here are to keep everyone active and busy and out of the house and chair..... although I love my naps.

The world around us is so different from our youth and working years. All the new electronics and ways to communicate are sometimes difficult for us and the world is more accessible, smaller, and faster. Some of this is good, some not so good, depends on your point of view. We have a large population with many varied opinions on how to manage things and people. This community comes from far and wide; our population is varied with lots of different experiences to share.

The thing I know for sure is, since the world is changing, we need to modernize and change to keep up

and keep in existence. We are in the BLACK, not too many HOA's can say that. However, to stay in the black, we must learn and investigate what works and what does not work for this community and keep it at a reasonable cost for all. All the discussions at the many board meetings have produced many inventive ideas and possible workable solutions to try. The meetings have been well attended and informative... thank you all for coming and participating, every comment has been appreciated. It shows you are invested in the future of WEG.

We can't please everyone all the time, that will never happen. We can work on getting the best workable solutions for the need of this community.

Community and support of each other is the value here. We have a common goal—to stay as active as possible, as long as possible and have fun doing everything. We are social beings, that is why the pandemic has been so hard. A party of one is not always fun.

Thanks for reading this. I hope it gave you some words for thought. The rough path is getting smoother, but there are still some bumps to crawl over. The community is in good hands with a strong board and management team and a great employee staff. This is still, in my opinion, the best, most affordable, not cheap, place to spend time with friends and neighbors. As a single household, I feel safe and watched over by everyone here. I appreciate you all for having my back, calling with questions, ideas, possible solutions or just calling to say, "Hi, how are you doing today?" Today I am great! I wish the same for you!

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Some Views from WEG Members

By Editor: The News & Views is really only 'news' as we make great effort to stay away from 'views' in an attempt to not be controversial. However, everyone's views are important and we have appreciated all who have taken the time to express them on the poll. The following is just a selection of views that have come in. These were selected because they were thoughtful, positive, and forward thinking. It isn't what works for us today that is so important. It is trying to form a plan that gives stability to a future WEG. The complete poll can be found on the WEG Website.

Why I choose OPTION ONE

There are numerous benefits to our entire community by offering not only golf, but pool, exercise, bingo, coffees, music, classes, zumba, etc. We all pay for these benefits, regardless of how many benefits we personally use, which is part of belonging to this type of community. This model makes the most sense, if the goal is to continue to bring value to our retirement community and attract new owners and members. Charge the golfers a little more, which would be OK for our home, since both people in our household golf, we could go with that. But we do not use the pool or other services. We do not, however, feel we should get money back because we don't use those (or any other) services. We consider it the price to belong to such a great community that offers such a variety of benefits for its homeowners.

Why do you state number one option is "not sustainable"? We are snowbirds and it is the same model we see in Arizona. You simply increase dues according to inflation and the HOA budget, and it should be incrementally. But if you increase HOA dues substantially every year, someone (the board?) is not, or has not, been doing their job. We should have a contingency fund for our HOA. It's standard and it should have been done over the years to protect all of us from emergency budgetary needs.

Be smart with the money and be advocates for all homeowners. We need to keep offering all amenities that make this attractive to as many people as possible. It is a gem of a community so don't start cutting back on the most attractive features we have. Keeping the status quo should not be looked at as "not sustainable" if it is done correctly.

Why I choose OPTION TWO

The course is not used to its capacity, open it up to the public. I think our members are afraid of this because they think we will have more trespassing, crime, and course damage. But think about this, we now have guests that play from the Oregon Trail program, members guests, etc. My feeling is that MOST golfers generally respect the course and it will give them the opportunity see our community and possibly buy a home here.

I would prefer that all recreational activities in our community be self-supporting; pay their own way. I feel that whatever activity you want to indulge in, you should pay for it. Collectively, if the fees generated are insufficient to cover the cost of maintaining that activity... cease running that activity. Open ALL recreational activities to the public with minimal restrictions, give WEG members a modest discount compared to nonmembers, and for at least one year, see whether this proposal is self sustaining. WEG members would continue to pay an HOA but with no increases for at least a year.

Everything has become more expensive over the last year. Tucking our heads in the sand and ignoring it is not a reasonable response. Attempting to make some outside income from the outside with the golf course is a good idea. Tracking internal projects is probably necessary as well. A bit more openness about what is being done by employees and what is being done by volunteers might quash some of the complaints that I hear...

Why I choose OPTION THREE

What is a Country Club? A private country club is a membership organization for golf, recreation, and social activities. Clubs often boast expansive facilities with top-rate golf courses, dining options, pro shops, and more.

Some organizations bill themselves as country clubs. Others refer to themselves as golf clubs. Is there a difference? Although the terms are largely interchangeable, as a general rule, a golf club's main focus is golf while a country club offers a broader range of programs or facilities.

The amenities are our attraction, yet some people want to think and feel we should just be cheap housing. Thinking of WEG as cheap housing needs to change. We have as many people describe, a hidden one-of-a-kind treasure.

Some say we need to advertise WEG more but if you look at the home sales and how long a home is on the market it is plain to see, homes sell whether we advertise or not. Realtors do that for us. Just think of the value of your home when going to sell your home and advertise all-inclusive amenities.

Thanks to Phil's work as treasurer, the current financial model of; a Capital Working Fund, a very healthy Reserve Fund now and into the future, it is time to get the poor Operating Fund fixed. Moving to one fee for all creates a predictable and sustainable model for the future. Yes, it will be difficult for some homeowners so it might take one or two years to bring one fee for all into place to make WEG healthy for the next 60 years. But it needs to be done.

It only takes five yes votes to make the proposal move forward. I hope each of you chooses to be on the winning side of this proposed model.

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**WEG Real Estate Report**
By **Jacqueline Benham** 

PROPERTIES CURRENTLY FOR SALE

List Price	Location	Bdrms	Baths	Size
\$260,000	1333 Rainier Rd	1	1	960
\$269,900	1379 Hampton Way	2	1	1008
\$274,500	2245 Umpqua Rd	2	1	1112
\$275,000	280 S Cascade Dr	2	1½	1120
\$279,000	1615 Ecola Wy	2	1	845
\$279,900	1323 Thompson Rd	2	1	812
\$285,000	1655 Rainier Rd	2	1	870
\$289,900	1080 Stanfield Rd	2	1	898
\$297,000	1610 Sallal Rd	2	1	864
\$309,000	900 Astor Way	2	1	950
\$319,000	1345 Randolph Rd	2	1	1157
\$319,000	876 Oregon Wy	2	1	1146
\$328,900	1865 Thompson Rd	2	1	812
\$329,900	763 Oregon Wy	2	1½	1241
\$375,000	1565 Princeton Rd	2	2	1314
\$415,000	2160 Country Club TER	2	2½	1608
\$425,000	1200 Stanfield Rd	2	2	1086
\$425,000	517 W Clackamas CIR	2	2	1271

PROPERTIES CURRENTLY PENDING

List Price	Location	Bdrms/Baths	Size	DOM*
\$250,000	2057 Sallal Rd	1 1	725	1
\$275,000	1140 Stanfield Rd	3 1	925	13
\$277,500	1373 Rainier Rd	2 1	812	9
\$280,000	1650 Vanderbeck Ln	2 1	812	51
\$284,999	1565 Thompson Rd	2 1	870	3
\$295,000	2273 Umpqua Rd	2 2	945	14
\$299,000	1549 Thompson Rd	2 1	814	113
\$299,900	245 S Columbia Dr	2 1	856	46
\$312,900	1545 Rainier Rd	2 1	1028	18
\$359,900	1986 Heather Wy	2 2	1355	4
\$395,000	2097 Heather Wy	2 2	1304	32

PROPERTIES SOLD & CLOSED (1 MONTH)

List Price / Sale Price	Location	Beds/Baths	Size	Sale Date
\$314,900/\$315,000	1318 Garden Wy	2/2	892	09/23
\$330,000/\$330,000	1567 Sallal Ct	2/2	932	10/07

All Statistics courtesy of RMLS & WVMLS. Status is subject to change.
Information deemed to be reliable however not guaranteed.
* Days On Market Updated 10/20/2022



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PICKLEBALL HAS ITS ACHES AND STRAINS

By Donna Stone

Nineteen Woodburn Estates residents circled around the young man—he called out instructions: Toe walk, heel walk, stand on one leg while raising the opposite knee to hip level.” What was going on?

Jason James, DPT (Doctor of Physical Therapy) and owner of Boones Landing Physical Therapy in Wilsonville addressed this enthusiastic group of pickleball players Sept. 26th in the Woodburn Estates & Golf auditorium. He demonstrated simple exercises to prevent injuries during pickleball games and included a lot of humor which this group thrives on.

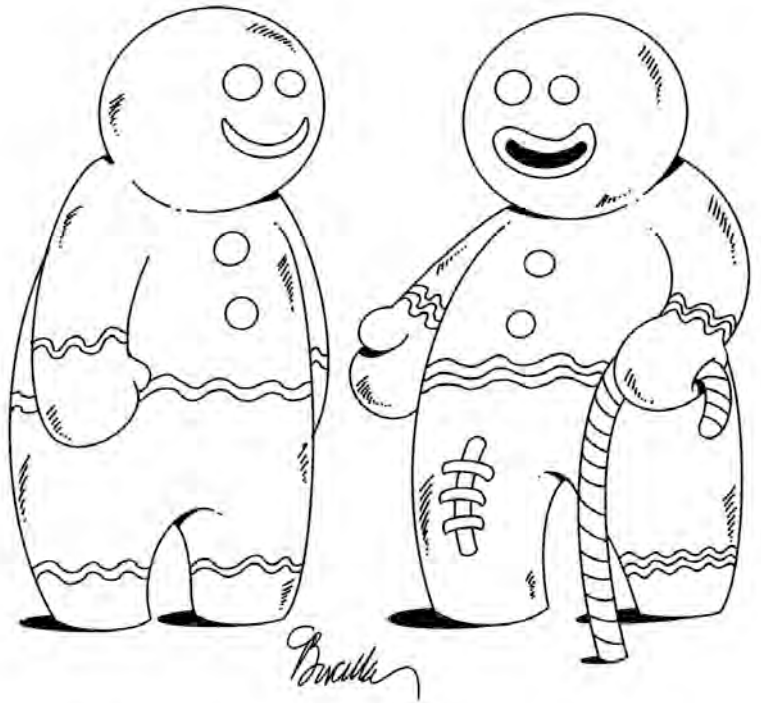
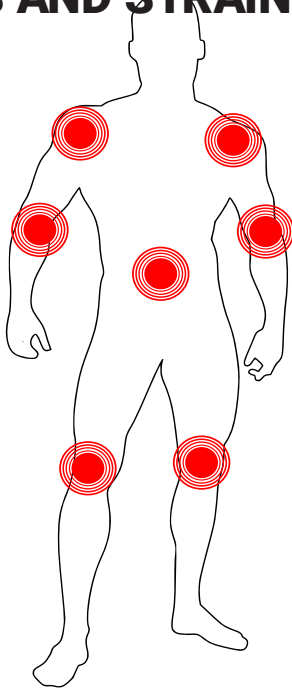
Despite the innocuous looking pickleball court, new players tend to lunge and overreach to return the simple 7/8 oz. plastic ball, causing shoulder or knee injuries. The formula for getting active and staying active involves a simple warm up and flexion routine. According to James, this routine, plus muscle strengthening exercises for muscle groups critical for pickleball, will most often prevent these injuries.

Pickleball involves fast, quick moments of feet, arms and shoulders too often leading to injuries. A recent article in the New York Times stated that pickleball injuries “grew rapidly” from 2010-2019 according to an analysis of Emergency Room visits of pickleball players over age 60.

According to USA Pickleball, half of hard-core players are 55 and above. What sometimes occurs is injury or re-injury of previous strains and, as physical therapists tell patients, older bodies don’t repair as quickly as young ones.

The social benefit is great! An avid new fan recalls she barely left the house for months after she lost her husband to cancer last year. “A friend called to check on me, and he told me to get out of bed, take a shower, put on some clothes, and go play pickleball.” So she went on Facebook, found places to play, and now plays five times a week. “It saved my life,” she declared. “The first time I laughed since my husband died was on a pickleball court.”

Nearly 5 million players in the US alone enjoy this fast-growing sport, especially the over 55 crowd. For more information on when and where to play contact WEG Pickleball Club president Rick Irish at 503-313-5190.



“The knee replacement went well. I’ve already graduated from the candy walker.”

Coffee Pick-me-up: What Amount is Perfect?

By N&V Staff

Suppose you are a soldier. You’ve gone days without much sleep, but you must stay as sharp as possible because lives could be at risk.

That’s just the scenario the U.S. Army considered when they developed an algorithm for the perfect amount of coffee for maximum alertness.

Senior research scientist Jacques Reifman, U.S. Army Medical Research and Materiel Command, helped develop the algorithm that predicts caffeine dose based on sleep patterns, according to The Wall Street Journal.

An 8-ounce cup of weak coffee has about 100 milligrams of caffeine. A strong cup has 175 milligrams.

About 40 percent of soldiers sleep no more than five hours a night, less than the seven or more hours recommended by the Centers for Disease Control.

Meanwhile, the average civilian sleeps about 6.8 hours a night.

The algorithm finds that a generally well-rested person, in this case a soldier, who gets five hours of sleep one night could drink eight ounces of weak coffee upon waking at 7 a.m. and the same at 9 a.m. The soldier then would be just as alert as a person who slept eight hours.

While eight hours of sleep produces high levels of alertness all day, a person who sleeps no more than 6.8 hours each day for a week would need 200 milligrams of caffeine at 7 a.m. and at 9 a.m. to achieve the same alertness.

The full mathematical model with a working name of 2B-Alert will be online in app stores in a few months.



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Hardwoods
Bonus Rm/Office
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517 W Clackamas Cir
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\$449,000

October Sudoku

How to solve sudoku puzzles
No math is required to solve a sudoku. You only need logic and patience.
Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only

2	7	6	4	1	5	3	9	8
5	1	3	8	9	2	6	4	7
8	4	9	3	7	6	5	1	2
6	5	7	2	4	8	9	3	1
4	3	2	9	6	1	8	7	5
1	9	8	5	3	7	2	6	4
7	2	4	6	8	9	1	5	3
9	8	1	7	5	3	4	2	6
3	6	5	1	2	4	7	8	9

	7		4					8
5	1					6		
	4	9	3	7				
	5		2			9		
4								5
		8			7		6	
				8	9	1	5	
		1					2	6
3					4		8	

appear once in a column or row in the larger grid. The difficulty on this puzzle is easy.

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Halloween Tweets - Jokes

Halloween is coming and I still have no idea what I am going to be for the rest of my life. @SamGrittner

Halloween is my favorite holiday where you can trespass on a stranger's property and make a non-negotiable demand. @rolldiggity

Two Halloweens ago, I was brutally owned by a small child when I answered my door in normal clothes and she said, "Nice lumberjack costume." @ceejoyner

Idea for a haunted house: Dimly lit grocery store sprinkled with people you haven't talked to since high school. @paperwash

Going to a Halloween party and pretending to be someone I'm not is good practice for the family Christmas party. @TheNardvark

Happy Halloween Eve. Remember, if Tim Burton sees his shadow tomorrow, that means six more weeks of pumpkin lattes.

@OhNoSheTwitnt

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

CALENDAR

Oct 22 - 29

Please contact the office for any changes in the calendar for date, time or location.

Saturday, October 22

8:00 am Craft Fair (Dining/auditorium)
2:45pm Water Volleyball (Pool)
4:00pm Hand & Foot Card (Blue Rm)

Sunday, October 23

1:00pm Music Jammers (Auditorium)

Monday, October 24

8:00am Mermaid Aerobics (Pool)
8:30am Sr. Estates Quilters (Craft Rm)
8:30am Walking Club (Auditorium)
9:15am Yoga (Auditorium)
9:30am Ladies Laugh & Chat (Blue Rm)
10:00am Pickleball (Dining Hall)
10:15am Senior Cardio/Zumba (Auditorium)
11:15am Tai Chi Advanced (Auditorium)
12:30pm Bridge (Blue Rm)
2:00pm Water Aerobics (Pool)
5:00pm Pickleball Club (Dining Hall)
5:45pm Water Volleyball (Pool)

Tuesday, October 25

8:00am Mermaid Aerobics (Pool)
9:00am Ping Pong (Dining Hall)
10:00am Fitness Club (Auditorium)
10:00am Needlecraft (Card Rm)
11:00am Uke-de-dos (Craft Rm)
11:15am Progressive Hand&Foot (Blue Rm)
1:00pm Bible Study (Conference 1)
1:30pm BOD Board Meeting (Aud)
2:45pm Water Volleyball (Pool)
5:00pm Poker (Card Rm)
5:30 pm RMF Educational Seminar (Blue Rm)
6:00pm Pickleball Club (Dining Hall)

Wednesday, October 26

8:00am Mermaid Aerobics (Pool)
8:30am Walking Club (Auditorium)
9:00am Ping Pong (Dining Hall)
9:15am Yoga (Auditorium)
9:30am Ladies Laugh & Chat (Blue Rm)
10:00am Pickleball Club (Dining Hall)
10:15am Senior Cardio/Zumba (Aud)
12:00pm Friends of Bill W. (Craft Rm)
12:00pm Double Deck Pinochle (Card Rm)
1:30pm Wii Bowling (Auditorium)
2:00pm Water Aerobics (Pool)
6:00pm Bingo (Dining Hall)
6:00pm Pinochle Group (Blue Rm)

Thursday, October 27

8:00am Mermaid Aerobics (Pool)
8:30am Sr. Estates Quilters (Craft Rm)
9:30am Coffee Hour (Auditorium)
12:00pm Pinochle (Blue Rm)
5:00pm Poker (Card Rm)
5:45pm Water Volleyball (Pool)
6:00pm Pinochle Group (Blue Rm)

Friday, October 28

8:00am Mermaid Aerobics (Pool)
8:30am Walking Club (Auditorium)
9:15am Yoga (Auditorium)
9:30am Ladies Laugh & Chat (Blue Rm)
10:00am Pickleball Club (Dining Hall)
10:15am Senior Cardio/Zumba (Aud)
12:30pm Bridge (Blue Rm)
2:00pm Water Aerobics (Pool)

Saturday, October 29

12:00pm Pickleball Club (Dining Hall)
2:45pm Water Volleyball (Pool)
4:00pm Hand & Foot (Blue Rm)
6:00pm Halloween Party(Auditorium)

Announcing ...



Billy & the Rockets'

Rockabilly, Do-Wop, Country

Rock & Roll

Halloween Party

Sat., Oct. 29 - 7:00

Woodburn Estates Auditorium

1776 Country Club Rd.

\$10

At the door!

50/50 RAFFLE / DOOR PRIZES

PUMPKIN CARVING CONTEST

BEST COSTUME CONTEST



THEY SAY.....QUOTABLES

We must all suffer from one of two pains: the pain of discipline or the pain of regret. The difference is discipline weighs ounces while regret weighs tons.
Jim Rohn

Just when you think humanity has found the limits of stupid, they go and ratchet up the standard by another notch.
Dennis E Taylor

The difference between stupidity and genius is that genius has its limits.
Albert Einstein.

The great tragedy of Science -- the slaying of a beautiful hypothesis by an ugly fact. Thomas H. Huxley

The first half of our lives are ruined by our parents and the second half by our children. Clarence Darrow

OFFICE CLOSED ON WEDNESDAYS

Magic -- High Tech and Low Tech Still Amazes

All things creepy and mystical abound in October, including things magical, and, increasingly, tech magic.

Magic has always followed the culture. It changes with the culture, but also stays the same.

According to illusionist and endurance artist David Blaine, the first card trick to be recorded in 1478 would likely fool you today. Depends on the skill of the performer, of course, and the willingness of the audience to be amazed.

Magic has always involved technology. A 17th century German priest secretly used a lantern to create ghosts for his watchers, Blaine wrote in The Economist. It was very high tech then, since no one really expected a lantern to project images. Today we call it a slide projector, and it probably wouldn't fool many.

Illusionist Jean Eugene Robert-Houdin (Harry Houdini named himself after him) in 1856 used electromagnetism, then little known, to make it seem that, through his own will power, he could prevent a strong man from picking up a small iron box.

Today, you'll see iPads pour beer. Cell phones that magically text messages. Even phones that magically ring on cue. These days magicians can predict Tweets or pull a napkin clear through a cell phone.

At the heart of technology magic is the conviction that what appears to happen can't happen. Can't be done.

What's going on?

The wily illusionist still shocks and amazes with time-tested skills and spells - that's what. Today, if you want to be amazed, there is a lot of magic out there, both old and new. And, really, who cares

how it's done? It's still cool to be amazed.

Either way, it could be time to dust off the found-a-quarter-behind-your-ear trick for October. It's still the perfect trick for kids and, after all, Oct. 31 is National Magic Day, which coincides with Harry Houdini's death.

