



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

# Amazing Craft Fair

Special shout-out to Jone Drury who organized the whole thing. 100% Success



Woodburn Estates & Golf

coffee hour

Nov 3

Music by DAVID ASTON

Nov 10

Music by ROGER & NANCY WILHITE

Veterans Day Celebration

Nov 17

GameShow TRIVIA

Nov 24

Thanksgiving - No Coffee Hour

Thursdays at 9:30 in the Auditorium

Weekly Drawings and featured Entertainers

Performers listed are subject to change without notice.

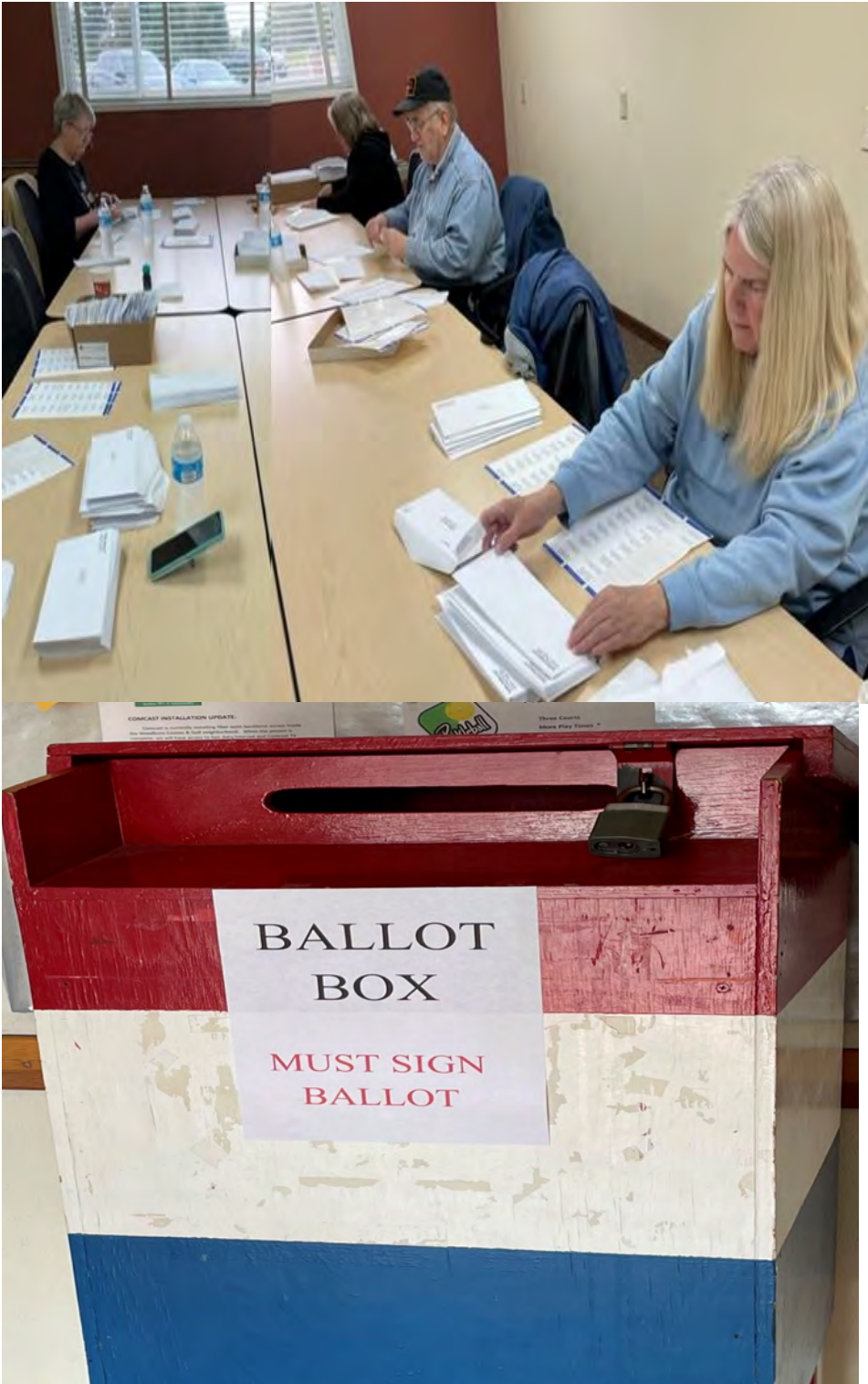


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# Ballots are in the Mail

Operation Ballot Stuff was a great success! It took two days, 8 people, and an order of Subway Sandwiches. Special thanks to the great team: Kathy Hiller, Linda Hoover, Jone Drury, Mary Christiansen, Candy Steffen, Sharyn Cornett, and Sherman Lackey were all on deck to help with the process. We started out in the dining room doing the initial stuffing. That went quickly and then we enjoyed lunch with the work staff. We finished up on the 2nd day in the conference room putting the final touches on each envelope. We delivered them to the office, who was taking them to the post office. USPS will then bring them back to WEG, to each of your homes! It is quite the process. **HAPPY VOTING!**



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WEG Real Estate Report

By Jacqueline Benham

Hybrid

REAL ESTATE

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
\$275,000	280 S Cascade Dr	2	1½	1120
\$285,000	1655 Rainier Rd	2	1	870
\$289,900	1080 Stanfield Rd	2	1	898
\$295,000	2273 Umpqua Rd	2	2	945
\$297,000	1610 Sallal Rd	2	1	864
\$309,000	900 Astor Way	2	1	950
\$309,999	2389 Umpqua Rd	2	1	880
\$314,900	763 Oregon Wy	2	1½	1241
\$319,000	1345 Randolph Rd	2	1	1157
\$319,000	876 Oregon Wy	2	1	1146
\$345,000	1174 Dellmoor Wy	2	1 ½	864
\$359,900	1986 Heather Wy	2	2	1355
\$369,900	1453 Umpqua Rd	2	2	1006
\$375,000	1565 Princeton Rd	2	2	1314
\$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
\$274,500	2245 Umpqua Rd	2 1	1112	70
\$279,000	1615 Ecola Wy	2 1	845	114
\$279,900	1323 Thompson Rd	2 1	812	63
\$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
\$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
\$328,900	1865 Thompson Rd	2 1	812	19
\$344,900	1992 Santiam Dr	2 2	1270	5
\$395,000	2097 Heather Wy	2 2	1304	32
\$415,000	2160 Country Club TER	2 2½	1608	19

PROPERTIES SOLD & CLOSED (1 MONTH)

List Price / Sale Price	Location	Beds/Baths	Size	Sale Date
\$275,000/\$275,000	1140 Stanfield Rd	3/1	925	10/20
\$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 on 10/27/22

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Technical Issues with Zoom

By Secretary

The 'BOD meeting on Zoom' experiment has not been very successful. For the past several months, using a combination of personal equipment of the secretary and WEG equipment, a Zoom meeting has been set up to allow members to watch the BOD meeting via a link. The link has been published before each meeting on the agenda that is sent out via Bugle Blast. However, there has been a lot of problems and the overall quality of the sound and video has been poor. Several people have reported that they have problems accessing the meeting itself. The Zoom format does not allow the ability to participate in the discussion remotely. The bottom line has been frustration all the way around.

As Secretary, I apologize for the frustrations and inconvenience that this has caused. I wanted this to work and I tried my best to find solutions. However, I do not have the technical ability, knowledge, time, nor equipment to resolve all the issues.

A volunteer has come forward, offering to help. However, there needs to be some discussion regarding how the BOD wants to move forward with this. The Zoom option was initiated because of COVID and the inability to have in-person meetings. That is no longer an issue. We will continue to have the Zoom link for the remainder of this year and then a decision regarding whether to continue will be made. Please note: There will not be a ZOOM link for the Annual Meeting on November 8th.

Theft in Golf Cart Barn

Someone entered into the Golf Cart Barn on the night of October 24th and attempted to steal a golf cart. They drove it out but the battery died so it was left abandoned.

There was at least one set of clubs taken from another cart. If you are missing anything from your golf cart, please let the Pro Shop know. PLEASE REPORT ANY SUSPICIOUS ACTIVITY.

In the meantime, the management team is working on getting quotes for the installation of cameras and putting up surveillance signs.

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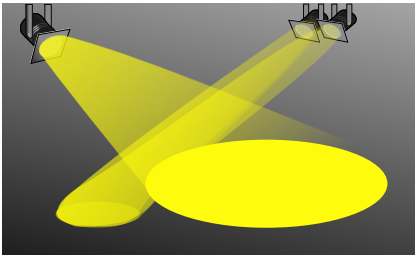
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# Spotlight on WEG Residents

Checking out all the tables at the Craft Fair, it was obvious that we are surrounded by very capable and talented people. News & Views would like to take a moment and shine a spotlight on some of these folks who live among us and stand out in the community.

## Sharon Schaub, City Council

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**Sharon Schaub**

- ★ Served my constituents in Ward IV on the Woodburn City Council for the past 8 years.
- ★ Conservative, and an advocate for Police and Fire Departments.
- ★ Passionately committed to leadership by example that reflects the values of our community.

## Debra Huddleston with Celebratory Concert

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## November's 'Meet the Artist'      Chuck Wesemann



By Anne Reslock

Chuck Wesemann is our featured artist in the Living Room for November.

Chuck retired to Woodburn Estates 20 years ago. Neighbors were attending Open Studio 10am-3pm and they convinced his late wife Judy to attend and she began painting which encouraged him to begin painting.

Chuck took lessons in ink and watercolor 14 years ago and that has been his media focus since. Chuck has been painting for 14 years , so he still considers himself an amateur. His main focus for his life has been military, school, job; with marriage and kids coming first.

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## Take Hypertension Drugs at Night

Duke University Medical Center reports that people with high blood pressure may benefit more by taking their medications at bedtime.

Ambulatory blood pressure monitoring (ABPM) tracks a person's blood pressure 24 hours a day. It shows that 62 percent of those taking at least one medication at night were able to control their blood pressure over a 24-hour period, compared with 53 percent of those who took them in the morning. Talk to your doctor before making any medication changes.

## Exercise Fights Winter Colds

People who exercise frequently, as well as those who rate themselves as physically fit, are less susceptible to upper-respiratory infections. A study by Appalachian State University suggests those who work out five days a week suffer 43 percent fewer days with respiratory infections than those who exercise just one day a week.

Even when fit people got sick, their symptoms were less severe than those of non-exercisers.

Your best defense against a cold or flu might be found in the gym.

## Respite Care: Every Caregiver Needs a Break

Respite is time off, time away, a much-needed time for a caregiver. It's relying on someone else, whether a friend, relative, volunteer, or professional, who can fill in for you and give you some time to yourself -- because your wellness should be priority number one.

Unfortunately, according to a National Respite Coalition survey, most caregivers don't realize they're in need of respite care until it's too late.

Only a small percentage of a National Alliance for Caregiving members actually used respite care. When they did, it was because of a health crisis or another emergency.

The problem is that they don't see themselves as caregivers, but as spouses, mothers, or sisters whose obligation it is to care for someone. They don't see themselves as entitled to a break.

If you are a caregiver, you need time away just as any worker needs a vacation from the daily stress of his or her job, according to the National Caregivers Association. It's a break that renews you.

The ideal respite is to go somewhere else so you're not in the same environment. That's the best way to clear your head. It gives a little bit of your life back.

Don't wait until you become very depressed or very ill. Arrange it now for a few hours at least once a week.

## Don't Fry the Fish!

Researchers have found that people living in southern coastal areas consume a larger amount of fried fish than people in other areas of the country. They also have a higher stroke risk, according to the journal Neurology.

Fish is generally known as a healthy food, but frying it destroys the healthy omega-3 acids in fish and adds to calorie and fat content.

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"I'd like the Hansel and Gretel value meal..."

# National Pizza Month

## Homemade Pizza Pockets on the Menu



## October is National Pizza Month

Kick off football season with a great halftime snack that is tasty and satisfying: Pizza pouches. Homemade pizza pockets are commercially available, of course. Good news. Homemade pizza pockets are easy to make and stuff with your favorite fillings. You can even choose your foundation: Regular pizza dough, pita bread, or tortillas.

Here is a recipe that will please the football fans in your life.

### Homemade pizza pouches

1 pound pizza dough (refrigerate until ready to use)

1-2 jars of your favorite sauce.

Fillings

Directions

Divide the pizza dough into four sections. Roll out each about 1 1/2 inches thick and spread sauce over the dough. Add toppings of choice and fold over. Use a fork and fingers to crimp the sides of the pizza pocket. Slice the top of the pocket for ventilation and drizzle with olive oil.

Place prepared pizza pockets on a baking sheet lined with foil and bake at 350 for 30 minutes until lightly browned. Remove from the oven, allow to cool and serve.

Leftovers can be frozen. Wrap with aluminum foil and place into a plastic zip bag. If secured well, these will last up to 3 months in the freezer.

Next Sunday Football: Remove from freezer and allow thawing. Place in the microwave for 3-5 minutes, depending on the thickness of the pizza pocket and check throughout heating time.

Make your own sauce:

1 28-ounce can of crushed tomatoes (if you want to use your garden tomatoes, start with 2 pounds).

2 tablespoons dried oregano

2 tablespoons smoked paprika or chili powder

1 tablespoon salt

1 teaspoon dried basil

Fresh tomatoes

Heat oven to 375. Slice tomatoes in half and place on baking sheet lined with aluminum foil. Sprinkle with 1 tablespoon salt and drizzle with olive oil. Bake for about 20 minutes. Once the tomatoes have begun to soften and brown at the edges, remove from the oven and allow to cool for 5 minutes. Drop oven heat to 350. Put tomato halves into a blender and puree until tomatoes reach the desired consistency. Once all tomatoes are pureed, move to a heavy skillet and heat for about 30 minutes.





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# CALENDAR Oct 29 - Nov 5

## Saturday, October 29, 2022

- 9:00 am Golden Girls (Card Rm)
- 11:00 am Private Event (Auditorium)
- 12:00 pm Pickleball (Dining)
- 2:45 pm Water Volleyball (Pool)
- 4:00 pm Hand & Foot Card Game (Blue Rm)
- 7:00 pm Halloween Party (Auditorium)

## Sunday, October 30, 2022

## Monday, October 31 Halloween

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

## Tuesday, November 1, 2022

- 8:00 am Mermaid Aerobics (Pool)
- 9:00 am Ping Pong (Dining Hall)
- 10:00 am Fitness Club (Auditorium)
- 10:00 am Needlecraft (Card Rm)
- 10:00 am Writing Class (Blue Rm)
- 11:00 am Uke-de-dos (Craft Rm)
- 12:00 pm Progressive Hand & Foot (Blue Rm)
- 1:00 pm Bible Study (Conference 1)
- 2:45 pm Water Volleyball (Pool)
- 5:00 pm Poker Games (Card Rm)
- 6:00 pm Pickleball Club (Dining Hall)

## Wednesday, November 2, 2022

- 8:00 am Mermaid Aerobics (Pool)
- 8:30 am Walking Club (Auditorium)
- 9:00 am Ping Pong (Dining Hall)
- 9:15 am Yoga (Auditorium)
- 9:30 am Ladies Laugh & Chat (Blue Rm)
- 10:00 am WEG Men's Club Meeting
- 10:15 am Senior Cardio/Zumba (Auditorium)
- 12:00 pm Friends of Bill W. (Craft Rm)
- 12:00 pm Double Deck Pinochle (Card Rm)
- 1:30 pm Wii Bowling (Auditorium)
- 1:45 pm Home-Style Hymn Sing (Blue Rm)
- 2:00 pm Water Aerobics (Pool)
- 6:00 pm Bingo (Dining Hall)
- 6:00 pm Pinochle Group (Blue Rm)

## Thursday, November 3, 2022

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

## Friday, November 4, 2022

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

## Saturday, November 5, 2022

- 11:00 am Texas Hold'em Poker (Dining)
- 1:15 pm Medicare Plan Mtg (Conference 1)
- 2:45 pm Water Volleyball (Pool)
- 4:00 pm Hand & Foot Card Game (Blue Rm)

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Merman's Welcome!

By Jill Mills

The Mermaid Water aerobic class meets Monday through Friday at 8:00 am. They want to send a welcome to any 'Merman's that are interested in this activity and would care to join.

When we enter our senior years, we face the challenge of doing enough physical activity to keep fit while avoiding injury from falls and joint issues. Aquarobics or water aerobics, along with other water-based exercises, can be the perfect answer to this dilemma. Aquarobics is an effective way to keep active, especially if you have chronic health conditions such as arthritis, joint problems, and circulation issues .

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