

COAST VILLAGE REPORTER

AUGUST 2020

COAST VILLAGE PROPERTY OWNERS CORPORATION
131 Rhody Loop, Florence, OR 97439 (541) 997-3312

VOLUME 27 ISSUE 8

Board of Directors 2019-2020

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Office staff: Nancy Brock
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POM@CVPOC.COM

Maintenance Office:
(541) 997-3583
Hours of Operation
Maintenance staff on premises
Mon - Fri from 7am - 4:30pm
Available 24/7 for
park maintenance emergencies
(360) 521-8428

Website:
www.coastvillageflorence.com

CVPOC President's Message

July is traditionally our Annual Members Meeting, which has a lot of tradition associated with it. A time for the membership to be in-charge of the agenda and the ability to have its say on policies going forward. Motions passed during an annual meeting can only be changed or modified during another annual meeting. Historically, there has been much to discuss during these events and the agenda is full well in advance of the meeting. This was not the case this year, where we had no agenda items brought to the office to be ready for the annual get-together. I think we all knew that it probably wasn't going to happen right now due to the virus being such a force in our lives.

We did, though, have a regular board meeting. We said a heart-felt thank you to our departing board members, Pat Thompson and Noel Smith. Being a board member involves more than just going to board meetings once a month and their contributions to Village are something we are grateful for. Pat was also chair of our Elections Committee and along with her team ensured that our processes were above board and accurate. She leaves a vacancy there that still needs to be filled. Noel was appointed to the board to fill a spot left open from a departing board member. While he did not want to serve longer on the board, he is still active on the Greenbelt Preservation and Advisory Committee and the Architectural Review Committees. Dory Hethcote's term was also up, but she ran for re-election and won another term in the election.

Thank you to all those who took the time and effort to run for the board positions that were open. I'm glad that there was more interest than there were positions available, as it shows that there is interest in being part of the community. More important than being on the board are the members of our committees. The committees are the engines of change and growth within our community's structures. Even if you don't want the excitement of sitting through meetings, yet want to participate, consider joining one of our committees.

NOTICES

- ◆ **Facility Hours:** Hours for the laundry room 8 a.m. —10:00 p.m., Clubhouse bathrooms—24-7. Clubhouse are 8:00—9:00 p.m. mailroom is 8 am-10:00 pm. Satellite Bath with code only.
- ◆ **BOARD MEMBER MEETING:** August 15th—social distancing will be observed. Clubhouse—10:00 a.m. August 14th. Workshop Rose Room 3:00 p.m.

Pool: Pool is open. **Sauna** is now open. Please use disinfectant when you are done. Disinfectant is available in the club house.

Ila Mae Robinson and Paul Deemer were the other two elected to the board and we welcome them. Along with Dory, the three of them were seated at the table at the beginning of the meeting and started their two-year terms. The officers chosen by the board were as follows: VP-Diana Wolf-Newman, Treasurer-Dory Hethcote, and Secretary-Donna Rudd.

As I stated in my message last month, we are moving forward with developing a program for assisting our board members learn the different facets of their roles and how to be better in them. A suggestion that one of our members had was to put on a program to help our membership understand their roles in the process of governance and we are looking at that too.

I won't replay the whole meeting for you, as it was long enough, but there are a couple of highlights I want to tell you about. First off, Governor Kate Brown's order says that face masks will be worn in all public places. The clubhouse, post office and laundry are all public places. Please wear your masks. Those not wearing masks, even on the way to the pool, can be fined. This action is supported by the board.

There were a number of written complaints. To be clear, unsigned complaints will not be addressed. Any complaint that is seen as threatening to board, committee or staff members will be referred to the Florence Police Department. I don't know why people let their dogs bark. Some don't realize it, some don't hear it any longer, and some don't care if it bugs you as a neighbor. Unless the dog is actually barking non-stop or it is before 8am or after 10pm, there is nothing we can do as a board--sorry. Lastly, transients in the Village. There doesn't seem to be any more activity than normal for this time of year. Simple precautions, such as not using your remote to let someone in the gate who doesn't know the code or giving the code to the satellite bath, post office or laundry out to anyone you don't know will deter most of those folks who do not live here. If someone doesn't know the code, have them call the maintenance phone number.

The other big item I want to let you know about is the ARCs work on the ARC Guidelines/Policies and Procedures. The item brought to the board this month was greenbelts, focusing on defining the phrase "foster and maintain" and how to actually go about it in an acceptable way. Comments and input is welcome.

Be safe and stay well.

Jay



Elections Committee News July 2020

The Coast Village Elections Committee will need to appoint a new Elections Committee Chairperson this July. Pat Thompson will no longer be chairing the committee after the July 2020 Coast Village board meeting.

If you are on the Election Committee, please contact your committee members, or the Coast Village office at (541) 997-3312 and let us know that you are willing to chair this committee.

We will miss Pat Thompson, but we understand that being a Board Member and a Committee Chairperson is time consuming, and she has volunteered as both for the last 4 years. Thanks so much for your service Pat, you will be missed.

OPERATION MANAGER'S REPORT

Governor Brown has indicated new mandates for the wearing of masks while in public buildings.

We are having some issue with a few residents who resist wearing a mask. Two of these individuals are claiming a disability exemption.

I have researched the information available regarding what can be asked of those individuals. We are allowed to ask "how" wearing a mask impacts their disability. We are not allowed to ask "what your disability is". We are allowed to refuse entry if we provide an alternative way to interact with those individuals. Currently we have a drop box for leaving mail, complaints, payments. We also are available by telephone for those that need to speak with the office.

We can ask these individuals to not have entry to the clubhouse or laundry for example if others are present and arrange a preset time for those individuals to enter when no one else is here. We can mandate they do not enter if they will possibly expose an employee.

This means that if you are not willing to wear a mask, please do NOT enter our common buildings. This includes the laundry. If you need special accommodations, contact the office.

Pool: We had another delay with the pool due to a part that was difficult to obtain. The fix is scheduled for the 12th of August provided the part arrives.

The pool has been running around 79-80 degrees most days and we are seeing a great deal of use. I have had a request that I put in place adult only swim on the weekends. I had left this open because weekends is when we often see grandchildren in visiting and I wanted to accommodate those people. I currently have adult swim in the mornings M-F and open swim in the afternoons. The resident requested I have adult swim from 2-4 in the afternoons, however that is when I see the majority of children swimming. I may add an adult swim once the pool heater is working again.

I am keeping the pool closed to any guests other than family for the time being.

Sewer: The sewer line fix turned out to be far less complicated than originally thought. The fix was under \$1,000.00. Great news for us.

Fence – Spruce Street: We now have the paint in and will be painting ASAP. We also have received the fencing for the West Side perimeter fence and will be scheduling that. There was a hit and run on the South Side Fence

double gate that has damaged a post. We have ordered a post to replace that.

Road: Norm Wells has still not been in to pave our road. I have sent follow-up e-mails to reschedule. We hope to have this work done by month end. (July).

We have received our Reserve Study and it has been sent to our accountant for reporting to the state per requirements.

Our insurance premiums did not increase this year. We kept the same coverage and actually added a vehicle.

We have received a number of complaints which will be addressed in the BOD meeting. My own feelings on this from a manager point of view is that people are feeling a bit frustrated by our current world situation which is creating more anxiety in people. Rest assured, we follow up on every complaint. We don't always report results to the community because they may be private. The office feels everyone's feelings should be heard and we do our best to address them.

We also have had residents concerned about the reports of transients in the park. We are not having "more" transients than normal for this time of year. We are not having break-ins and people should not be afraid. If you are overly concerned about someone, call the manager or the police.

I have changed the code on the satellite bath again. You must call the office or myself for the code. DO NOT give this code out. If we discover you have, I will ban you from use of that facility. We cannot have non-residents using this bathroom and making a mess. There are many who use the bathroom there and we want to keep it clean, safe and available for those people.

Water: There was a water main break on the west side on Thursday. Water was turned off most of the day. There has also been some questions about a disruption of landscaping when we are digging. Our staff try to be respectful and careful when we have to dig along a lot line where there are plants, etc. However, you need to remember that we have a 3' easement on our utility lines and sometimes it may not be possible to avoid damaging green space. I encourage any of you to avoid planting anything with deep roots along the road where it can damage our water or sewer lines.

Our water bill for July is up \$795.94. We did have two water leaks in July that have been repaired. This month's bill is \$11,055.94.

Front: We are in the process of replacing the landscape timbers in the front. The old ones were rotting and hard to see, therefore a trip hazard.

Our laundry repair person was in and repaired our washer and dryer. However, in the same day that the #2 dryer was repaired someone almost ripped the door off of it! This had to come from someone repeatedly slamming the door. Would you do this to your "own" dryer at home? Please use the machines respectfully so that the repair cost stays affordable on these machines. We were unable to identify who did this from the cameras or there would be a charge levied. I can only ask that you treat these machines as though you own them, after all it's your HOA fees that keep them repaired, replaced and working.

We currently are keeping a supply of qtrs. in the office for those who need them for the laundry room.

I have received several complaints regarding a hazard at the entrance to the parking lot off of Rhody Loop (east side). There are greenbelt bushes at the corner which makes it difficult to see walkers as you turn the corner.

First of all to the "walkers" there is a trail from the playground area behind the foliage which you could take or leave the parking lot on the "south side" of the entrance so drivers can see you. Keep your dog close to your side when entering the road. Some dogs on extend leashes are ahead of the walker and difficult to see.

Secondly, "drivers" be very careful as you turn in from Rhody. Do not cut the corner. Be aware.

Thirdly, I am going to be trimming the Rhody back at that spot a small amount as I don't want to kill it.

Please, use caution.

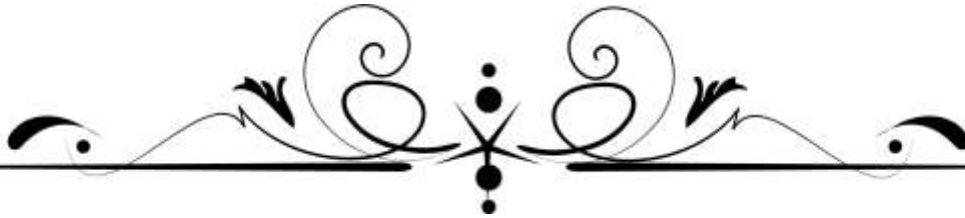
Laundry Room:

I have lowered the price on the dryer that asks for \$1.75 to \$1.50. This dryer will run longer and is excellent for blue jeans, blankets etc. The other dryers are still \$1.00 per load.

We have been experiencing a shortage of labor for our grounds work. The regular staff are doing their best to keep up but if you see weeds growing along your front lot line and are able it would be great if you cut them or pulled them up. If not, we will be back on streets as soon as we are able.

The water leak in the garden faucet has been repaired.

Carlla vandevyver



Invest in relationships

Surround yourself with happy people. Being around people who are content buoys your own mood. And by being happy yourself, you give something back to those around you.

Friends and family help you celebrate life's successes and support you in difficult times. Although it's easy to take friends and family for granted, these relationships need nurturing.

Build up your emotional account with kind words and actions. Be careful and gracious with critique. Let people know that you appreciate what they do for you or even just that you're glad they're part of your life.

Express gratitude

Gratitude is more than saying thank you. It's a sense of wonder, appreciation and, yes, thankfulness for life. It's easy to go through life without recognizing your good fortune. Often, it takes a serious illness or other tragic event to jolt people into appreciating the good things in their lives. Don't wait for something like that to happen to you.

Make a commitment to practice gratitude. Each day identify at least one thing that enriches your life. When you find yourself thinking an ungrateful thought, try substituting a grateful one. For example, replace "My sister forgot my birthday" with "My sister has always been there for me in tough times."

Let gratitude be the last thought before you go to sleep. Let gratitude also be your first thought when you wake up in the morning.

JUST OUR IMAGINATION by Herbert English

During the golden age of rock and roll there was a song that had within its lyrics: "It was just my imagination running away with me". Around that same period a movie starring Danny Kay was produced using that same theme entitled "The Secret Life of Walter Mitty." Prior to these fine examples of losing one's self in their imagination a radio serial used that same concept with great success, calling themselves "Lum an' Abner."

It is human nature to be, nor how dreadful might be the consequences of our not being right in reality. Some of us take the concept of having to be right to an extreme, and stand on their rightness even when the flames of truth blaze at their feet. My father was one of those so inclined toward the hot foot, from whom I inherited the trait.

Truth is something we claim to seek after, and that we would willingly surrender our wrong notions in order to obtain that truth. The truth of the matter is we will sacrifice our desire for truth in order to cling to our need to appear right in the eyes of those we care little or nothing whatever for. The marketing of goods is a fine example of this kind of thinking. When I was a young man I entered the field of sales. I sold new cars, water softeners, and houses door-to-door. In order to sell a product successfully I had to first convince myself that what I was selling was the best product available, and a great benefit to my customer. Without this attitude I would feel as if I were a con man selling worthless goods.

In effort to help neophyte salesmen in our efforts to convince of our rightness, professional salesmen were brought in to teach us how to override our conscience and believe what we would ordinarily reject.

This same manner of thinking, of overriding our common sense, is used by many other fields of endeavor, such as war, religion, and even in elementary school athletics. Observe, for example, how the team at the bottom rung of the ladder will proclaim after their ultimate defeat "We're the best!!"

To assist in our efforts toward rightness, we call such brain washing: propaganda when it is used by those we object to; and we call it education when used by our side.

In days gone by there was a phrase used commonly stating that a person was inclined to believe their own hype ('publicity'). The essence of eh statement is that a person says (or hears) so many unwarranted good things about themselves that they start believing it themselves. Today we use the same concept, but we call it "The Power of Positive Thinking." It seems to me that the person eating the Big Mac surrounded by French fries might do well to rephrase the statement to say "The poser of positive DOING" if they hope to be an Olympic contender.

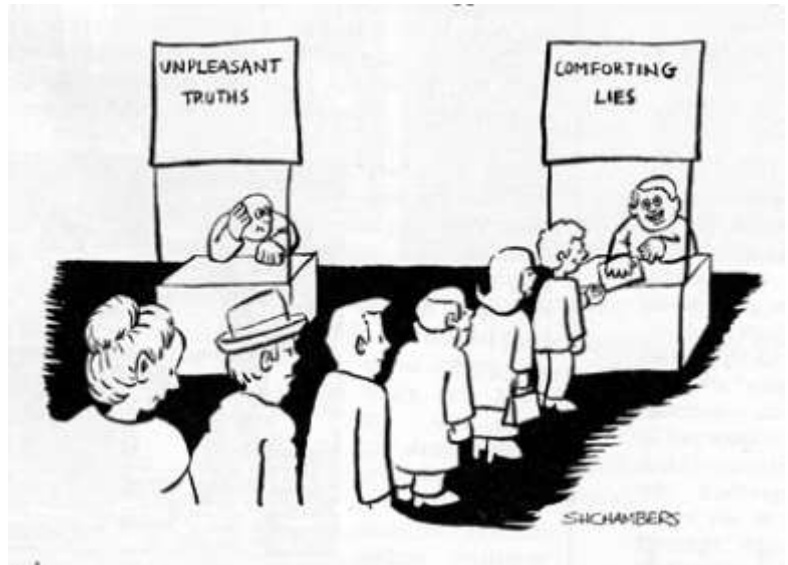
Our mind loves to play tricks on us and tries to convince us that what we know to be a lie is truth itself. For instance, I enjoy a flight of fantasy every once in a while where I imagine myself floating above the earth like a bird in flight. Now I know I am not in flight in anything but my mind. But if I should let my fantasy overtake my reality, and jump off the roof of my house expecting to take flight, reality will bring me to earth with a crashing blow.

According to the song mentioned at the beginning of this piece, the singer is aware that what he is dealing with is his imagination, and it is not in the realm of reality. In the last example, both Lum and Abner are inclined to misinterpret something that is said, and create a fantasy that when act upon, unable to be convinced that they are wrong. The results of their thinking often being disastrous, to themselves and to other innocent parties.

I would like to think that I am above such imaginative behavior, but my track record is evidence that I am not.

Quotes:

- **“Religious wars are basically people killing each other over who has the better imaginary friend” Napoleon Bonaparte**
- **“If one person has an imaginary friend he is said to be crazy. If a lot of people have the same imaginary friend, it’s called religion” Author unknown.**



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



NOTICE

**HELP WANTED
PART TIME PERSON TO TAKE/AND COMPLETE MINUTES
FOR MEETINGS AT COAST VILLAGE
TIME REQUIRED APPROXIMATELY 10 HOURS PER MONTH
PAY IS \$16.00 PER HOUR
CONTACT THE MANAGER AT COAST VILLAGE**

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

Katie:

cattmarks@yahoo.com



by appointment at
Oregon Integrated Health
1441 – 7th Street Suite B
Florence
(503) 972-0235

TRADITIONAL CHINESE MEDICINE
Pamela Zilavy, L.Ac.
~ whole body health care in your community ~

**Marshall's Maintenance: Call Marshall's if you need a sewer cleanout.
541-991-3022**

For Sale: Call 541-997-9982

Like New

Kenmore portable Air conditioner/
Dehumidifier with remote control

10,000 BTU

Manual and stand included \$200.00



Hello villagers!

Here we are, still in Yellowstone. Due to COVID our campground is still closed, so, we still have it to ourselves. We are getting in our volunteer hours in various ways throughout the park. Sometimes we work at the North gate at the Roosevelt Arch answering questions and handing out maps to streamline things at the registration booths. Teddy Roosevelt was vacationing at Yellowstone and spoke at the cornerstone-laying ceremony. We also hike the trails and pick up litter. On the Beaver Ponds trail we found a pair of men's underpants. We don't even want to know how that happened. We also walk the boardwalks around the springs and geysers. Michelle picks up litter and Kim answers visitor's questions about the thermal features (and gives kids stickers and fun Yellowstone books). We will also be trained working in wildlife management. We'll let you know how that is!

We miss you all and wish you the best. Stay safe!

Love, Kim and Michelle



ON HOLD UNTIL HEATER FIXED (approx. 8/12)

COAST VILLAGE POOL
WATER AEROBICS

TIME: 9:00—12:00 - Limit of 12 participants
TUESDAYS AND THURSDAYS

COVID WATER AEROBICS

WARM UPS

JOG, JUMP ROPE, JUMP OVER FENCES CROSS COUNTRY
ROCKING HORSE, WASHING MACHINE, SUMO

UPPER BODY WITH WATER WEIGHTS

UP AND DOWN SIDES, STRAIGHT ARM - FRONT, SIDES
ROLL DOUGH - REVERSE, BREAST STROKE, FIGURE 8
STRAIGHT ARM BEHIND, PALM UP LOWER ARM CURLS- PALM UP, PALM DOWN

LOWER BODY/CORE

STRAIGHT LEG KICKS, FRONT, SIDE BACK HIP CIRCLES
FROG KICKS, CRUNCHES

MIND GAMES

SQUAT, FLAP KNEES, PLAY PIANO, CAT SCRATCHES, CASTANETS, COUNT FINGERS

STRETCHES

C STRETCH REACH UP, SIDE TO SIDE - CIRCLES - FIGURE 9
PAT ON BACK - OTHER ARM PUSH ELBOWS BACK TRY TO TOUCH BEHIND YOU
CLASP HANDS BEHIND BACK TRY TO TOUCH SHOULDER BLADES TOGETHER
STRETCH DOWN SIDES - WALK FINGERS PAST YOUR KNEES
GRAB SHIN - TWIRL ANKLES, RIGHT, LEFT FOOT BACK, YOGA STRETCH
HEAD - LOOK UP, RIGHT, LEFT, DOWN TILT SIDE TO SIDE, ROLL ALL AROUND
SHOULDERS - SHRUG UP AND DOWN, ROLL FRONT ROLL BACK

OPEN SWIM

SATURDAY AND SUNDAYS—KEEP SOCIAL DISTANCING

LIMIT OF 10 PEOPLE IN THE POOL

ADULT SWIM MON—SUNDAY EXCEPTIONS BELOW

CHILDREN SWIM

MON—FRIDAY

2:00—4:00

MUST HAVE AN ADULT IF UNDER 16 YEARS OF AGE

LIMIT OF 10 PEOPLE IN THE POOL

LAP SWIM

MON—FRIDAY

12:00—1:00

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.



We have quarters in the office for use in our washing machines only.

No more than \$10.00 at a time.

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

In memory of Jackson Kubishta.

Jackson was a resident of coast village for 3 years. He loved taking walks with his parents, Paul and Sunni around the community. You would often see him with his siblings. He loved the beach most of all and was the reason Paul and Sunni moved to Florence. After taking so many vacations trips here, we decided to make this home. Jackson was almost 15 years old at the time of his passing, he was a great friend! You will be missed JB Jackson Brown Dr. my eyes Kubishta ☐



Note: Everything to the
dump day! September 14th

AUGUST 2020

SUN	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Garbage 9 am	4 Brush 9 am	5 No Coffee Klatch thru COVID-19	6	7 Water Shut Off 8 am to 1pm	8
9	10 Garbage 9 am	11 Brush 9 am	12 No Coffee Klatch thru COVID-19	13	14 Water Shut Off 8 am to 1pm Board workshop 3:00 pm	15 Board Meeting 10:00 a.m. Rose Room
16	17 Garbage 9 am	18 Brush 9 am	19 No Coffee Klatch thru COVID-19	20	21 Water Shut Off 8 am to 1pm	22
23	24 Garbage 9 am	25 Brush 9 am	26 No Coffee Klatch thru COVID-19	27	28 Water Shut Off 8 am to 1pm	29
30	31 Garbage 9 am					



Here's to celebrations! Happy Birthday!

Rachell Emigh August 3rd



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

Gary & Patti Hunt August 7th
Terry & Karolynn Hiam August 27th
Vincent & Sharon Mauk August 31st

If you would like your birthday or anniversary added to our newsletter just let the office know.
You can call Nancy at 541-997-3312 or just stop by the office.



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



**HAPPY BIRTHDAY TO
YOU, HAPPY BIRTH-
DAY TO YOU,**

**HAPPY BIRTHDAY
DEAR BECKY! HAPPY
BIRTHDAY TO YOU.**

HOPE IT WAS GREAT!



We have really great employees at Coast Village. Starting this month I thought I would feature some of our employees starting with our fantastic janitorial staff.

Dennis and Roni Barker have been working for Coast Village for several years. We have never had better janitorial work done at Coast Village than during this time.

The reason I really want to feature them however is because during this COVID virus impacting they have went over and above board keeping our buildings sanitized and clean. I would not feel nearly as safe as I do if it were not for their tireless efforts.

Each day (7 days per week) they clean, sanitize, wipe every surface that are commonly touched. This includes all the exercise equipment, kitchen, post office (including post office box fronts), laundry room (including machines), Rose Room tables, kitchen area, all bathrooms.

I hope you will give a shout out and thank them as I do for being loyal Coast Village employees, working extra hours to provide a safe, clean environment for our residents to utilize.



Glenn and Nancy's sweet Kleinspitz—Emmitt—just saying hello—
Happy Dog having fun on the dunes!



Biscuit Italian Ground Beef Casserole

Prep Time 15 min; Cook Time 30 min; Total Time 45 min

Ingredients:

- 1 lb lean ground beef or beef substitute
- 1 cup chopped onion
- 1 clove garlic
- 1 cup Marinara (use your favorite)
- 1/2 cup beef broth
- 10 oz bag frozen mixed vegetables—steamed according to directions
- 2 cups shredded mozzarella cheese—divided
- 1/2 cup grated Parmesan, plus additional for topping
- 12 oz refrigerated buttermilk biscuits
- 2 tablespoons butter, melted

Instructions:

1. Preheat oven to 375 F. Grease a 9 x 13 inch casserole dish with cooking spray; set aside.
2. In a large skillet, cook the ground beef and onion over medium heat until done and onions are soft; drain excess grease. Add the garlic and cook another minute until fragrant.
3. Stir in the marinara and broth. Simmer for 10 minutes
4. Steam the veg. in the microwave according to package directions. Stir vegetables with 1.5 cups of mozzarella cheese and 1/3 cup of parm. Pour mixture into prepared dish.
5. Remove biscuits from packaging. Split each biscuit in half. Arrange biscuits around edge of dish, overlapping slightly. Sprinkle remaining mozzarella in center of casserole. Bake 30—to 35 minutes until biscuits are cooked through and golden brown.
6. Removed from oven, brush biscuits with melted butter and sprinkle with remaining Parmesan.

This can be a one pan recipe! Cook everything in a large cast iron skillet and layer the biscuits on top then bake!



Coast Village Activities Report

August 2020

No Coffee & Donuts



Still can't have the "Coffee Klatch" until the Corona Virus Pandemic is over.



Odd Thursday Game Night



Odd Thursday game night suspended due to Corona Virus Pandemic.

Water Aerobic Exercise



Water Aerobic classes will return to Coast Village in mid-August.

We will have to maintain social distancing guidelines and wear face masks to and from the pool. Face masks are not required while in the pool. We must adhere to the Lane County guidelines, we can be fined, and made to close our common areas if we are turned in for being out of compliance. If we get complaints about pool usage, Lane County, or the state of Oregon can order us to close our pool.

The Rose Room is now available for small groups, so if you want to reserve a time for a private game or craft, please give me a call at the office. You can use the Clubhouse and Rose Room, but be sure to wear a mask and clean up any mess. Our Janitorial staff are working hard to sanitize everything, every night.



Thanks to our volunteers, they do a lot behind the scene; stay healthy! We still have a few masks in the office if you need one.

Remember, all game nights, and coffee times will be cancelled until the end of COVID-19 Pandemic crisis. If you have any questions about activities or Coast Village Board meeting, ARC meetings, please call the office @ (541) 997-3312 or call Carlla (POM) @ (360) 521-8428. You can also contact board and committee members thru the website or email.

Nancy Brock
Activities Chairperson
(541) 997-3312 or (541) 991-9675



INVASIVE SPECIES

Once again we are seeing several varieties of plants in our greenbelts/on our lots that Coast Village asks that you view your lot and if you have the following items growing please remove them. If you need assistance to remove them please notify the office and we will arrange some help on removal.

The plants are:

Scotch Bloom

English Ivy

Butterfly Bush

Questions? Please call the office at 541-997-3312

Squirrels can't be trusted!

"A True Story"



Last week Joe and I were watching TV in the evening when we heard thumping on the front porch. We knew it was our cat Tuxie; when he wants in, he jumps down from the porch railings so we know he's out there. I wondered why he didn't meow, the windows were open so we would have heard him. I thought he didn't want in that bad; so I let him jump a little longer, or so I thought!

Finally I got up and opened the door a crack, no Tuxie, hmm? Maybe he had just left, I stepped out on our covered front porch to see where he was, **that's when a squirrel dropped on my head and flew down the stairs! I screamed, Joe came running.** He opens the door and says "What?" He thought I had fallen or something. I told him what happened, we were both shook up; me because I had a squirrel jump on my head, and Joe because he was afraid I hurt myself.

Well, it took a while but we calmed down, and then Joe looked at me and said, "How many people do you know have had a squirrel jump on their head? Well, Joe is still alive and well!!

LOL!

Elsie McKean

CURRENT BANK ACCOUNT BALANCE:

\$154,879.00

All accounts payable are current.

A statement of accounts from our CPA will be available on our website in July with a password that can be obtained at the office.

A copy will be sent to any lot owner who requests it. Please contact the office if you would like a copy. I will advise when it is completed with year end close and available for distribution.



If you get mail addressed to a previous occupant, there is no need to bring it to the office. Mark the envelope “No longer here” and place it in the “**Wrong Mail**” slot above mailbox #64. If you put it in the “Outgoing Mail” slot it may come back to you because it will go to the processing center with other mail. If you put it in the “Wrong Mail” slot the carrier will deal with it manually.



A warm welcome to all of the new owners at Coast Village!
While we are operating under Covid, we hope you will come by the office (with a mask) and we will be happy to answer any questions you have.

If you use the clubhouse, please disinfect when you are done.

NOTICE

The free table in the post office is for residents (owners/renters) of Coast Village only.

Please no insulation, unusable items aka junk

We have a volunteer (Joann from lot 133) who keeps it tidy, so please don't make a mess.

Please only take things you can use.



Fun in the Coast Village Garden!!!

THE DANGERS OF DRINKING CHLORINATED WATER

Dory Hethcote RN, MSN, WHCNP

Every month I try to find something to write about or use information already written to enhance our lives or make us think of things we may not have thought about before. This month I found the tap water to smell strongly of chlorine which water treatment plants use to keep the water free of water borne organisms that can cause health issues. The problem is if we use something to kill one organism that we label as “bad” we kill those that are also beneficial to life in humans, animals and plants. What really brought this to the forefront of my thoughts was when preparing my sourdough starter for my French bread I bypassed one of the “rules of sourdough bread baking” and used tap water instead of filtered water (I was in a hurry and the filtered water pitcher was empty). The organisms that help the bread raise and make lovely loaves were damaged and I think if I were to do this again might kill my starter. What did I end with you may ask....very heavy, dense, hard to chew and unappetizing bread. I could kill with those loaves. I do know if you have a choice to use a filter on your garden hose my plants will be green, producing tasty, sweet produce. When I have watered with primarily heavily chlorinated water the produce seems to impact the foliage (yellow leaves) and the produce is smaller and has a slight chemical taste (this could be related to other factors but I believe the chlorinated water is the main issue).

I went to one of my regular sources to research what he had to say and I am including his brief article about the dangers of drinking chlorinated water. Hope this gives you guys some food for thought!!!!

Dr. John Douillard from his article published March 7, 2020

*In 2009 WHO (World Health Organization) reported that every year, more than **3.4 million people die** from water-related diseases and that **4 out of 10 people** in the world do not have access to clean water. For many years America has treated its water with chlorine or chloramine(chlorine and ammonia) as a disinfectant for water borne diseases. A recent Johns Hopkins study discovered carcinogenic toxins in American tap water when treated with chlorine. Those chemicals are **byproducts** that occur when disinfectants (like chlorine) combine with phenolic chemicals (phenols are both natural occurring while others are residues from medications, personal care products and industrial wastes). There are now even more threatening chemicals being found in our water that have never before been found and they are significantly more disturbing than the chemicals found in the 70's - 90's .*

Is there a solution?

What is interesting is that Europe and other countries have

gradually reduced the amounts of Chlorine (and other disinfectants) being used for water treatment and they have not experienced any significant water borne illnesses since the late 80's.

According to Dr. Douillard using spring water is one way of overcoming the risk of using water that may contain the toxic compounds. Some people buy water which is an expensive choice and most of us do not feel that is a reasonable choice economically. Since phe-



nols occur naturally and become dangerous when combined with chlorine if we eliminate the chlorine we should be protected.

Some suggestions:

1. when traveling buy bottled water
 2. look at reasonably priced filters that help eliminate most of the chlorine like the Britta filters pitcher.
 3. look at systems like Zero Water Filter that eliminates all chlorine and other chemicals that may contribute to health issues
 4. there are house systems to filter your water which can be more expensive and you must replace all of the filters within 2-3 years on most of the products
 5. there are great hose adaptor filters that can filter out the chlorine for \$35 and up depending on the number of gallons you want to successfully filter. This is good for our garden and general watering outside.
- **in Coast Village we get our water from the City of Florence Public Works and they have great info on their site. They do chlorinate and fluorinate the water.
- ***if you have some good water filtration system or want to share catchment systems for here in Coast Village let us know. Cheers for clean, tasty water.



T'ai Chi Ch'uan Now Being Offered at Coast Village

T'ai Chi is a centuries-old Chinese exercise generally practiced for its health-enhancing qualities. It is deeply rooted in a rich legacy of medicine, meditation, martial arts and Chinese philosophy. T'ai Chi is known as a "moving meditation" that is beneficial for health and well-being. Chinese doctors often prescribe T'ai Chi for the cultivation of one's qi (chee), or essential "energy," to move various forms of stagnation in the body, inspire longevity and prevent disease.

Many western research studies show the effectiveness of Tai Chi practice in improving strength, balance and coordination. The slow, smooth, and continuous movements of Tai Chi help to strengthen posture muscles that support and strengthen the spine. Studies show Tai Chi can help prevent osteoporosis and decrease the incidence of falls in senior citizens. A systematic review and meta-analysis of seven randomized controlled trials involving 1,088 older adults published in the March 2015 issue of the Archives of Gerontology and Geriatrics concluded that Tai Chi practice was *"beneficial to improve the balance control ability and flexibility of older adults, which may be the reason behind preventing falls."*

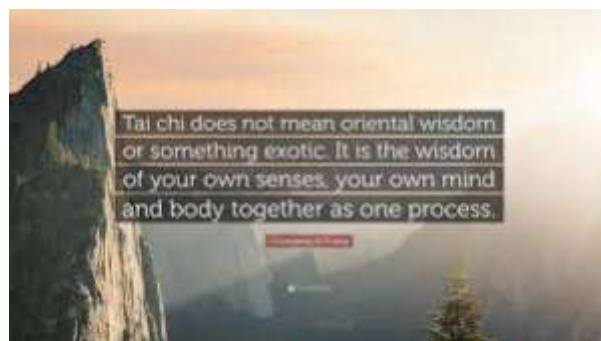
In addition to its physical benefits, this form of gentle resistance can calm the mind. Like a precious diamond, Tai Chi has many facets. As a physical manifestation of Taoist philosophy, it engages the mind to reflect upon the rhythms of nature. As a stress relieving therapy, it leaves the practitioner refreshed and centered, ready to face whatever difficulties their day or their life may bring. It has been said that whoever practices Tai Chi diligently, twice a day over a period of years, will "... attain the pliability of a child, the health of a lumberjack and the peace of mind of a sage."

The 37 postures of the Yang Style Short Form are strung together in a fluid form without interruption that can be done in 7 – 10 minutes. The sequence of quiet, soft postures, characterized by slow body movements are performed in a relaxed and conscious manner. The quiet cultivates the mind and spirit while the soft cultivates the body. To the casual observer, T'ai Chi appears slow, easy and effortless. To the practitioner, movements are based on alignment and balance. In order to obtain the benefits of practice, following these essential five principles are often reinforced:

Relax the body
Separate the weight
Keep the body upright
Turn at the waist
Keep the Fair Lady's wrist

Anyone can do T'ai Chi with these principles in mind at their own level of physical capability and regardless of physical limitations. Adjustments can be made for a student by the instructor if there are physical challenges to doing the classic form. As the student of a Tai Chi class you will be asked to practice the postures at home to master the form while embodying the principles.

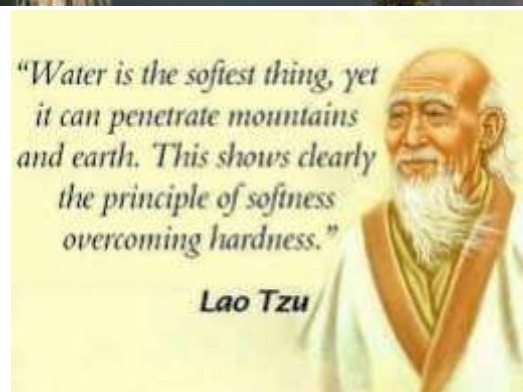
The yin yang symbol, [img alt="Yin Yang symbol" data-bbox="215 542 235 562"], has a vast and fascinating place in Chinese culture, medicine and philosophy. In T'ai Chi, this symbol can be seen as manifesting the physical dualities of yin and yang in the body. The allusion in this context suggests that the art contains within itself (in its movements, shapes, breath and ritual) all that is necessary for the dynamic forces of yin and yang to interact and be reconciled in the mind/body. T'ai Chi is a unique tool for the cultivation of qi, or life force, the balance of which is an all-encompassing component of health in Chinese medical thinking.



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Pamela has been studying T'ai Chi since 1976, and was granted a Certificate of Form Instruction by her teacher, Master Benjamin Pang-Jeng Lo in 1984. Pamela has taught extensively to the young, to seniors and the disabled. She has taught all ages of beginning and advanced practitioners, both in Europe and the US. Pamela earned a Master's of Science in Traditional Chinese Medicine in 2000, and is a licensed acupuncturist and herbalist. Having always been drawn to the healing arts, Pamela earned a Bachelor's degree in Holistic Health from Antioch College in 1980.

Wed.'s @ 12:00  
Cost for 8 week class \$40.00  
Contact office for information



# Why Go Veggie?



## 1. Reduce risk of the No. 1 killer – Heart Disease.

Vegetarian diets tend to be naturally lower in saturated fat and cholesterol and have a higher intake of plant nutrients than most meat-based diets.<sup>1</sup> Vegetarians have been shown to have a 24% lower risk of dying of heart disease than non-vegetarians.<sup>2</sup> Furthermore, world-renowned physician Dr. Dean Ornish found that patients on a low-fat vegetarian diet actually reversed coronary heart disease.<sup>3</sup>

## 2. Cancer prevention.

Regularly consuming a diet that contains fruits and vegetables is strongly associated with a reduced risk of some cancers. There is evidence that vegetarians tend to have a lower overall rate of cancer compared to the general population. “Red meat and processed meat consumption is consistently associated with an increase in the risk of colorectal cancer.”<sup>4</sup> Reducing your risk of cancer is a great reason to eat your fruits and veggies!

## 3. Lose excess weight and keep it off.

On average, vegetarians tend to have a lower body mass index (a measure of body fat) than meat eaters. More than two-thirds (68.8%) of the general public are obese<sup>5</sup>. The Oxford Vegetarian Study found that BMI levels are lower in vegetarians of all age groups and for both men and women<sup>6</sup> Vegetarians may have lower BMI due to consumption of a diet that is high in fiber-rich and low-energy foods such as fruits and vegetables

## 4. Live longer, slow the aging process.

A 12-year Oxford study published in the British Medical Journal found that vegetarians outlive meat eaters by six years.<sup>7</sup> Plant-based diets are generally rich in fiber, phytonutrients, antioxidants, vitamins and minerals, which in turn strengthens the immune system and slows down the aging process. Additionally, a vegetarian diet can prevent and reverse certain chronic diseases so it makes sense that vegetarians have a longer life span!

## 5. Avoid toxic food contaminants.

Flesh foods can harbor contaminants such as hormones, herbicides and pesticides, and antibiotics. As these toxins are all fat-soluble, they concentrate in the fatty flesh of the animals. Not to mention the viruses, bacteria and parasites such as salmonella, trichinella and other worms, and toxoplasmosis parasites.

## 6. Reduce Global Warming.

The United Nations said in its 2006 report that livestock generate more greenhouse gases than all the



cars and trucks in the world combined.<sup>8</sup> Most of it comes from carbon dioxide and nitrous oxide gases generated by manure. Therefore, the single most important step an individual can take to reduce global warming is to adopt a vegetarian diet.

#### 7. It Makes Economic Sense.

A vegetarian diet is not only good for one's personal health; it's also good for the nation's economy. Five diet-related chronic diseases cost the U.S. economy a staggering **\$1 trillion** each year!<sup>9</sup> This is an estimate of direct medical costs and the indirect impact of productivity losses due to illness and premature death associated with chronic heart disease and stroke, obesity, cancer, diabetes, and osteoporosis. According to an annual estimate by Fidelity Investments, which has been tracking healthcare costs for decades, the average couple retiring in 2016 at age 65 will need \$260,000 to cover medical costs in retirement. This holds whether the couple has bought Medicare supplemental insurance or not, Fidelity says.<sup>10</sup> Diet-related diseases are costly and preventable, so the message is clear. Eat healthier now or pay later for increased health care costs.

#### 8. Help end world hunger.

Every 3.6 seconds a person dies from starvation, unfortunately children under the age of 5 are most often the victims.<sup>11</sup> On average, 40% of global grain production is used to feed livestock, although in richer countries the proportion of grain used for animal feed is around 70%.<sup>12 13</sup> "If all food crops grown globally were fed directly to humans instead of animals, around 70% more food would be added to the world's supply, which would be enough to feed 4 billion additional people."<sup>14</sup> Rather than cycle crops through livestock, that sudden surplus alone would be enough food to feed over half the humans on earth, let alone the 795 million who face hunger every day."<sup>15</sup>

#### 9. Have compassion for animals.

Animals on today's factory farms have no legal protection from cruelty that would be illegal if it were inflicted on dogs or cats. Yet farmed animals are no less intelligent or capable of feeling pain than are the dogs and cats we cherish as companions. A vegetarian lifestyle awakens our spirit of compassion and guides us towards a kinder, gentler society in which we exercise a moral choice to protect animals—not exploit them.

#### 10. Enjoy the diverse, colorful, and delicious world of vegetarian cuisine.

Vegetarian meals can be tasty, fast, and easy. Plus, you can make any of your favorite non-vegetarian dishes by substituting with ready-made meat alternatives. There are lots of vegetarian cook books available as well. The Down to Earth all-vegetarian Deli is perfect when you don't have time to cook but don't want to compromise on taste and quality.

**NOTE:** This is just an option for those that might be trying to eat healthier. A resident asked me to post something about being vegetarian and I found this article. A vegetarian diet does include eggs and dairy in most cases.

CV



Tilly the brave!



We have some wonderful  
dogs in our community!

If you would like your  
dog featured come to the  
office for a photo op—or  
send me a favorite!

## REMEMBERING OUR SERVICE MEN AND WOMEN

With all of the worries people have surrounding COVID19, someone suggested we take time to honor our families and friends who serve in the military protecting our country every day, many far from home.

I will go first:

I would like to thank my 8 brothers who all served in the military in both Korea and Vietnam—my brother-in-law Corky who flew rescue helicopters and was shot down twice, once in the sea and once on land. He survived but brought home injuries and sorrows.

I have lost all my brothers now, save one and he was injured while serving in Korea. You all know him—Oscar “Rick” Ricker—he worked for us for 3 years in grounds keeping.

I also honor my husband who retired from the Air Force and served working in Germany for many years as well as stateside bases.

Do you know someone you would like to honor? Please send me a short story and their photo if possible—We would love to have a Coast Village “page” for our unsung hero’s—our military veterans. Without them over the years, we would not have the freedom we do.

God Bless our Veterans and God Bless America!

