

New Quilting Group

By Anne Quinn

Come together for the love of fabric! We will be starting a new quilters club on Monday, February 6, from 12:30 - 4:30 in the auditorium.

Come share this time and space for a bit of sewing, whether that's hand sewing or machine sewing. It will be an opportunity to view and share. Myself, I love to see what others are working on. We will have tables to set your machine up on and space to cut and iron. Please bring your own project to work on.

We want everyone! This is the place for the coming together of various quilting backgrounds and skill levels which makes for the perfect place to learn and share quilting tips. It can be basic squares, appliqué, fiber art quilting, or modern quilting.

Making quilts helps with cognitive, creative, and emotional well-being!

Quilting is great for the brain and soul and lifts a person's spirits. The goal is for this to be a time to recharge your creative side and for the love and art of quilting !

Delivery People Urgently Needed

By Jim Hoover, Distribution

Due to medical, personal, and snowbirding reasons, we have six (6) News & Views delivery routes vacant. This service to our community takes only an hour twice a month and is a good chance for you to get some fresh air, exercise, and social contact--a win-win on every level. To volunteer, please call Linda Hoover 503-380-8422.

City of Woodburn Trips



The Recreation and Parks Department of the City of Woodburn is offering a day visiting Oregon City Museums February 17, from 9:30 a.m. to 4:00 p.m. In celebration of Oregon's birthday on February 14, spend the morning at the Museum of Oregon Territory learning about Oregon's history. Enjoy lunch on your own at Corner 14 food carts and then visit two historic house museums from very different time periods to see how things have changed over time. Fee is \$40, transportation included. Lunch at your own cost. Register online at wdbrn.recdesk.com or call 503-982-5239.

Grief Share Meeting

The Grief Share group will be resuming monthly meetings on Feb. 2 from 1:00 p.m. – 3:00 p.m. Meetings are held at the Woodburn Christian Church, 126 Workman in Woodburn. Anyone who has suffered the loss of a loved one is invited to attend.



Woodburn Estates & Golf

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Party starts @ 2:30 Kickoff @ 3:30
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Woodburn Estates & Golf

coffee hour

Feb 2 **BINGO FOR FUN**
Feb 9 **Music by KEN BREWER**
Feb 16 **TBD**
Feb 23 **GameShow MAJORITY RULES**
Thursdays @ 9:30 \$2 Cover Charge
Weekly Drawings and featured Entertainment
Entertainment listed is subject to change without notice.

News & Views Article Deadline

Publication Director, Sherman Lackey

All articles, advertising, and pictures are to be submitted to N&V by 9:30 a.m. on Thursday, the week before the Thursday delivery distribution. Eagle Press has moved up their deadline and therefore, our deadline has changed.

Making New Year’s Resolutions Work

By Brad Zomick

Despite the best of intentions, once the glow of a fresh new year wears off, many people struggle to make good on their plans. According to a study published in the Journal of Clinical Psychology, only 46% of people who made New Year’s resolutions were successful.

The study also involved non-resolvers, people who did not make a New Year’s resolution but had a goal they wanted to achieve that year. Only 4% of non-resolvers were successful at achieving their goals, a far bleaker result than those who did make a New Year’s resolution.

Naturally, we don’t want to be in the camp of folks that fail to achieve their aspirations and dreams for 2023, so we’ve put together an exhaustive plan for following through on your resolution.

If you want to realize your New Year’s resolution this year, follow these steps

Mentally prepare for change.

Changing ingrained habits is no easy task, so before diving head-first into your New Year goals, it is important to take a step back and get

ready for that impending change. The first breakthrough in change is taking a personal inventory. Being that it’s the end of one year and the beginning of the next, it’s perfect timing to take stock of the past year’s accomplishments.

Think about the following:

- What did I set out to do in the past year?
- Where did I make progress?
- Where didn’t I see progress?

Naturally, your resolution may focus on areas that lack progress, but don’t forget to savor the progress made and find some small way to celebrate.

As you start thinking about the changes you want to implement, make sure to do the following:

- Stay positive
- Try not to make big/quick changes
- Change should be gradual
- Build on smaller changes
- Allow a little room for error

Set a goal that motivates you

You would be surprised how often people set goals that are not for themselves. These goals could be dictated to or coerced by a manager, spouse, or parental / peer pressure.

While it’s nice to have some

external support, if you don’t share the same passion, the resolution has a small chance of succeeding and could even be dead on arrival.

To do this, you need to make sure the goal you set is important to you and only you and that there is value or benefit for you in achieving the goal. It is these two things that will provide the reason and willingness to act. This is also known as motivation!

Limit resolutions to a manageable amount

A common mistake in resolution setting is having too many and spreading yourself too thin. We all want to learn 25 different languages, 15 new job skills, and eliminate 5 bad habits, but we are not superheroes. We only have so much attention span we can dedicate to self-improvement, so having too many resolutions is a great way not to achieve the many goals you have set out for yourself.

Thus, you should make a short list of resolutions that you can manage in the upcoming year.

Knowing that short list of priorities is the hard part. The key here is understanding how to prioritize.

Final thought: It’s better to tackle one resolution well than multiple resolutions poorly.

Be specific when it comes to setting resolutions

It’s easy to set bad goals that could lead to poor follow through.

Fortunately, the SMART goal-setting framework can help you craft better goals.

SMART goals are:

Specific - Articulate the resolution as clearly as possible. For example, quitting smoking is better than being healthy. While “being healthy” is great, the wording can be interpreted in many ways.

Measurable - Quantify your resolution, if possible, i.e., I will lose 10% of my body weight.

Attainable - Choose a goal within the realm of possibility yet challenging. Making 100 friends this year would be amazing but probably hard to do. On the other, making 10 new friends is doable.

Relevant - Keep it relevant to your priorities and goals. See the motivation section above!

Time-sensitive - Give yourself a time frame in which to achieve a goal.

A deadline will instill some urgency and provide a time when you can celebrate your success.

Break up big goals into smaller goals.

A lot of us tend to be over-eager and grandiose when it comes to resolutions. We have the best of intentions and may accidentally take on a goal that is too big to achieve. Thus, it’s helpful to divide a big goal into smaller goals that are more achievable.

You can break up your year-long resolution into weekly or monthly goals. And have tasks planned for each month.

Now chunking up a big goal is easier said than done. Here are a few tips to help you make your massive goal more achievable:

- Create a list of sub-tasks
- Prioritize and order them
- Use a visual map to display
- Assign milestones to each task
- Decide how much time each task requires
- Allocate resources accordingly
- Focus on the next step, not the big goal

Write down your goals

While it’s great to have goals, it is critical to document them in some way. Here are six reasons to write down your goals:


- They are easy to forget. While that may seem silly, we are human, and it is human to be easily distracted and forgetful.
- Writing down your resolutions helps you clarify what it is you want to achieve. It forces you to make decisions and be precise with your words.
- Writing establishes intention, but action needs to be taken to achieve your resolution. Having a written account of your goals is a constant reminder to take action.
- Written goals can act as a filter and guiding light for what opportunities to pursue. On any given day, there are a million decisions to make. When in doubt, refer to the goals you have set to dictate the way forward.
- Documented goals will help you overcome resistance to progress. We set goals to move forward, but there is a natural resistance to change. Your written goals spur you forward when you hit a speed bump or obstacle.
- Finally, written goals are a reminder of how far you have come and what you have achieved.



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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.

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Making New Year’s Resolutions Work (con’t)

It’s a nice feeling to look back at the end of next year and know your resolution has come to fruition. It’s a reason to crack open that bottle of champagne and celebrate.

Share your resolutions with others

It’s great to make a resolution for yourself and maybe even write it down, but if no one else knows about it, it’s easy to forget about or even ignore. And when you don’t achieve it, no one will notice or care.

On the flip side, your counterparts who decided to tell someone about their goal, feel something different. Now that they’ve gone public with their goal, they feel a sense of obligation and accountability. Essentially, if you don’t follow through, they are going to let everyone down.

Crazy as it sounds, this sense of guilt is often more powerful than self-motivation. The upshot here is that

when you do succeed, the people you shared with will celebrate with you!

Automate where possible

The good news is you probably have technology in your pocket that can help you follow through on your resolution – automation in the form of reminder apps.

Nowadays, there are a million different apps and services to help you follow through on your resolutions. These free tools can help provide a constant reminder to have the ability to schedule reminders and milestones.

Review your resolution regularly

Let’s face it, if you are not thinking about your resolution regularly, you are not going to follow through. Thus, a crucial part of realizing your goal is a regular review.

At a minimum, this review should be monthly, but the more frequent, the better.

Here’s one way to build goal review into your routine.

- Schedule a monthly “big picture” review during the first week of each month. This will serve as a planning meeting where you distribute smaller tasks and goals to different weeks throughout the month.
- Do a weekly check-in to check progress on the monthly goal.
- Set a daily reminder for smaller resolution tasks.

It may seem a little crazy to think about your resolution every single day, but it is those smaller incremental steps that lead to massive changes over the course of a single year.

If you fall off track, get back on quick

We’ve established it will take time for your resolution to become a reality, and we know change is difficult. In fact, we’ve already established we should

leave some room for mistakes and setbacks.

Keep the following ideas in mind:

Skipping an intermediate task is not a complete failure.

Missing a goal by 10% or even 80% is not a complete failure.

Finishing a task late is not a complete failure.

A moment of weakness is meaningless in the grand scheme of things. Setbacks can happen, but so long as they are handled correctly, they will not impact the big goal.

The key is to avoid a defeatist attitude at all costs, i.e., “Well, I screwed up once, why should I even try to do this anymore.”

Once a mistake is made, own it, and move on to the next thing.

A few small mistakes shouldn’t spoil your resolution for the year!

We Left Our Hearts in Sicily

by Alice Tvetan

Very early on Oct. 30, Lorrie Cox and I left for an 11-day trip to Sicily. What an awesome trip this turned out to be. Covid had stopped our travels in 2020, 2021 and most of 2022, so we were excited to be going somewhere.

We flew to Palermo, their capital city, via NYC and Rome. Our hotel was a charming boutique hotel in a neighborhood of small businesses and apartments. The streets were active with people until about midnight. The neighborhood square is their living room, where people and children gather to socialize. Italians eat their dinners around 9pm, much later than most of us. After settling in our room, we set out to explore the area. Our second day was spent riding the Hop on Hop Off bus, which gave us an outstanding overview of Palermo. We could get off at sights we wanted to see and catch the next bus to continue. The many busses run at approximately 30-minute intervals. Palermo has a famous city square those dates back to the 1700s, with statues of past kings on each corner high above the street. In addition to the bus ride, Lorrie clocked us at over 11,000 steps on her phone app! We took a tour on our last day to Montreal Cathedral, also dating back several centuries. It is known as one of the most famous cathedrals in Italy and is opulent with gold mosaics and wall scenery. It took our breath away. We also visited the attached museum. Our tour then took us on to Cefalu, a medieval seaside village that takes you back in time with cobbled streets and stone buildings. We walked a short distance to the Mediterranean to put our feet in the water, a tradition we have everywhere we travel that is near water. We watched for a bit the filming of a television show with 1800s period costuming.



Lorrie Cox and Alice Tvetan

Most of our fourth day was spent on the train, taking us to our next city of Agrigento, a seaside city that also has a medieval street filled with little shops and restaurants. The eight-hour journey included a change of trains just before noon, and we anticipated spending the three-hour layover having lunch and a cappuccino. To our surprise, it was only a village of about a half dozen houses and no services. Another couple also got off, and we learned they were from Turkey. Because they had spent ten years in the USA as professors, their English was perfect. The three doors at the station appeared locked, so we ventured out to find food. No luck, but a kind older woman invited us into her garden patio and served the four of us a cup of coffee. She chatted away in Italian, and we chatted in English, none of us understanding each other. But the universal language of the smiles we each shared was a priceless experience. After an hour we went back to the station expecting to wait on the outside benches, but our new friend found one unlocked door, so we were able to wait inside.

Luckily for us our hotel was only a couple blocks from the train station. Unluckily, however, it was all uphill,

plus 40 steps up to our hotel. Our three-room hotel overlooked the sea from our balcony. The decor was charming French Louie XIV and the hotel was only a few blocks from the famous medieval street which we explored. Charming outdoor restaurants could be seen on the many upward steps on side alleyways. On our second day we took the city bus to the Valley of the Temples, a large area containing Greek and Roman temple ruins. We were unable to see it all due to the vast area and steepness of the terrain, but we saw enough to be in awe of these ancient ruins. We intended to take the city bus back to town but realized too late we missed the last one. Fortunately, there were taxis waiting for people wanting to return to the city. Late that night we experienced an awesome thunder and lightning storm.

The next morning, we took a two-hour train ride to our next stop, the hillside medieval town of Taromina that overlooks the Mediterranean. The taxi ride was up steep inclines and switchbacks. Our boutique hotel was at the edge of the ancient cobblestoned village so we could easily walk everywhere. The next day we took the Godfather tour Hop on Hop Off bus that

took us to two villages where the first Godfather movie was filmed. Much to our disappointment we were not taken to the villas used, however. We went on to a higher hilltop medieval village of Castlemora, where we found a charming family-owned restaurant that served great pasta dishes. We giggled when the owner's wife shoed away a hungry cat, and when she was out of sight the owner and son gave the catfish from their plates.

Our last stop was reached by a two-hour train ride to Catania, another seaside city. Our boutique hotel was another charming place overlooking one of the city’s main streets. Again, we were close to the main city plaza and the large cathedral. Walking around we accidentally found the famous produce, meat and fish market, a place we had heard about and planned to visit in the afternoon. As luck would have it, we learned later that it was only open in the mornings, and we would have missed it had we gone later. It was a rather large area filled with the most unimaginable meat and fish, some of which we wondered why people would eat it. Multicolored pastel umbrellas hung overhead to provide a unique and fun canopy overhead. The next day we took the Hop on Hop Off bus around the city and a trolley train that went into areas not included in the other bus ride.

The food in Sicily was delicious and cheap with large portions. Once we discovered this, we shared many meals. The meals averaged \$10-12 each, and cappuccinos were only \$2 everywhere. Gelato, the scrumptious Italian creamy ice cream, was also very reasonable. No sharing with these, obviously.

Sadly, we left Catania to fly home on Nov. 10. But as stated above, we left our hearts there...

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Walking on Golf Course Rules & Procedures

Starting January 1, 2023, Members that choose HOA Plan #2 (\$1,300/annual dues) will have the opportunity to walk on the golf course at designated hours. This includes pets on leash. Walkers need to pick up their complimentary annual use tag from the Golf Pro Shop and have it visible at all times when walking.

Replacement tags are \$5.00. For this to be successful and continue it will be necessary for walkers and golfers to follow the rules.

Walking Hours for the safety of all walkers/golfers there are no exceptions to the hours below:

January	Before 9am & After 3pm
February	Before 9am & After 4pm
March	Before 8am & After 4pm
April	Before 8am & After 5pm
May.....	Before 8am & After 6pm
June.....	Before 8am & After 7pm
July	Before 8am & After 7pm
August	Before 8am & After 7pm
September.....	Before 8am & After 6pm
October	Before 9am & After 5pm
November	Before 9am & After 3pm
December	Before 9am & After 3pm

RULES:

- Walkers must have their annual walking tags in their presence.
- Walking Tags may not be shared.
- No walking or golfing allowed after dark.
- Pet leashes must not exceed 6-feet in length. No retractable or electronic leashes allowed.
- Pet walking is restricted to cart paths and 10’ to the side opposite the fairway and greens.
- You must stay 5-feet away from property lines.
- Pickup pet waste. Discard waste at your home, do not use golf course receptacles.
- No aggressive dogs or digging.
- Bikes are not allowed.

Any violations to the above rules will receive a warning for the First Notice. If this violation is not remedied or you have a Second Violations on violating another rule, then we will provide a Second

Notice. The Second Notice will describe the violation and any fines or penalties-imposed in accordance with the WEG Enforcement Resolution – Schedule of Fines.

For morning and evening access, 9-holes will be open to walking and 9-holes will be open to golf, if applicable. The nines shall alternate weekly. Monday will be the weekly start day. On weeks where Monday is an odd number the front nine will be used for walking and the back nine for golfing. Even number Mondays the back nine will be for walking and the front nine for golfing.

I have read and agree to the above RULES for walking on the golf course. I understand I will be held accountable for any violations and could be fined and have my privileges revoked.

Please check-in at the golf pro shop as you must sign this form for your walking tag.

MEET THE ARTIST

FEB 5 - FEATURED ARTIST

JUDY STUBB

4pm in our Living Room Gallery

In the month of February, the Living Room exhibit area (just outside the entrance to the Country Cottage Restaurant) will feature the artwork of WAC board member Judy Stubb.

Judy is a native Oregonian who has been painting for three decades. Twenty-three years ago she became a certified Bob Ross instructor and has been sharing the “Joy of Painting” with her students ever since.

Besides hosting regular classes at the Woodburn Art Center, Judy teaches Ross’s “Wet-on-Wet” technique at five different parks and recreation facilities, conducts a “Paint & Sip” class at Metropolis downtown and instructs a class for Wounded Warriors in Gresham each month.

“My classes aren’t just for beginners,” Judy insists, “they’re for everyone”.

A reception to introduce Judy and her work will be held in The Living Room on February 5th at 4pm. Please plan to attend.



Lost Words from Our Childhood

Internet - Pontotoc Progress

Mergatroyd! Do you remember that word? Would you believe my spell-checker program did not recognize the word Mergatroyd? Heavens to Mergatroyd!

The other day I overheard a not so elderly (let’s say 75) lady say something to her son about driving a Jalopy; and he looked at her quizzically and said, "What the heck is a Jalopy?" He had never heard of the word jalopy! She knew she was old ... But not that old.

Well, I hope you are Hunky Dory after you read this and chuckle.

A friend and I recently reminisced about some old expressions that have become obsolete, many because of the inexorable march of technology. These phrases included: Don't touch that dial, carbon copy, you sound like a broken record, and hung out to dry. Back in the olden days we

had a lot of moxie. We'd put on our best bib and tucker, to straighten up and fly right. Heavens to Betsy! Gee whillikers! Jumping Jehosofat! Holy Moley! [Although this one came back as “Holey Moley” for two TV seasons on ABC in 2019.] We were in like Flynn and living the life of Riley; back in the olden days, life used to be swell, but when's the last time anything was swell? Swell has gone the way of beehives, pageboys and the D.A.(hairstyle, not the district attorney!); of spats, knickers, fedoras, poodle skirts, saddle shoes, and pedal pushers. Kilroy was here, but he isn't anymore.

We wake up from what surely has been just a short nap, and before we can say, "Well, I'll be a monkey's uncle!" or, "This is a fine kettle of fish!" We discover that the words we grew up with, the words that seemed omnipresent, like oxygen, have vanished with scarcely a notice from our

tongues and our pens and our keyboards. Poof, go the words of our youth, the words we've left behind. We blink, and they're gone. Where have all those great phrases gone?

Long gone: Pshaw, The milkman did it. Hey! It's your nickel. Don't forget to pull the chain. Knee high to a grasshopper. Well, Fiddlesticks! Going like sixty. I'll see you in the funny papers. Don't take any wooden nickels. Wake up and smell the roses.

It turns out there are more of these lost words and expressions than Carter has liver pills. This can be disturbing stuff! (Carter's Little Liver Pills are gone too!) Leaves us to wonder where Superman will find a phone booth...

See ya later, alligator! Okeydokey. You'll notice they left out "Monkey Business"!!!

Retrieved from: https://www.djournal.com/pontotoc/lost-words-from-our-childhood/article_0c5bc75b-1369-51ba-99e0-8d110ab652b0.html

Woodburn Estates & Golf Board of Directors Meeting Minutes

January 10, 2023, 1:30 pm | Approved January 10, 2023

Call to Order: 1:33 pm

Establish a quorum: Ken Bourne, Phil Balogh, Kim Farquharson, Sherman Lackey, Connie Johnson, Steve Garner, Marilyn Plowman, and Marilyn Sbardellati. Sharyn Cornett, absent with notification.

Pledge of Allegiance

Changes to the Published Agenda:

1) Activities Committee motion and members added.

2) Budget Committee motion and members added.

3) Greens Committee motion is modified.

President’s Address: I want to thank everyone for coming. Since this is my first meeting as President, I'm sure I will make some mistakes. If and when I do, please bear with me as I get my land legs. If I make a mistake, I would like you to call a Point of Order on me. I want to conduct the meetings in a professional manner.

I mentioned at the last meeting that I do want to hear from the members of the community. If you have a question, we will try to answer it. If we can't answer the question at the meeting, I will work to get you an answer and get back to you.

I also heard last year that the time of the board meetings did not work for people still working or just can't make it at the time of day that the meetings are scheduled. So, this year I plan to adjust the meeting times to accommodate more members.

Townhall Meeting: Spring 2023 (yet to be scheduled – possibly late March or early April) and two Evening Board Meetings in the evenings. Townhall Meeting- Fall 2023 (yet to be scheduled).

Our goal as a Board is to listen to your voice, respond to your concerns, work together as a community to make us better and stronger.

Secretary: BOD Members: Please sign the following documents and give to Secretary.

1) Non-disclosure Agreement.

2) Permission for background check (New Members only).

➤ **MOTION:** Secretary Kim Farquharson, I move to approve the following document: Conflict of Interest Policy

If approved:

BOD Members: Please sign the Conflict-of-Interest Policy and give to Secretary. Seconded and approved.

Good of the Order.

Discussion of the BOD of topics initiated by President Ken Bourne.

Roberts Rules of Order 49:21 (12th edition) Procedure in Small Boards

1. We had a golfing member pay \$1300 today. Wife does not golf. Golfer wanted to know if he dies can his non-golfing wife go back to the cheaper dues. After discussion, the BOD was in agreement that a homeowner that purchased their home before 2023 can choose to go back to the base plan for the following year. The choice that is made in January is for the entire year.

2. A member of our community is a golfer and snowbird and has lived here for a couple of years. She and her new live-in boyfriend are both golfers. I believe she paid her \$1300 dues for 2023. Her boyfriend played last year as an associate. He is not on her deed. She in belief that the \$1300 covers both. Is she correct or does he have to pay the associate fee? BOD will address this issue at the next meeting.

3. Golfers need to obey the rules of the road. There have been reports of near accidents because golf carts not stopping at stop signs. Golf chair will bring this up at the next golf meeting.

4. Printing in the News & Views office vs in the Main Office. Financial Manager confirmed that all paper supplies are purchased with one account

and things are not charged per department. Toner is included in the contract of the printer. It was requested that anyone printing in the News & Views office be aware of the times that they are busy with the newspaper and not print at that time. Reports of Officers, Boards and Standing Committees - Motions Regarding Committees

Treasurer/Budget Committee:

➤ **MOTION #10:** Phil Balogh, I move to add the following members in good standing the Budget Committee 2023. Seconded and approved. Mike Hepburn, Connie Watt, Allan Lindberg, Debbie Brown, Chip Sullivan, Vince Cantwell, Phil Balogh

Activities Committee - VP Sharyn Cornett

➤ **MOTION #1:** VP Sharyn Cornett, I move to add the following members in good standing to the Activities Committee. Seconded and approved. Walt Van Rheen, Diana Lindberg, Karen Linton, Jill Jackson, Malena Turner, Mary Christensen, Connie Watt, Vivian Cameron, Kathy Zimmerman, Lani Biddle

Architecture/RV Committee: Director Connie Johnson

➤ **MOTION #2:** Director Connie Johnson, I move to add the following members in good standing to the Architectural & RV Committee. Seconded and approved. Connie Johnson, Gary Johnson, Larry Osterhoudt, Jack Rae, Jack Cranford

Golf Committee: Co-Chair Ken Bourne/ Co-Chair Phil Balogh

The Greens Committee did not meet during the month of December. Our first meeting of the committee will be on January 17. This timing works well as by this date, the Men's Golf Club, the Women's Golf Club, and Golf Handicap Training at OGA will be completed. So, there should be a lot to talk about.

➤ **MOTION #3:** President Ken Bourne, I move to add the following members in good standing to the 2023 Greens Committee. Seconded and approved.

Ken Bourne Greens Co-Chair
Phil Balogh..... Greens Co-Chair
Fred BourneMen's Golf Club President
Sheila Hawn Women's Club President
Steve Krieg Men's Handicap Co-Chair
Marty Smith Men's Handicap Co-Chair
Paula Kilgore..... Women's Handicap Chair

All of the members above have voting rights if and when a vote is taken.

Barb Lucas Women's Club Rep
Mike ArcherMen's Club Rep
Chip Sullivan Golf Pro/Pro Shop
Dave Robinson Golf Course Superintendent

These 4 people will serve as advisors.

House Committee

➤ **MOTION #4:** Director Marilyn Sbardellati, I move to add the following members in good standing to the House Committee. Seconded and approved. Roger Gonzales, Mary Christensen, Carl Conser, Loretta Wolf,

Attending Meetings:
Vincent Cantwell, James Taylor

Marketing/PC Committee - Director Sherman Lackey.

➤ **MOTION #5:** Director Sherman Lackey, I move to approve the following people for the Marketing PC Committee. Seconded and approved. Stan Hiller, Allan Lindberg, Carol Wellington, Connie Doyon, Karen Linton

New Members Committee: Director Marilyn Plowman.

➤ **MOTION #6:** Director Marilyn Plowman, I move to add the following member in good standing to the New Members Committee. Seconded and approved. Jaci Pinkston

Discussion: We are just getting started. If anyone wants to be part of this committee, please reach out to me.

Rules & Regulations Committee: Director Steve Garner.

➤ **MOTION #7:** Director Steve Garner, I move to add the following member in good standing to the Rules & Regulations Committee. Seconded and approved. Stan Hiller, Ron Allowitz, Susan Lucas, Diana Matta, Marie McComb, Sherry Stoneback

Adjourn to Open Mic: Comments on Motions as published.

#506: How much is brought in with the guest fees? Office response: \$700 in year 2022

➤ **MOTIONS:**

➤ **MOTION #8:** Director Marilyn Sbardellati, I move to pay \$6,730.21 from the Reserve Fund to the Operations Fund for repairs to storm water drainage, a qualified Reserve Fund expense. Seconded and approved.

➤ **MOTION #9:** Director Marilyn Sbardellati, I move to create an ad-hoc committee for the purpose of planning and conducting a demographic study of our community. Seconded and approved.

Discussion: Demographic have changed, and we need to have an understanding of what it is and how to correctly plan. There were questions about how it would be done.

Reconvene Meeting.

Adjourn to Open Mic – Any Members Comments. #634 – I want to offer positive suggestions:

1) News & Views needs to add a section where all the activities are listed.

2) New People welcomes need to be done within 10-days. Our community needs to be invited to and informed of club activities.

3) New Roofing and now there is moss on the roof. There is a roofing with algaecide built in. We need to think about metal roofing.

4) Cover the parking lot, adding solar panels. To save electricity in the future.

5) Restroom doors need to be handicap accessibility.

6) Swimming pool - the ladders need to be extended lower.

7) Gutter problems - put gutter covers over them.

8) Hire maintenance.

BOD Response: Many of these items need to go to House Committee; New Member committee is working on the News Member welcome process.

#502: Regarding Ad hoc committee. You cannot make a mandatory survey. There must be an option to respond or not. You can expect a 25 to 30% percent return.

#1214: It was mentioned that the use of the facilities was a perk of going to the all-inclusive price. I went into the office, and they didn’t know anything about it. BOD response: This was a miscommunication. It is now resolved. This is a benefit being offered this year to those homeowners who choose the ‘all-inclusive’ plan.

#1408: Walking times - it is listed on the walking badge. It is available in the Golf Shop.

#1108: This information needs to be published in the News & Views.

Reconvene Meeting.

Announcement for Next Meeting: January 24, 2023, at 1:30 pm.

Adjourn Meeting.

BOD CORPORATE EMAIL ADDRESSES			
Ken Bourne	president@woodburnestatesgolf.com	Ken Bourne/Phil Balogh	golf@woodburnestatesgolf.com
Sharyn Cornett	vp@woodburnestatesgolf.com	Marilyn Sbardellati	house@woodburnestatesgolf.com
Kim Farquharson	secretary@woodburnestatesgolf.com	Sherman Lackey.....	publications@woodburnestatesgolf.com
Phil Balogh.....	treasurer@woodburnestatesgolf.com	Marilyn Plowman.....	newmembers@woodburnestatesgolf.com
Sharyn Cornett, <i>Activities</i>	vp@woodburnestatesgolf.com	Steve Garner.....	rules@woodburnestatesgolf.com
Connie Johnson.....	arch-rv@woodburnestatesgolf.com		

Estates Quilters 2022 Annual Report

By Carolyn Waterman

We are a gathering of seven workers and being shorthanded during 2022 because of illnesses and family obligations, we feel we were still able to make a difference in our community. We were fortunate to have a couple ladies from the Estates who took squares and made tops for us. We hand quilted a number of quilts for people (for a small fee) and have sold quilts that were displayed in the Lounge Display Case, enabling us to help different organizations.

Cash donations totaling \$1900.00 were given to the following:

- \$400.00 - Woodburn AWARE Food Bank
- \$300.00 - Love Santa Inc.
- \$600.00 - Liberty House/Salem
- \$400.00 - Meals on Wheels
- \$200.00 - Ukraine Relief Organization

We donated 141 tied quilts to the following:

- 85 - Liberty House (Children’s Advocacy Center/Salem)
- 26 - French Prairie Center
- 1 - Diabetes Association
- 12 - Ukraine Red Cross
- 16 - Hospice
- 1 -American Heart Association

Thank you everyone for supporting the Estates Quilters.

We would like to invite anyone interested in tying quilts or hand sewing on quilts to join us. We are badly in need of someone to take squares and sew them into quilt tops to be tied. (We furnish the material/squares).

Writing Club

The Writing Club has long been a part of Woodburn Estates & Golf. Drop-Ins are welcomed and encouraged.

This is an open door to sharing memories with your group or your family or you can write something whimsical.

We meet the first Tuesday of every month in the Blue Room at 10:00 a.m. Like many groups, we are coming back from Covid and welcome new members.

Our meeting usually lasts about one hour. See you then.

Open House For Avians

Carol Wellington, Writing Group Member



Avians are flying, feathered creatures of the earth. On a recent walk, I glanced up at a tree and saw three very skillfully made, large, empty nests on the golf course.

If avians could read, a “FOR SALE” or “FOR LEASE” sign would be useful. Now that spring is “around the corner” let’s keep our eyes open for new Avian occupants as well as Avian offspring.

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CALENDAR

(January 28, 2023 – February 10, 2023)

*Any change of date, time, activity, or place must be made with the Office at 503-982-1776.

<div>SATURDAY, JANUARY 28</div> <div>10:00am – 12:00pm Pickleball (Aud) 2:45pm – 5:00pm Water Volleyball (Pool) 5:00pm – 9:00pm Hand & Foot Group (Blue Rm)</div>	<div>THURSDAY, FEBRUARY 2</div> <div>8:00am – 9:00am Mermaid Water Aerobics (Pool) 8:30am – 2:30pm Sr. Estates Quilters (Craft Rm) 9:30am – 11:00am Coffee Hour (Aud) 5:00pm – 9:00pm Thursday Night Poker (Card Rm) 5:45pm – 8:00pm Water Volleyball (Pool) 6:00pm – 9:00pm Pinochle (Blue Rm)</div>	<div>TUESDAY, JANUARY 24</div> <div>8:00am – 9:00am Mermaid Water Aerobics (Pool) 10:00am – 11:00am Senior Fitness (Aud) 10:00am – 11:00am Writing Club (Blue Rm) 10:00am – 12:00pm Needlecraft (Card Rm) 10:00am – 12:00pm Ping Pong (Dining Rm) 11:00am – 2:45pm Ukulele Uke-de-dos (Craft Rm) 1:30pm – 2:30pm Bible Study (Conf. Rm 1) 2:45pm – 5:00pm Water Volleyball (Pool) 5:00pm – 9:00pm Tuesday Night Poker (Card Rm) 6:00pm – 7:00pm Beginner Line Dance Class (Aud) 6:00pm – 8:00pm Pickleball (Dining Rm)</div>
<div>MONDAY, JANUARY 30</div> <div>8:00am – 9:00am Mermaid Water Aerobics (Pool) 8:00am – 9:00am Walking Club (Aud) 8:30am – 2:30pm Sr. Estates Quilters (Craft Rm) 9:15am – 10:00am Senior Yoga (Aud) 9:30am – 10:30am Ladies Laugh & Chat (Blue Rm) 10:15am – 11:15am Senior Cardio/Zumba Class (Aud) 11:15am – 12:15pm Tai Chi Class (Aud) 12:00pm – 4:00pm Monday Bridge (Dining Rm) 2:00pm – 3:00pm Women's PM Water Aerobics (Pool) 5:00pm – 8:00pm Pickleball (Aud) 5:45pm – 8:00pm Water Volleyball (Pool))</div>	<div>FRIDAY, FEBRUARY 3</div> <div>8:00am – 9:00am Mermaid Water Aerobics (Pool) 8:00am – 9:00am Walking Club (Aud) 9:15am – 10:00am Senior Yoga (Aud) 9:30am – 10:30am Ladies Laugh & Chat (Blue Rm) 10:00am – 12:00pm Pickleball (Dining Rm) 10:15am – 11:15am Senior Cardio/Zumba (Aud) 12:00pm – 4:30pm Friday Bridge Group (Blue) 12:30pm – 3:30pm Bunco (Craft Rm) 2:00pm – 3:00pm Women's PM Water Aerobics (Pool)</div>	<div>WEDNESDAY, JANUARY 25</div> <div>8:00am – 9:00am Mermaid Water Aerobics (Pool) 8:00am – 9:00am Walking Club (Aud) 9:00am – 10:00am Ping Pong (Dining Rm) 9:15am – 10:00am Senior Yoga (Aud) 9:30am – 10:30am Ladies Laugh & Chat (Blue Rm) 10:00am – 12:00pm Pickleball (Dining Rm) 10:15am – 11:15am Senior Cardio/Zumba Class (Aud) 10:30am – 12:30pm Crafts for Fun (Blue Rm) 12:00pm – 4:00pm Double Deck Pinochle (Card Rm) 1:00pm – 3:45pm Wii Bowling (Aud) 2:00pm – 3:00pm Women's PM Water Aerobics (Pool) 6:00pm – 9:00pm Bingo (Dining Rm) 6:00pm – 9:00pm Pinochle (Blue Rm)</div>
<div>TUESDAY, JANUARY 31</div> <div>8:00am – 9:00am Mermaid Water Aerobics (Pool) 10:00am – 11:00am Senior Fitness (Aud) 10:00am – 12:00pm Needlecraft (Card Rm) 10:00am – 12:00pm Ping Pong (Dining Rm) 11:00am – 2:45pm Ukulele Uke-de-dos (Craft Rm) 1:30pm – 2:30pm Bible Study (Conf. Rm 1) 2:45pm – 5:00pm Water Volleyball (Pool) 5:00pm – 9:00pm Tuesday Night Poker (Card Rm) 6:00pm – 7:00pm Beginner Line Dance Class (Aud) 6:00pm – 8:00pm Pickleball (Dining Rm)</div>	<div>SATURDAY, FEBRUARY 4</div> <div>10:00am – 12:00pm Pickleball (Aud) 2:45pm – 5:00pm Water Volleyball (Pool) 5:00pm – 9:00pm Hand & Foot Group (Blue Rm)</div>	<div>THURSDAY, JANUARY 26</div> <div>8:00am – 9:00am Mermaid Water Aerobics (Pool) 8:30am – 2:30pm Sr. Estates Quilters (Craft Rm) 9:30am – 11:00am Coffee Hour (Aud) 1:30pm – 4:00pm Genealogy (Blue Rm) 5:00pm – 9:00pm Thursday Night Poker (Card Rm) 5:45pm – 8:00pm Water Volleyball (Pool) 6:00pm – 9:00pm Pinochle (Blue Rm)</div>
<div>WEDNESDAY, FEBRUARY 1</div> <div>8:00am – 9:00am Mermaid Water Aerobics (Pool) 8:00am – 9:00am Walking Club (Aud) 9:00am – 10:00am Ping Pong (Dining Rm) 9:15am – 10:00am Senior Yoga (Aud) 9:30am – 10:30am Laugh & Chat (Blue Rm) 10:00am – 12:00pm Pickleball (Dining Rm) 10:15am – 11:15am Senior Cardio/Zumba Class (Aud) 10:00am – 12:00pm Men's Golf Club Meeting (Dining Rm) 12:00pm – 4:00pm Double Deck Pinochle (Card Rm) 1:00pm – 3:45pm Wii Bowling (Aud) 1:30pm – 3:30pm Homestyle Hymn Sing (Blue Rm) 2:00pm – 3:00pm Women's PM Water Aerobics (Pool) 6:00pm – 9:00pm Bingo (Dining Rm) 6:00pm – 9:00pm Pinochle (Blue Rm)</div>	<div>MONDAY, JANUARY 23</div> <div>8:00am – 9:00am Mermaid Water Aerobics (Pool) 8:00am – 9:00am Walking Club (Aud) 8:30am – 3:30pm M. Cnty Veterans Srvs. (Conf. Rm 2) 8:30am – 2:30pm Sr. Estates Quilters (Craft Rm) 9:15am – 10:00am Senior Yoga (Aud) 9:30am – 10:30am Ladies Laugh & Chat (Blue Rm) 10:00am – 12:00pm Pickleball (Dining Rm) 10:15am – 11:15am Senior Cardio/Zumba Class (Aud) 11:15am – 12:15pm Tai Chi Class (Aud) 12:00pm – 4:00pm Monday Bridge (Blue Rm) 12:30pm – 4:30pm Fabric Quilting Arts (Aud) 2:00pm – 3:00pm Women's PM Water Aerobics (Pool) 5:00pm – 8:00pm Pickleball (Aud) 5:45pm – 8:00pm Water Volleyball (Pool)</div>	<div>FRIDAY, JANUARY 27</div> <div>8:00am – 9:00am Mermaid Water Aerobics (Pool) 8:00am – 9:00am Walking Club (Aud) 9:15am – 10:00am Senior Yoga (Aud) 9:30am – 10:30am Ladies Laugh & Chat (Blue Rm) 10:00am – 12:00pm Pickleball (Dining Rm) 10:15am – 11:15am Senior Cardio/Zumba (Aud) 12:30pm – 4:30pm Friday Bridge Group (Blue Rm) 12:30pm – 3:30pm Bunco (Craft Rm) 2:00pm – 3:00pm Women's PM Water Aerobics (Pool)</div>

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