

COAST VILLAGE REPORTER

April 2021

COAST VILLAGE PROPERTY OWNERS CORPORATION
131 Rhody Loop, Florence, OR 97439 (541) 997-3312
Office Hours Monday-Friday — 9:00 a.m.—3:00 p.m.

VOLUME 28 ISSUE 4

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Maintenance staff on premises
Mon - Fri from 7am —4:30pm
Available 24/7 for
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(360) 521-8428

Website:
www.coastvillageflorence.com

April 2021 CVPOC President's Message

There's a lot to cover in this month's message and it may seem a bit like a bulleted laundry list. Before I do, though, I want to note some of the positives going on around us. Not the least of which is how a lot of us are able to get vaccines. Of course, what we're hoping from this is that fewer of us will get seriously ill from this virus and that our lives will begin to trend back to some normalcy at some point. The other positive is Spring has sprung. While allergy sufferers do not relish the symptoms, the increase in the amount of sunshine hitting our faces will benefit our outlooks considerably. Now, to the laundry list.

- I'll put the biggest thing at the top of the list. By the time you see this message, the letters to each member will have gone out in the USPS mail outlining the one-time assessment and the increase in the annual assessment. The Budget Committee worked hard to keep the increase to the minimum necessary to make the budget work. The one-time assessment of \$60 to help cover additional COVID-related expenses goes into effect in June and the annual assessment increase of \$15/month begins in January 2022. As always, the budget materials are available for your review on the Coast Village website under the LOGIN section. You will need a password from the office to access that section.
- Whether you believe that we don't assess fines enough here in Coast Village or that we are too quick to fine and fine too much, I will say that the board would rather not be fining our neighbors as a practice. We have rules developed to help us all live together somewhat harmoniously and maintain the neighborhood in a somewhat desirable fashion. When one of our neighbors does something that does not follow these rules, Operations does its best to work with all of us to bring our behavior back into compliance with these rules. Sometimes it's a phone call, sometimes a letter, sometimes a letter with the fine, sometimes all three. But, the goal is never to assess the fine. The goal is to get us all to comply with the rules, to make it easier to

NOTICES

- ♦ **Facility Hours:** Hours for the laundry room 24-7 with code, Clubhouse bath-rooms—24-7. Clubhouse is open 8:00—10:00 p.m. Masks are required. The mail-room is open from 8 am to 8:00 pm.
- ♦ **Satellite Bath with code only.**
- ♦ **BOARD MEMBER MEETING:** Zoom Meeting April 17, 2021, 10:00 a.m. Check website for log on information or take a handout at post office. Workshop is at 10:00 a.m. Wed. April 14, 2021.

The office is open but masks are required for entry.

live somewhat harmoniously together, and to keep the neighborhood a somewhat desirable place to live. The Board and Operations have decided to start making the fines that we do assess available in the monthly newsletter. The purpose of this list is two-fold. One purpose is to show the first group that we do indeed assess fines. What the list won't show for the other group is all the work that goes on before a fine is levied. The other purpose is that, hopefully, the list will be a reminder about rules and why they exist.

- It's understandable that people can get frustrated about any number of things that aren't done the way that they think they should be done. It's also understandable that they would want to express that frustration without being held accountable for that expression. This is not new behavior. What is unfortunate is that this frustration only infrequently leads to wanting to become involved with participating in the work it takes to make things better. Because it does take work and patience. While the Board has done this in the past, it reiterated recently that it will not address letters without a member name and lot number associated with the letter. Sending letters with vague threats to sue the corporation (you are a member of the corporation) does not accomplish much. What does work is working with Operations and the committees and Board to develop solutions to the areas where you see the need for improvement. Get involved and become the change you wish to see.
- Where are we as a Village? We are now pretty much a community of people who live here full time whether we own our lot or are renting. As lots come up for sale, they are picked up rather quickly owing much to our overall desirability for the cost of entry. For many of these lot sales, it means new, energized owners who are adding more than a coat of paint to the kitchen to make these new homes into the places they envisioned when they first saw the lot. (Be sure to consult with ARC if you are planning to do anything that changes the footprint or addresses your greenbelt areas.) Our water project is coming to end, as our maintenance crew finishes up the last of the connections. This was a huge project for us and while it took longer than we figured, it was done mostly on a pay-as-we-go basis. The storms caused some damage from falling trees, our maintenance crew was able to keep the streets cleared and the water flowing--thank you. Administratively, you should all be getting an updated copy of the Rules and Regulations and I hope to see an updated version of the ARC's Policies and Procedures soon. Overall, I see our Village remaining to be an attractive place to live and improving as we go along.
- One last item, maybe two. We were unable to have an Annual Members Meeting this last year due to COVID getting in the way. This year is still an open question given to we don't know what the environment will look like. As more and more vaccines are given and rates of infection continue to fall, there is hope. The Board and some committees have been holding meetings online with zoom--you are welcome to join any of them--and there are suggestions that we may include this meeting platform option for the Annual Meeting. Regardless of the meeting details, know that you can send in your Annual Meeting agenda items to the office. Of course, there is a form to complete. Remember that this is your meeting and that items passed during an Annual Members Meeting can only be undone by a vote at a subsequent Annual Members Meeting by the members.
- The absolute last item on this laundry list. Board member elections are coming up in June. There are four positions up for election this year. I know of one board member who has decided to not run again. If you are interested in being a member of our Board of Directors, there will be declarations sent to all members in May. You are also welcome to ask any existing Board member about their experience to help with your decision to join the Board. Please review our governing documents, especially the Code of Conduct Guidelines for Board and committee members, as we use these tenets in our process of working to keep Coast Village a great place to live.

I wish I could offer a prize for making it this far, but, hopefully, it was worth your time to read through these items.

Jay Guettler, President CVPOC

Thrips in Coast Village

March 2021

Thrips are a tiny parasitic bug that attacks the salal, rhododendron and huckleberry plants. The result of their work is that it turns the leaves a silvery color, can compromise the plant's health and can spread to other plants. There are several remedies, but there is a lack of consensus about the effectiveness of any of them.

If you have plants in your greenbelt that you are concerned about, please contact the office with a request for the ARC/GPAC (Architectural Review Committee and Greenbelt Preservation and Advisory Committee) to visit your lot and work with you on a plan for your situation. While there is no requirement that a lot owner get the ARC/ GPAC teams' permission outside of the greenbelt, ***there are steep fines in the Rules and Regulations for the unauthorized removal of greenbelt.***

If there are plants outside of your greenbelt area that are affected by the thrips and you would like the ARC/GPAC team to provide some advice on your situation, please call the office and request their help.



The following is the information for our next CVPOC ARC Zoom meeting:

Coast Village Property Owners Corporation is inviting you to a scheduled Zoom meeting.

Topic: CVPOC ARC Meeting for April

Time: Apr 8, 2021 04:00 PM Pacific Time (US and Canada)



Join Zoom Meeting

<https://zoom.us/j/99539349191?pwd=SFBxQklqUmVwZmVkSWx4NWhaSHMrUT09>

Park Operations Manager

March 15, 2021

Water: The water project is still on hold until weather improves.

Maintenance: Staff have been catching up, cleaning the garden area, cleaning gutters, power washing the pool deck to remove dirt and moss build up as well as their usual duties.

Sewer Line: A new piece of equipment was purchased to improve our response time to sewer issues and to allow our own staff to do some cleanout as regular maintenance on sewer lines which will reduce outside costs.

Fence: The perimeter fence break has been repaired.

COVID: We are still requesting that owners/visitors mask while visiting the post office and laundry and clubhouse. The clubhouse is open April 1st to regular hours and weekends. 10 people minimum as a group unless a family unit. The sauna will remain closed until approval from the state/Lane County. We are asking anyone using the equipment to wipe it down after use.

Lot 217 has been resolved through the courts. The owner of 217 Azalea Street will be cleaning up the property after the 31st of March when the eviction order is enforced. The owners are unable to assess damages to the property or begin cleanup before that date.

Post Office: The new parcel boxes have been keyed and are available for use.

Electric: In having an electrical meter panel box evaluated I discovered that we have several issues that need to be resolved with CV owned panel boxes. I believe I have at least 3 that are no longer being utilized and we need to have taken off the list from PUD so we are not charged a monthly fee on them. All but three of the boxes are not up to code and are various states of disrepair. These are only panels that support Coast Village Infrastructure. In some cases the metal poles have rusted through at the ground level. I have had our electrician come out to do a survey and give me a quote. In determining the price we have made an agreement that our own staff will do the breaking down of the concrete and resetting of posts (these will be treated wood set in concrete, not metal per our electrician's advice) this will reduce the cost.

Anytime we have an electrician work on a panel box to any extent the box must be then upgraded to meet code. Currently many of our boxes are "original" and we have exposed wires in some of them. They are a hazard.

Initial costs were looking close to 30,000.00 for the entire project but I have negotiated that down with our staff doing much of the non-electrical portion. Our final quote for 13 boxes and removal of 3 is 27,785.00 This will include "tracking" each line and labeling each connection so in future we will know exactly which site is serviced by the line. Currently there are no labels and no indication of what the lines are servicing. I also expect this will reduce our electrical bill down approximately \$ 89.00 per month as we take some out of commission.

35 Easy Street has been sold. Lot 158 has sold. Lot 111 has sold. Lot 163 has sold.

Wi-Fi: Glenn Singley has been working on a project to allow Wi-Fi at the laundry room/post office area. That work is completed and Wi-Fi is now available in the post office and laundry. He needs to be thanked for taking this project on. Past efforts to put Wi-Fi access were very costly and he came up with a new plan which is very affordable.

Trees: Two trees have been removed that were dangerous at Lot 216, the owner will be charged.

A tree on huckleberry in the back greenbelt was removed on the 15th March as it was cracked all the way through and leaning towards a neighbor. There are additional trees that are also leaning towards the neighbor that will be removed.

FINES: There has been some conversation from members surrounding fines. Normally I do not list fines in the newsletter however there is some thought that we need to list fines each month (if there are some) so that members know that Operations is doing their job enforcing rules and there are consequences. Because there are privacy issues involved I will not be publishing anyone's name or lot number but I will list the amount of fines assessed in any given month.

March 2021 fines assessed: \$ 575.00

Fiscal year to date fines assessed: \$ 1,350.00

There have also been several warning letters sent to owners.

We also charge lot owners for extra brush pickup. This is on a case by case basis.

We have noticed that someone has a gas leak of some kind in their vehicle and it is spreading gas on our roadway and parking lot. Please make sure it's not you! The gas will destroy our blacktop.

I want to thank everyone that is following the mask requirement. You are all appreciated in keeping everyone safer!

Carlla vandeVyver
Operations Manager

Note: Our Rules and Regulations have been updated and approved. You may read the new version on line or come to the office for a copy.



ACTIVITIES

GET READY!!

PLANS ARE BEING MADE FOR OUR FIRST POTLUCK AND GET-TO-GATHER IN OVER A YEAR!

THERE WILL BE A HAMBURGER/HOTDOG BBQ WITH ALL THE FIXINGS AND SALADS, DRINKS, ETC.

JERRY'S DOING THE COOKING!!

WE HOPE TO HAVE THE DATE SET (IT WILL BE IN MAY) SOON AND WE WILL ANNOUNCE ALL THE PARTICULARS IN THE MAY NEWSLETTER.

MEANWHILE

WE CAN ALL LOOK FORWARD TO SOMETHING FUN IN THE VERY NEAR FUTURE!



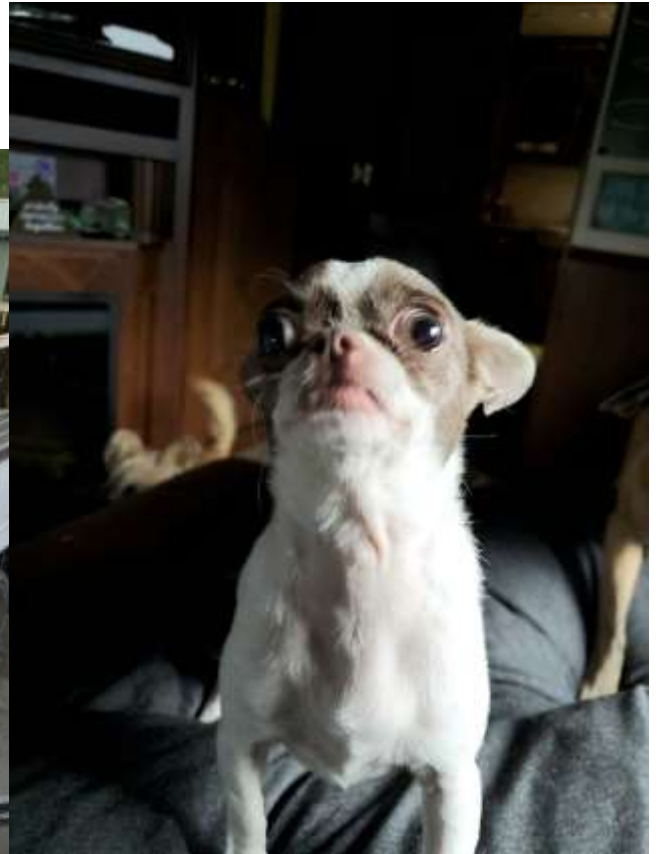
Hi everyone!

We're gone but not far (yet). We've been camping out in Eugene and Junction City. We're doing doctors appointments. They've found nothing conclusive yet. The only thing for sure is that we are getting frustrated.

You may have seen Michelle's new/ used "little truck" before we took off. The truck now has a name: Daisy Mae. She spent some time at the Ford dealership service department getting all ready for a trip south. We still don't know when that will be. We're ready to get on to some more adventures. We're missing all of you and Maxie too (my mom's little dog who is staying on with Tim).

Hopefully we'll have more exciting news next month!

Love, Kim (and Michelle too)



ANNOUNCEMENT

Due to the Lane County guidelines changing we are opening the Clubhouse beginning April 1st—7 days per week from 8:00 a.m.—10:00 p.m.

Masks Required

If you use the exercise equipment you must sanitize afterwards.

If you use the kitchen for preparing foods, you must clean and spray your tables with sanitizer after use.

The sauna is still closed until the state allows reopening.

The office will remain open for business, masks are required for entry.

Group size of size of 10 people or less, unless family groups

This will stay in effect until/unless Lane County rules change.

Note: Per the state of Oregon

Question: What should I do if a customer or visitor shows up without a mask, face covering or face shield and claims their disability prevents them from wearing a mask, face covering, or face shield?

If a person with a disability cannot wear a mask, face covering or face shield, a place of public accommodation, such as a business or space open to the public, will need to work with that person to provide a reasonable modification. This could include an appointment by video or phone.

A reasonable modification **does not include** allowing a customer inside without a mask, face covering or face shield.

NOTICE NEW E-MAIL ADDRESSES FOR THE OFFICE

PARK OPERATIONS MANAGER: POM@CVPOC.COM

OFFICE: OFFICE@CVPOC.COM

CARLLA VANDEVYVER: CARLLA@CVPOC.COM

NANCY BROCK: nancy@cvpoc.com

PHONE NUMBERS AND FAX NUMBERS REMAIN THE SAME AND ARE LISTED ON THE FRONT OF THE NEWSLETTER



NEED YOUR ELECTRIC FURNICE SERVICED?

**CARD HEATING AND AIR
BRYAN CARD
INSURED AND BONDED
CALL 541-999-9973**

HEAT PUMPS, ELECTRIC FURNACES, DUCTLESS HEAT PUMPS

AFFORDABLE HOUSECLEANING: 541-991-3208 or 707-980-1477

Katie: cattmarks@yahoo.com



NEED PAINTING DONE? INSIDE OR OUT.

NEED YOUR ROOF AND/OR GUTTERS
CLEANED, MOSS REMOVED?

NEED YOUR WINDOWS
WASHED INSIDE/OUT?

CALL LUCAS AND GINA!

541-601-9567



TELEPHONE FOR SERVICES

- ELECTRICIAN—JON TRAIN 541-271 6869
- TREE SERVICE—JOSH JOHNSON 541-999-7989
- PLUMBING—VIKING PLUMBING 541-999-7174

ELECTION TIME AND ANNUAL MEETING (Article by Carlla vandeVyver Lot 22 Sand Dollar)

It's almost election time and there are 4 spots coming up for election. The President's term ends this year and 3 Board Members.

My hope is that Jay Guettler will run again as working for/with him in my role as POM has been a great experience. However there is room for others if there is an interest. I have lived here a number of years, served on the Board myself and worked with several others. I hope that anyone considering running for the President position will have served on the Board previously as it gives you a special perspective.

There are a number of new owners at Coast Village as many homes have sold over the last two years and it would be great if some of you that are new to Coast Village would get involved. Of course it's a volunteer position but there are a lot of rewards from serving and it doesn't have to take a huge amount of your time. This is a great place to live and it takes a good Board of Directors to keep it that way.

Soon you will see posted on the CV Website and also available at the office, a Declaration Form to fill out if you would be interested in becoming a part of the Board. We will not be sending them to each lot owner this year, but they will be advertised and available any time you would like one. If you have questions about serving, please come to the office and ask, or talk to a current Board member.

Coast Village is still trying to figure out the logistics of the Annual Meeting. We need to have attendance of at least 50 people in order to hold the meeting. With COVID, this may mean having the meeting at a larger space or perhaps using the recreation portion of the clubhouse. Do you have an idea? Let Jay Guettler know. Currently we are "Zooming" the regular Board meeting. Perhaps this will work for the Annual providing enough people will participate.

Do you have something you wish to present for a member vote at the Annual Meeting? If you do please fill out the Agenda Form which can be found on the website or at the Coast Village Office and present it to the office when complete so it can be added to the Agenda for the Annual meeting. The agenda items must be submitted at least 20 days prior to the meeting as the Agenda must be posted no later than 15 days prior.

This article is written by myself as a lot owner.

Note: Would you like to submit an article? Please send it to POM@cvpoc.com

When you're spring cleaning
let Florence Habitat ReStore
help you clear out your
unwanted, gently used items
Call 541-997-5834 to schedule a donation pick-up today



Association Communication: While we have limited physical attendance space at our meetings you can still communicate with the Board/ Association. You can either fill out an Action Request located at the office or email the Operations Manager. Action request forms are always available located just outside the office door in the clubhouse. If the decision or request cannot be handled administratively, it will be copied to the Board for discussion at a future Work Session. Then, if needed, it will be voted on at a future Board Meeting. We ask that any request for discussion at a Work Session or Board Meeting be submitted at least a week prior to the meeting with enough information for the Board to base a decision on.



Maintenance

If you have an emergency maintenance issue on the weekends you may call the Park Manager at (360) 521-8428 and we will do our best to assist you. If it can wait until Monday please call the office after 9:00 a.m.

All of the staff are here to serve you, please let us know if there is something we can do for you.

Our Maintenance Staff: Mikhail and Mike



Who to call for:

- Water leaks on your property & home: POM—360-521-8428 or Office 541-997-3312
- Water leaks near the road or common area: POM or office
- Fire: 911
- Injury or non-responsive person: 911
- Trespassers: 911
- Loose dog or threatening dog: Police 541-997-3515
- Wildlife (bear, cougar, coyote) notify POM
- Dog barking incessantly for hours, early or late disrupting sleep: Code Enforcement: 541-999-1714 and also notify the Office.
- Music or disruptive parties after 10 pm: 911
- Cars that don't stop at stop sign (take a picture if you can): POM
- Wellness check: Police 541-997-3515

If you think your question is not a true crisis, please wait until morning and notify the POM or Office.

If you have questions about removing brush, trees, foliage please check with the office. You may be referred to the ARC but the office may be able to address your concern.

Questions about building an addition, garage, shed, fence: You will be referred to the ARC.

OREGON COAST HUMANE SOCIETY

THE H.S. can always use:

Bleach

Dog or cat food

Cat litter

Non-toxic pet shampoo (no flea treatment)

Volunteers to pet or walk shelter animals

Please support our no-kill shelter whenever you can.

MAINTENANCE TEAM (541) 997-3583

Carlla van de Vyver, Park Operations Manager

Mikhail Renner, Lead —Days

Michael Brady—Days

Dennis Barker—Janitorial Monday thru Friday

Remember to call the Park Manager on weekends if there is an issue.

360-521-8428

COMMUNITY CORNER



Hope we are soon having parties again!!!

EVERYTHING TO THE DUMP DAY

GET READY FOR EVERYTHING TO THE DUMP DAY ON JUNE 7TH, THE FIRST GARBAGE DAY AFTER MEMORIAL DAY.

THIS IS BEING ANNOUNCED SO OWNERS CAN PLAN. REMEMBER NO HAZARDOUS WASTE OR PROPANE TANKS

APRIL 2021

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 Water Shut Off 8 am to 1pm	3
4 Garbage 9 am	5 Garbage 9 am	6 NO Brush Pickup	7 No Coffee Klatch thru COVID-19	8	9 Water Shut Off 8 am to 1pm	10
11 Garbage 9 am	12 Garbage 9 am	13 Brush 9 am	14 Board Workshop Zoom is at 10:00 am	15	16 Water Shut Off 8 am to 1pm	17 Coast Village Board Zoom Meeting 10 am
18 Garbage 9 am	19 Garbage 9 am	20 Brush 9 am	21 No Coffee Klatch thru COVID-19	22	23 Water Shut Off 8 am to 1pm	24
25 Garbage 9 am	26 Garbage 9 am	27 Brush 9 am	28	29	30 Water Shut Off 8 am to 1pm	1 8

Please call the office for detailed information about the Zoom Meetings; days, times, and any meeting Agenda information.



Here's to celebrations! Happy Birthday!

Sharon Mauk
Diana Glasgow
Ann Lampropulos
Elsie McKean
Joe McKean

April 11th
April 16th
April 24th
April 26th
April 28th



An anniversary is a time to celebrate the joys of today, the memories of yesterday, and the hopes of tomorrow.



Guy & Aileen Kampstra
Vicki & Charley Dunaway

April 16th
April 17th



Owner/Resident **Emergency Contact Information**

Lot # _____

Owner/Residents Names: _____
Residents Names: _____
Owner's address: _____

EMERGENCY CONTACT: Name: _____
Relationship to you (friend, relative, other): _____
Address: _____
Phone: _____
Cell: _____
Email: _____

Name: _____
Relationship to you (friend, relative, other): _____
Address: _____
Phone: _____
Cell: _____
Email: _____

If there is any other information you feel would be helpful to have in your file please add it to the back of this page. In the future if any of the above changes please let us know so we will be able to keep current with our information.

Coast Village POC, 131 Rhody Loop, Florence, OR 97439 Phone: 541.997.3312, email: office@cvpoc.com

Please fill out the above form and turn it in to the office. It is important we have current information on file in case of emergency.



EMERGENCY CONTACTS

COAST VILLAGE BOARD OF DIRECTORS

Ila Mae Robinson, Director



Donna Ruud
Secretary



Glenn Singley, Director

Jay Guettler,
President



Dory Hethcote,
Treasurer



Paul Deemer, Director

Diana Wolf-Newman,
Vice President

Board
of
Directors



Butts just hanging out in her new jacket!!



It will be great to have the Pavlac family back in Coast Village!



Poppy, our sweet little deaf cat. We got her two months ago and wondered about her attitude, now know she is deaf. I have to learn sign language for a cat!

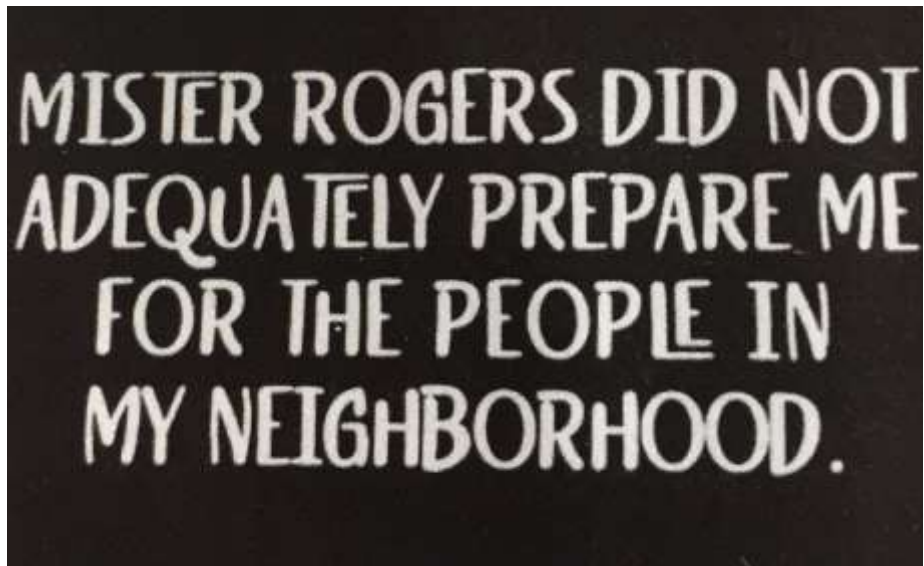


How to Make a Hearty, Healthy Salad : It can be more than just lettuce tossed with a few vegetables. In fact, it can easily become an inexpensive main meal with just a few additional ingredients.

Here are some building “blocks” to make a delicious and filling salad: **Greens** - Look for dark, leafy lettuces like romaine, spinach or arugula. Fresh herbs like basil, thyme, oregano or mint add zest and extra nutrients. **Proteins** - Add more satisfaction with skinless poultry or fish with omega-3 fatty acids, such as salmon, trout and herring. Mix in a chopped hard-boiled egg or a small amount cheese (choose lower-fat, lower-sodium cheeses such as mozzarella or Swiss). Toss in a can of chickpeas, kidney, navy or black beans (choose low-sodium or no-salt-added and drain and rinse thoroughly). Unsalted nuts, like peanuts, almonds and walnuts, give your salad extra crunch and a dose of healthy fat.

All these protein foods will keep you feeling fuller longer. **Fruits** - Slice up fresh fruit that is in season or on sale – choose a rainbow of colors! If you are using fruit canned in juice or frozen, thoroughly drain and pat dry so your leafy greens don’t get soggy, or use dried fruits without added sugars. **Extra Veggies** - Raw vegetables like carrots, cucumbers, broccoli and cauliflower add great crunch and color. Roasted veggies like beets, potatoes or squash add terrific flavor and a little bit of sweetness to any main meal salad. **Grains** - Warm or cold whole grains add bulk and satisfaction. Try whole wheat couscous, barley, quinoa, bulgur or wild rice. To save money, look for whole grains in the bulk aisle of your grocery store. Whole wheat pastas are also an inexpensive way to bulk up any basic salad.

Dressings - With oil, vinegar and spices in your pantry, you are minutes away from a simple homemade vinaigrette dressing. Jazz it up with tasty ingredients like chopped fresh herbs; diced veggies with lots of flavor, like onions, garlic or scallions and/or a squeeze of citrus juice (orange, lemon or lime.) Experiment by adding small amounts of those add-ins to the following vinaigrette recipe, taste testing as you go. Easy vinaigrette recipe: Whisk together ¼ cup olive oil or canola oil, ¼ cup balsamic vinegar and ¼ teaspoon ground mustard. Add a dash or two of black pepper.



MISTER ROGERS DID NOT
ADEQUATELY PREPARE ME
FOR THE PEOPLE IN
MY NEIGHBORHOOD.

Pico de Gallo Grilled Chicken Salad:

For the Chicken Salad: 1 lb. boneless, skinless chicken breasts, cut into 1-inch cubes (or chicken tenderloins, whatever is on sale), all visible fat discarded, OR chicken tenderloins (whatever is on sale) non-stick Cooking spray 8 cups green leaf or red leaf lettuce (approx. 8-10 leaves), washed, torn into pieces Cilantro or lemon/lime slices for garnish.

For the Chicken : 1. Spray a medium skillet with cooking spray. Add chicken to skillet and turn to medium-high heat. 2. Cook, stirring occasionally, for 10 minutes or until chicken is cooked through.

For the Pico De Gallo (fresh salsa): □ 1 medium tomato (diced) □ 1 small onion (finely chopped) □ 1 seeded, finely chopped jalapeño (can use ½ to reduce spiciness) □ juice of 1 lemon □ 2 tsp. chopped, fresh cilantro □ 1/2 tsp. garlic (jarred, minced) □ 1/8 tsp. black pepper.

Combine all ingredients in medium bowl and stir. Tip: Pico de Gallo is super versatile with unlimited uses! Try it as a salad dressing, a dip with low sodium whole-wheat chips/crackers (Check the ingredients for the chips/crackers to ensure that they are not made with any hydrogenated oil or tropical oil, such as palm or coconut oil.) or fresh vegetables, mixed with brown rice to make “dirty rice,” over fish, or even on baked potatoes.

Nutrition Facts: 154 Calories/ serving, Protein 25g Per Serving



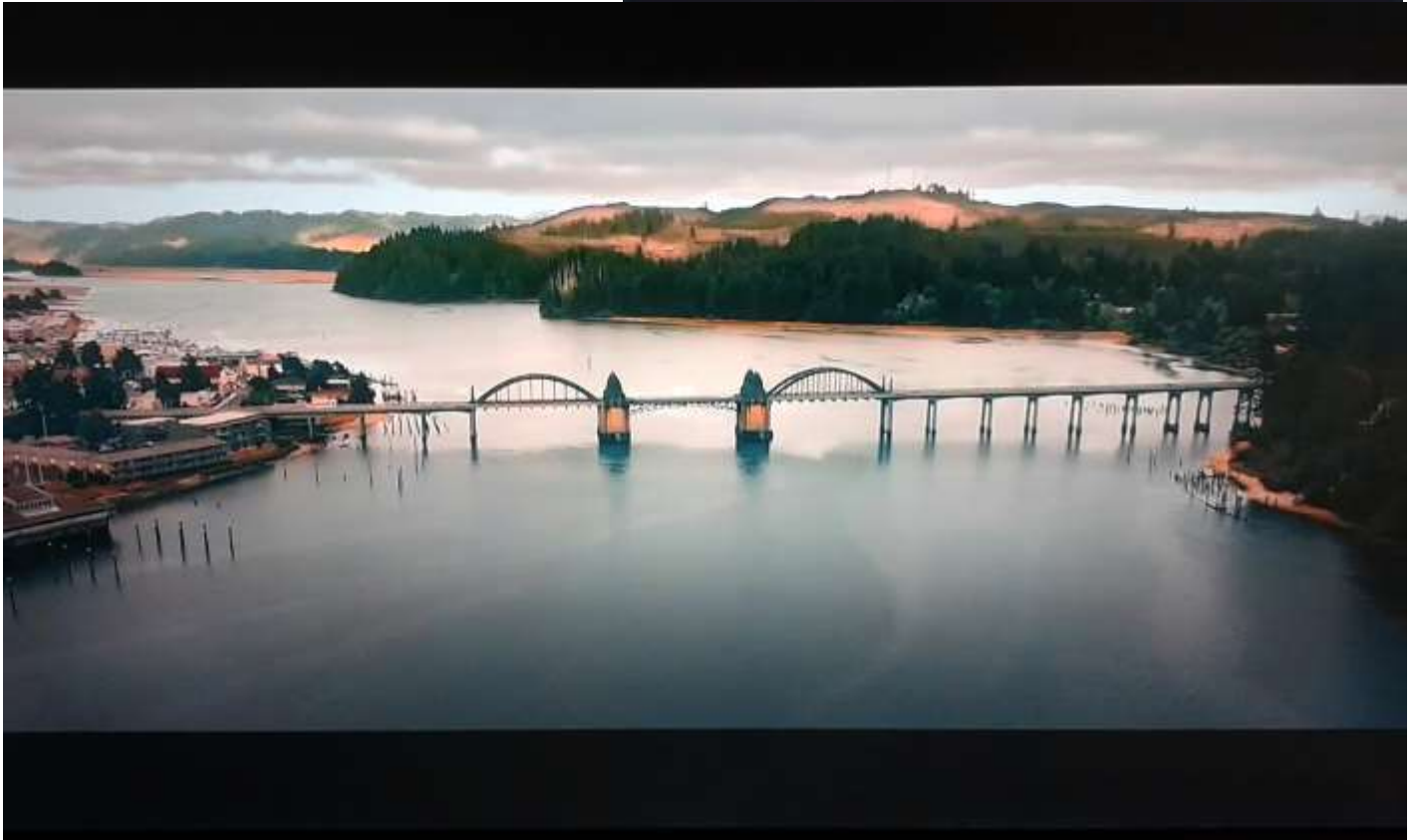
There is now Wi-Fi in the laundry and post office.

You must have a password. Please contact the office or Operations Manager for password information.

Enjoy! Thank you Glenn Singley for installing this affordable amenity for the community!



**I WANT TO SIT BY THE
OCEAN FOR A WHILE
AND WATCH THE WAVES
COMING IN,
FORGET EVERYTHING
AND
JUST BREATHE.**



Welcome To All New Owners in Coast Village!

Our living situations have been less than ideal with the pandemic restrictions. This community is usually more welcoming and friendly. We can't wait to meet you all! We from The Greenbelt Preservation & Advisory Committee, again, would like to say "Welcome" to you.

With the warmer weather approaching, plants starting to bloom, this is when our community looks especially beautiful. The vegetation we have surrounding us, the birds, the wildlife, all this makes our community special.

Many of us become motivated to clean up our properties. If you have a new home, you start thinking about ways to make it your own. Our wonderful brush pick-up service allows for us to easily remove debris. PLEASE REMEMBER that we are required to maintain greenbelts on the sides and back sections of our property. The greenbelts are one of the most valuable assets we have here. They provide natural beauty, not to mention the privacy screen from our neighbors. We have all agreed in writing that we will not destroy them, actually we will foster and maintain them. If you have bare spots in your greenbelts, now is the best time to plant!

If you have questions about what you can and cannot do, please call the office. The ARC Committee, as well as the Greenbelt Preservation and Advisory Committee are here to help you if you have questions. We are all volunteers who are committed to keeping Coast Village a nice place to live.



Cigarette butts:

The office has received complaints regarding cigarette butts within our community. Our maintenance staff have noticed this as well. They are finding cigarette butts at the gate, along the road and a growing “collection” at the “children's play” area. Of course there is little to be done about vendors who may be discarding their “butts” out a window unless we catch them in the act. If you do, let the office know. I am asking all of our residents to please dispose of your cigarette butts properly.

Common Area Property:

It is important to remember that common areas are regulated by the Association . Common areas include any property within Coast Village that is not deeded to a lot owner.

Examples are streets, trails, facilities such as the clubhouse and satellite bath. Owners' may not change, alter, clear or otherwise modify common areas without the expressed prior written consent of the Association. This includes vegetation trimming or removal. No signs, markers or additions may be added without prior written approval from the Association.



Speeding A big problem ! Coast Village neighborhood wide speed limit is 10 mph. Our streets are relatively narrow and have beautiful curves and small hills in addition to the occasional straight-away, but they are NOT RACETRACKS ! Our cars our more powerful than ever, and cell phones add an element of distraction. The safety of our walkers/joggers and animals - should not suffer as a result. At this point all I can say is, PLEASE SLOW DOWN.

Crock Pot Cheeseburger Soup

A thick, cheesy soup with all the flavors of a cheeseburger

Ingredients 1 lb. ground beef (or turkey) 1 TBSP minced onion 2 cups shredded sharp cheddar cheese 8 oz. cream cheese 4 cups chicken broth 2 cups chopped potatoes 14.5 oz. can petite tomatoes, drained 1 cup chopped celery 1 cup baby carrots 1/4 cup flour 1 cup milk salt/pepper, to taste preference

Instructions

In a skillet, brown ground beef with minced onion.

Cook until no longer pink. If necessary, drain. Add cooked meat into crock pot (affiliate link). Then, add in cream cheese, chicken broth, potatoes, tomatoes, celery, carrots, salt and pepper.

Cover and cook on low for 6 hours or on high for 3 hours. About 15 minutes before soup is done, whisk together flour and milk until smooth in a small bowl.

Add flour/milk mixture and shredded cheddar cheese into soup. Mix well. Cook remaining 10-15 minutes or until cheese is melted.

Yield: Serves: 6-8 **Prep Time** 30 minutes **Cook Time** 4 hours **Total Time** 4 hours 30 minutes





PLEASE DON'T POUR GREASE DOWN YOUR DRAIN,
THIS IS WHAT HAPPENS TO OUR SEWER LINES!



REMINDERS

Vehicles in non-operative condition, including UNLICENSED or EXPIRED license plates, shall not be allowed on the properties, common areas, or overflow parking areas. Please know that if this pertains to you, you WILL be receiving a violation letter.

No Owner or Resident shall make or permit ANY disturbing noises to be made or anything to be done on the premises that interferes with the rights, comfort, or convenience of your neighbor.

Please remember that no one has the right to park on their neighbors property without permission. We are experiencing home owners and visitors parking on neighboring properties where the owner is gone. This is not okay. If you need overflow parking you need to park at the parking lot at the clubhouse. If you will be parking there for more than one day, you need to request a parking permit from the office. Please respect your neighbors privacy and property.

If you decide to have a “roommate” move in, you must notify the office of that person’s name. Please do not allow a “friend” to come in to utilize our laundry facilities due to their lower cost. Our rest-rooms, clubhouse, laundry are for owners and their guests but not for homeless visitors to utilize. You will be restricted from those facilities if you bring in people or give out codes so others in the outside community can take advantage of our amenities.



THE GOOD, THE BAD AND THE UGLY—FAT TRUTHS AND MYTHS-Dory Hethcote



You’d think we’d all understand cholesterol by now, especially considering that screenings are recommended at least every five years and millions of Americans take cholesterol-lowering medication. Many dangerous myths persist.

Below, we set the record straight with eight important—yet not-so-well-known—facts about this blood fat.

1. Cholesterol Is Important to Your Health While too much raises your chances of having a heart attack, cholesterol actually serves some pretty important functions. “Cholesterol is essential to various bodily processes, from insulating nerve cells in the brain to providing structure for

the composition of cell membranes,” says Amgad N. Makaryus, M.D., an associate professor at Hofstra Northwell School of Medicine and chairman of cardiac care at Nassau University Medical Center. You also need it to make vitamin D, certain hormones, and some enzymes that help break down food. Another key point: You’ll want to pay attention to all your cholesterol numbers, not just total cholesterol. That’s because cholesterol—a waxy, fatty substance—is carried through the bloodstream by two types of particles: low-density lipoproteins (LDL) and high-density lipoproteins (HDL). LDL is often called the “bad” kind because it deposits plaque in the arteries. HDL, on the other hand, is often called “good” because its job is to take excess cholesterol out of your arteries and shunt it to the liver, where it can be broken down. The American Heart Association (AHA) recommends talking to your doctor about your cholesterol numbers and how it affects your health. In general, the National Heart, Lung, and Blood Institute recommends:

	<u>Total cholesterol:</u> 125 to 200 mg/dL
<u>LDL cholesterol:</u> Less than 100 mg/dL	<u>HDL cholesterol:</u> 40 mg/dL or higher for men and 50 mg/dL or higher for women

2. High-Cholesterol Foods Probably Won’t Raise Your Levels

“It’s true that eggs and shrimp contain a lot of dietary cholesterol, but dietary cholesterol isn’t nearly as dangerous as was once thought,” Dr. Makaryus says. “Only some of the cholesterol in food ends up as cholesterol in your bloodstream, and if dietary cholesterol intake rises, the body generally compensates by producing less cholesterol of its own.”

3. Your Dietary Priority: Cut Back on Saturated and Trans Fats

While eating some cholesterol-containing foods might not raise your numbers, getting too much saturated fat—found in butter, cheese, red meat, and other animal products—definitely will. “Strong evidence indicates that saturated fat in the diet is associated with increased total and LDL cholesterol, and increased risk of cardiovascular disease,” says Ginger Hultin, R.D.N., a Seattle-based dietitian and spokesperson for the Academy of Nutrition and Dietetics. Less than 10 percent of your calories each day should come from saturated fats, according to the 2015 Dietary Guidelines for Americans. To lower cholesterol, the AHA recommends limiting to 6 percent of your daily calories. So if we eat 2400 calories a day with 10% of our caloric content in fats or 240 calories we need to eat only about 24 g of fat (preferably good fats). Each gram of fat has dense calories and it doesn’t take much to get that 10% of our intake in a day to meet the lipid needs of the body (Butter=4 g of fat in one small pat/Avocado 17 gm in 1/4 cup and small fries 11, Costco hot dog without the Mayo is 33 gms; Abby’s chicken and spuds 254 arms). Meanwhile, you should consider trans fats—found in any packaged goods that list “hydrogenated” or “partially hydrogenated” oils among the ingredients—totally off-limits. They’re especially harmful because they raise LDL (bad cholesterol) while also lowering HDL (good cholesterol). In fact, the Food and Drug Administration has determined that eliminating trans fats could prevent “thousands of heart attacks and deaths each year.

4. Sugar Also Messes With Cholesterol : Fats might seem like the biggest dietary demons, but carbohydrate intake is another crucial factor. “Cutting saturated and trans fats is important, but if you’re replacing them with foods that are high in sugar and processed or refined carbohydrates—think soda, candy, baked goods—then you may still struggle with cholesterol levels and an in-

creased cardiovascular disease risk,” Hultin says. In fact, some research suggests that sugar might turn out to be just as dangerous for your heart than saturated fat—or perhaps even more so. Being a diabetic for over 40 years I have watched my lipids improve significantly I lowered my blood sugars and A1c. So sugar is my true nemesis and creates inflammatory cellular changes which destroy my healthy cells!!!!

5. You Don’t Have to Be Overweight to Have a Cholesterol Problem

It’s true that high cholesterol and obesity often go hand in hand. If you’re overweight, “losing about 5 to 10 percent of your weight can significantly reduce blood cholesterol,” Dr. Makaryus says. For someone who is 200 pounds, 5 percent is 10 pounds. What if you’re at a relatively healthy weight? Unfortunately, you may still have cholesterol issues. “Certain factors, such as genetic inheritance and family history, may cause cholesterol levels to be high in an individual despite being thin,” Dr. Makaryus says.

6. Exercise Is a Friend to Good Cholesterol: If your doctor has told you that your cholesterol levels need improvement, lifestyle changes are key—though prescription medication may also be in order, depending on your numbers and other risk factors for heart disease. Exercise is a biggie, and it primarily helps by raising HDL (good cholesterol), per Dr. Makaryus. My personal experience with exercise was fairly dramatic: When I started long distance cycling and did boat least 3 times a week my HDL lipids almost increased by 20% after 3 months.

7. Bad Cholesterol Has an Archenemy, and Its Name Is Fiber

“Some foods absolutely do affect your cholesterol,” says Hultin, noting that items like oats, beans, flaxseeds, whole grains, and fruits and vegetables are helpful because they’re high in fiber. “Fiber molecules actually bind to cholesterol molecules and escort them out of the body via the digestive system.” But you can’t just have a bowl of oatmeal for breakfast and eat tons of fast food and sweets the rest of the day. “People need to take a more holistic approach,” she says. “What is your general diet like—the collection of foods you eat each day?” While there are a number of different heart-healthy eating plans, like the Mediterranean diet or DASH diet, they all tend to have a few things in common: Plenty of produce and whole grains Some lean protein, like poultry and fish Not too much sugar or saturated fat

8. If You Smoke, Quitting Will Improve Your HDL Yes, nixing cigarettes will help your lungs, but it may also give your HDL (good cholesterol) a much-needed boost. That’s true even if you end up putting on a few pounds after you stop smoking, according to research published in the American Heart Journal. That’s not all. Quitting also helps lower your risk of a heart attack and stroke in a myriad of ways, from decreasing blood pressure to protecting against blood clots

Some parts of this article were taken from a Silver Sneakers article by Barbara Brody | February 24

Here’s to your good health my friends. Dory Hethcote

Just around the corner we will have owners wanting to set outside by the fire. Here are some tips and recommendations to keep Coast Village safe.

Fire Pit/Chimineia Safety Tips:

You just purchased a fire pit or a chiminea, and dream of making S'mores with family, or having adult conversations with wine and cheese pairings. But don't let your dreams turn to tragedy. Follow proper safety guidelines when using your fire pit or chiminea,

Fire Pit Safety: Position it safely: Place or build your fire pit at least 10 feet from structures and flammable items. Put it on solid ground: Place fire pit on a solid surface and in an open area, avoiding overhanging trees or rooflines. Do not place directly on your deck or other flammable surface.

Experts recommend placing it on a fire pit pad, stone slabs or bricks over the wood. Fire-resistant materials must extend at least 24 inches beyond the perimeter of the fire pit. Don't place it in an enclosed area: Fumes from fire pits can be harmful without proper ventilation. Keep an extinguisher near your fire pit and know how to use it. Use safety gloves when handling a hot fire pit. Avoid using soft wood: Woods such as pine or cedar will pop and throw sparks. Use only hard, seasoned wood. Never use lighter fluid: The National Fire Protection Association and the Consumer Product Safety Commission say pourable fuel can cause flash fires and burns when added to an already burning fire pit, and both organizations warn against using liquid fuel.

Man the flame: Never leave any fire unattended, especially if children are nearby. Stay three feet from the heat: Establish a 3 foot "kid-free zone" around your fire pit, and teach your kids and friends to abide by it. Dress appropriately: Don't wear loose-fitting clothing or flammable fabrics such as nylon. Cool it: Let coals cool and gently pour water over them. Make sure the embers are completely extinguished before going indoors. Dispose of ash properly: Allow coals or wood to cool before cleaning out. Even if you think they're completely out, don't use plastic or paper bags. Buy a metal ash bucket and use that to allow ash and embers to cool thoroughly. Open burning is not allowed at any time without a permit. Don't burn leaves or other yard debris, but according to the Fire Marshal's Office, backyard "warming fires" are allowed, provided:

- Burning must be for recreational, warming purposes only.
- The pit and/or fire may be no larger than 3'X 2' (If your pit is larger, the fire must be kept to this size).
- You use only "clean" wood. Burning of any toxic materials is prohibited, including but not limited to: paper, used lumber or trade waste, impregnated or treated/painted wood, toxic or hazardous waste or their containers, building or demolition materials, household waste.

Fire extinguishers are on hand to control or extinguish the fire if it starts to spread or get out of control.

Questions about campfires, warming fires and bonfires should be directed to the office for current burning conditions.

COAST VILLAGE PROPERTY OWNERS CORPORATION BOARD OF DIRECTORS MEETINGS - CVPOC - Rose Room

Board Meeting, 10am February 20, 2021

APPROVED - Zoom Meeting

The meeting was called to order 10:06am by President Jay Guettler.

A quorum was established with President Jay Guettler, Vice President Diana Wolfe-Newman, Treasurer Dory Hethcote, Secretary Donna Rudd, and Directors Paul Deemer, Ila Mae Robinson and Glenn Singley.

The agenda was approved without objection as amended.

REPORTS:

Treasurer: Report presented by Dory.

\$1680 Water Main Repair

\$5200 Bathroom Repair - replumb

\$4700 Water Project

\$1700 Water Project

\$3950 Sewer Replacement

\$17,230 total

After some discussion it was determined the \$1700 needed to be removed as it was included in the \$4700 amount. \$500 needs to be added for tree removal. The actual corrected total is \$16,030

MOTION: Move \$16,030 for water project from reserve to operations made by Dory; Diana seconds. Motion passed unanimously. .

Park Operations Manager Report: Submitted and read by Carlla.

ARC Report: Read by Mose Starkie

Greenbelt Committee Report: Presented, written by Pam Guetler

Garden Committee report: No report

Actions Without Meeting: None

Motion to correct old motions:

- **MOTION:** to amend motion made March 16, 2019 to designate what a dwelling is. Place in ARC Policies and Procedures and not Rules and Regulations. Motion was made by Glenn Singley and seconded by Dory Hethcote. Motion passed unanimously
- Discussion: add wording of motion from November 26, 2018 about construction equipment usage to the Rules & Regulation.
- **MOTION:** to rescind Motion - August 20, 2016 that lot owners are prohibited from renting their property if they are behind on their dues. As it is illegal.
- Motion was made by Glenn Singley. Dory Hethcote seconded. Motion passed unanimously.
- **Discussion:** To correct fine schedule in the Rules & Regulations for recurring tarp over dwelling. Rules & Regulations state \$50 fine but the motion from November 21, 2015 calls for \$25.

- **Discussion:** Motion from September 15, 2015 allowing owners access into Greenbelt for maintenance of grand-fathered permanent structures is not documented anywhere. Needs to be placed in the ARC information notebook.
- **MOTION;** to rescind Motion August 20, 2016 requiring committee chairs to get board approval to let any committee member go. Motion made by Diana Wolfe-Newman; seconded by Dory Hethcote

OLD BUSINESS:

- **Soft Top Carport update and discussion** - moved to March agenda
- **Board Member Orientation** - moved to March agenda
- **Rules and Regulations update** - moved to March agenda
- **Update fire prevention** – Carlla vandeVyver (Park Operations Manager) will send out reminders to update contact info and to request that if members need help during an emergency, to include that request on the update contact info. Info will be shared with FFD.
- **Bear Proof cans** - removed from agenda

NEW BUSINESS:

- **Complaints;** All complaints need to have home owners name and contact info to be considered and acted upon. POM will share any unsigned complaints with Board but will not take action on those complaints.
- **82 Manzanita** - cut across driveway. CC & R's state owners are to incur any expenses related to re-paving due to easement access. Jay Guetler will respond to owner.
- **82 Manzanita** - recyclables. POM has sent letter. No further action needed.
- **Trump Flags or any Political Flags:** Discussed. No action taken
- **Basic Employee Health Plan** - put on March agenda
- **Committees** - put on March agenda
- **Budget** - put on March agenda
- **Salal Thrips** – Discussion,, moved to March agenda
- **Office process for wellness checks** - POM states there is a process in place for wellness checks. No action needed.
- **Personal business use of closed clubhouse on a permanent basis** - discussed

EXECUTIVE SESSION

Discuss rumors and how to address them

1:18pm Executive Session ended. No motions made

Adjournment

MOTION: Diana Wolfe-Newman motioned to adjourn; Ila Mae Robinson seconded. Session adjourned.

Returned to regular session.

MOTION: Diana Wolfe-Newman motioned to adjourn regular meeting, Ila Mae Robinson seconded. Meeting Adjourned.

IF WINTER COMES, CAN SPRING BE FAR BEHIND?

That famous quote is by Percy Bysshe Shelley, Ode to the West Wind. And, while I'm at it, perhaps some other less famous quotes about Spring: "Spring is the time of plans and projects", Leo Tolstoy "In the spring, at the end of the day, you should smell like dirt.", Margaret Atwood "In the spring I have counted one hundred and thirty-six different kinds of weather inside of four and twenty hours .", Mark Twain "Spring is nature's way of saying, 'Let's party!'", Robin Williams Especially this year I'm sure we are all ready for Spring!

Our Winter of 2020 seemed a lot longer than 3 or 4 months. I don't know about you but I love walking round our Coast Village neighborhoods, seeing the signs of Spring popping up, whether it be newly planted primroses, or crocus, daffodils, hyacinths, or the pink, white and green of trees beginning to blossom. Doesn't it bring a smile to your face? And, on those days that aren't as rainy, I love seeing the faces of our neighbors again!

As our risk levels in Lane County and other counties of Oregon continue to drop, we want to remind you to continue safe practices of face masking and social distancing. We hope you have or will avail yourself of getting the COVID 19 vaccination(s) as soon as possible in order to gather again socially.

A reminder of Springtime yard clean-up . . . take care of those weeds before they become unsightly and a nuisance, and yard debris only in the large green-waste containers located around FE. In the Greenbelt areas surrounding your home, only weeding can be done. Trimming or removal of vegetation in Greenbelts must first have the Arc's prior written approval.

