

COAST VILLAGE REPORTER

December 2020

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

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Board of Directors 2019-2020

Jay Guettler

President (541) 991-9478

jguett@gmail.com

Diana Wolf-Newman

Vice President

(503) 927-9315

Dory Hethcote

Treasurer (541) 610-5467

hethcote1950@gmail.com

Donna Rudd

Secretary (541) 590-5019

rudd.donna@gmail.com

Glenn Singley

Director (541) 590-2650

glenn@cvpoc.com

Ila Mae Robinson

Director (541) 991-3891

seamstressila@hotmail.com

Paul Deemer

Director 818-388-8901

Paul@cvpoc.com

Business Office: (541) 997-3312

Fax: (541) 902-0103

Available for general business

9am - 3:00

Office staff: Nancy Brock

Park Operations Manager:

Carla Van de Vyver

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

December President's Message

It is the day before Thanksgiving as I am writing this message and there is a lot to be grateful for here in Coast Village. We have a great crew who work every day to care for our Village. They don't just care for the common areas. I've seen each of them time and again, take the time to care for individuals, to show kindness, to listen to our ramblings. Okay, that last one was probably just about me, yet I hope you see just how lucky we are to have them on our team. Take a moment to just say "hi" when you see them during your day.

COVID-19 is on the rise again and probably will still be a severe issue when you are reading this in December. The increase in cases has caused another round of restrictions and a renewed call for taking protective measures, such as masking up when entering enclosed common and public spaces. Please do not take your frustration out on the same crew that I am expressing my gratitude for in the paragraph above. This situation is not something that was dreamed up by them just to make your life more inconvenient. The politicization of pandemic protection measures is nothing new, but it has nothing to do with the measures that we are taking here in Coast Village. Please put those issues aside for the moment and respect the clubhouse closure and the requirement to wear masks before entering the post office and laundry areas. At the last board meeting in October, the entire CVPOC BOD was in support of the \$100 fine for not following this "ban."

Onto another subject, yet still connected to the COVID-19 issue in a way. As you will read in Director Glenn Singley's article in this newsletter, there was not much of a turn-out of interested parties for the Community Emergency Response Team (CERT). Given that the weather was inclement that day and the clubhouse closed and some people may not have read the newsletter yet by the time of the meeting and there may not be a lot of people interested in being on such a team in the COVID era and any number of reasons; all this may account for the small turn-out. Regardless, the need to be even a little bit prepared for an emergency situation is there. Even small disruptions to our normal infrastructures can result in some serious scrambling on our part. Being part of a CERT effort here in Coast Village is just one part of our being better prepared. Look into what you need to personally be prepared for small and large

NOTICES

- ◆ **Facility Hours:** Hours for the laundry room 24-7 with code, Clubhouse bath-rooms—24-7. Clubhouse is closed until December 3rd. "Winter hours", mailroom is 8 am-10:00 pm.
- ◆ Satellite Bath with code only.

- ◆ **BOARD MEMBER MEETING:** No December meeting.

OFFICE WILL BE CLOSED DECEMBER 24TH, 25TH AND WILL CLOSE AT 12:00 P.M. ON THE 31ST. WE ARE ALSO CLOSED JANUARY 1ST FOR NEW YEARS DAY.

disruptions to your relied upon infrastructures. Would you have enough food and water to last for at least a few days if there was not enough food at the local grocer or there wasn't electricity to run the water treatment plant? Do you have neighbors that know to look for you if you're not out and about? Do you have special medical needs that are spelled out where someone can easily find them (hint: the refrigerator door) if you're not able to tell them? Having a Coast Village CERT is the next level of preparedness--community preparedness--after personal and family preparedness is addressed.

Have a wonderful round of holidays! Be safe! Be grateful.

Jay Guettler
President

NOTICE

- New hours for the clubhouse beginning 11/3/20 for winter.
Opening: 8:00 a.m. Closing 9:00 p.m.
Currently the clubhouse is closed per Oregon State Dept. of Health.
We will advise when it re-opens.

Bathrooms will continue to be open 7 days per week—24-7

- Pool: The pool is closed for the winter.
- Please wear your masks inside the post office—you could be fined \$100.00 for non-compliance.
- The “Free Table” has been moved to Clubhouse to prevent non-residents from frequenting the post office for “free stuff”. During the clubhouse closure we have moved the table to the entryway which is still open.
- We are starting a reduction in staff hours by cleaning only on M-F's so if you use the clubhouse on the weekends please clean up after yourself. If you use the garbage cans to capacity in the Rose Room, please take your garbage out to the bear proof garbage cans to assist us.
- DO NOT PLACE “FURNITURE” IN THE POST OFFICE TO GIVE AWAY. WE ARE NOT GOODWILL OR THE GARBAGE DUMP.
- DO NOT PLACE THINGS FOR “FREE” THAT SHOULD BE THROWN OUT. PLEASE ARRANGE TO MOVE YOUR OWN THINGS TO THE DUMP OR WAIT FOR AN “EVERYTHING TO THE DUMP DAY!”

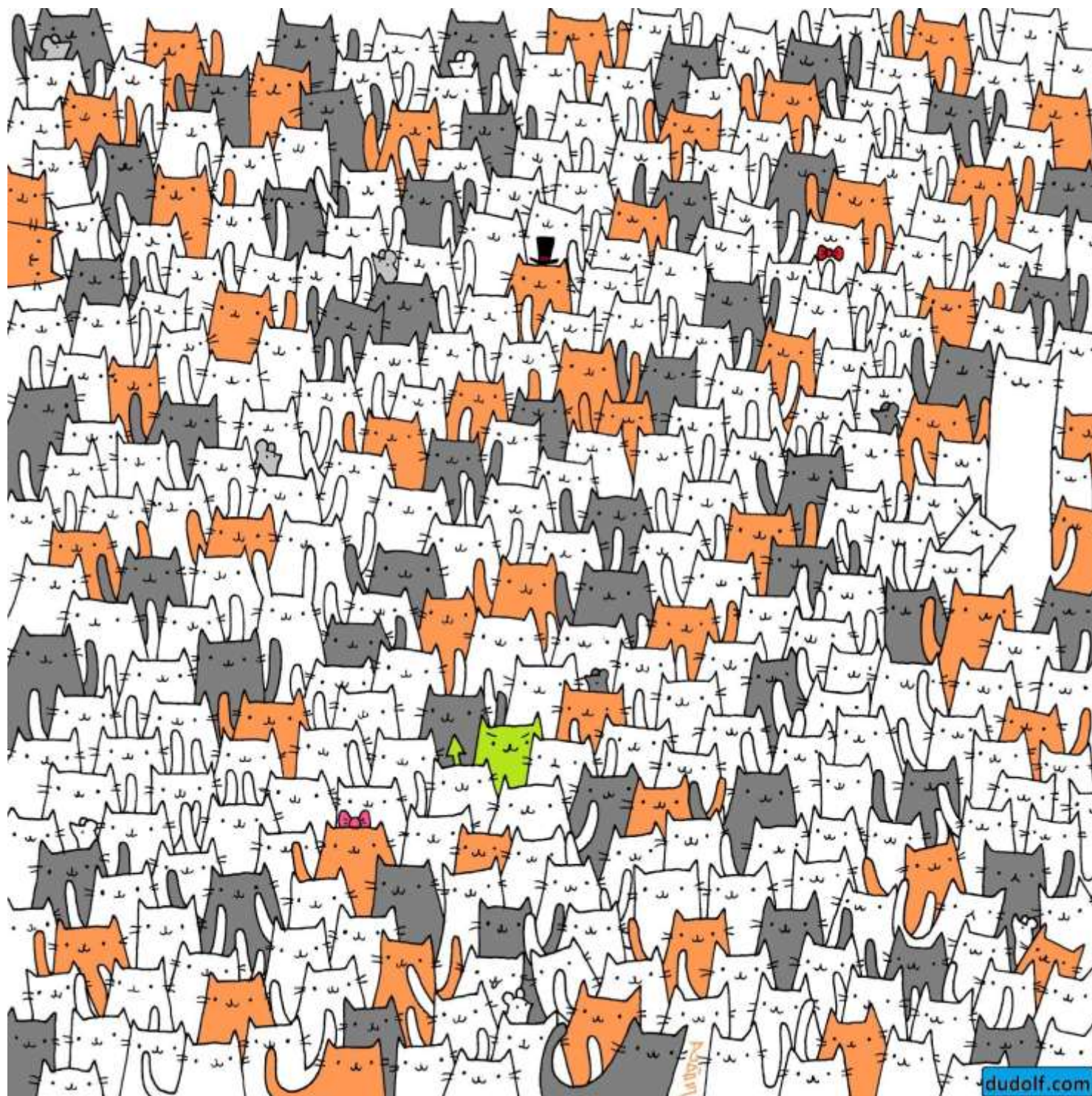


A few photos of the November 12th storm damage.





A LITTLE FUN!



HAVE FUN, FIND THE RABBIT AMONG THE CATS!!

HAPPY DECEMBER!



Our new spotlight for the American flag.

The staff did a great job!!

The spirit of giving:

If you know someone who needs company or a little assistance, think about giving a hand.

My first pick:

Jude Craddick Lot 140 could use a little cheer and someone willing to take a walk with her once or twice a week. She is recovering from a broken bone and is not supposed to walk alone.

If you have the time, and would like to help out a neighbor, please call Jude at 541-901-1717. I know she would appreciate it.

(I have her permission to request this)

The best gift you
could ever give
someone is your time
because you're giving
them something that
you'll never get back.

WWW.LIVELIFEHAPPY.COM

This year an owner in Coast Village gifted a turkey to all of the employees. I wish to acknowledge the generous gift and say it was very appreciated.

Everyone was thankful and it brightened their day.

Our employees keep the park clean, safe and help make Coast Village the best place to live in Florence! It was amazing to be acknowledged in that way.



What an unfortunate society we live in.

Recently there was a meeting to discuss the feasibility and willingness to come up with an emergency preparedness management team. Three people showed up. There goes the willingness aspect of the idea and as far as feasibility, three people cannot make it happen. We know that we probably have more residents who are not physically able to help (and would need the help) than those able to help, which makes the situation more critical.

The East side of Coast Village (the most populated) is at a big disadvantage during an emergency with only one way in and out for vehicles. This would create a bottleneck and drastically slow down evacuation of the Village. Most people would have to leave on foot through various perimeter fence gates on private lots (if the owners are there to open them). The West side is not as critical with access to Spruce St and Hwy 101 with far fewer people.

Even though only three people showed up, there was still discussion on what actions could be taken. First was a discussion about putting together a list of the lots that would need help during an emergency. A form could be sent to every lot, and then a list would be generated. Sounds good right? The problem is that without a team of people to go help the ones on the list, what good is it? Another idea was to have an evacuation plan and share it with all lot owners. Another good idea. But what happens during an emergency is that all thought goes out the window and is replaced by panic. No one is going to remember the evacuation plan and it will basically be useless. The discussion also went towards the best way to deal with an emergency. Create a team of people with radios (cell phones may not work) who have practiced various scenarios to help everyone who needs it and organize an evacuation. Oh yeah, only three people showed up. Guess that isn't going to work either. A team of people is required as the members first have to deal with their own situation then go help others, making for a better organized chaos. It was finally agreed that the best we could do is to let everyone know that they are on their own to come up with a plan and resources, then hope for the best.

Which takes me back to my original statement. What an unfortunate society we live. We are a relatively high density community and it is a sorry state of things when we can't even get together to prepare to help each other out in an emergency. Yes, there will be some individual cases of neighbors helping neighbors or friends, but what a shame we can't come together and be proactive to try to save all of our neighbors.

Glenn Singley
Director

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



PLEASE DO NOT DISPOSE OF YOUR FACEMASKS ON THE GROUND! OUR STAFF HAVE PICKED UP SEVERAL. THEY ARE A DANGER TO ANIMALS AND OUR STAFF SHOULD NOT HAVE TO PICK UP YOUR DIRTY FACEMASK!

THE CHRISTMAS STORE IS OPEN AT THE HUMANE SOCIETY THRIFT STORE—PLEASE SUPPORT OUR OREGON COAST SHELTER.

IT'S ALL ABOUT THE ANIMALS!

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

Katie: cattmarks@yahoo.com



by appointment at
Florence
(541) 590-2636
www.FlorenceHolisticMedicine.com

TRADITIONAL CHINESE MEDICINE
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~ whole body health care in your community ~

Stop by and check out our new items, promotions, and Christmas décor!

The Habitat Store—Habitat for Humanity

TELEPHONE FOR SERVICES

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

ATTENTION

We are starting into winter months, and although I really dislike saying this, it is also the time we see some theft issues occasionally. We have had our first report of a propane tank being removed while the owner was away.

Please, chain and lock your propane tanks to your trailer or some other non-removable item.

Make sure your home and sheds are secured while you are away.

Don't leave yard tools or expensive lawn decorations out if you will be away. If you see suspicious behavior, please call the police and report it.

Hopefully this will not continue to be an issue. We need to do our best to watch out for our neighbors too if you know they are not here.

Do NOT let vehicles drive through the gate behind you. Do NOT give out the gate code to a stranger.

Thank you all for helping to keep our community safe.

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 in this newsletter 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.



ACTION REQUEST FORM
ATTENTION:

☐ OPERATIONS MANAGER
☐ OFFICE
☐ MAINTENANCE
☐ BOARD OF DIRECTORS
☐ OTHER
☐ REQUEST FOR COMPLAINT FORM

DATE: _____ TIME: _____ LOCATION: _____

Nature of problem: (Problem in clubhouse or common areas.) Rule violations such as negligent driving, running a stop sign, animal off leash.

If vehicle violation:

License: _____ Make: _____ Color: _____

Description or Name/address of driver if known.

Please Print Your Name & Lot Number

Contact: _____ Date: _____

Signature: _____

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.



FREE FIREWOOD—CONTACT THE OFFICE.

This is cut rounds left from the trees that had to be removed on Redwood Street. Makes great fire pit wood.

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**Message from Park Operations:**

Whew! We had quite a storm in November. We had trees down on several properties and across Sailor. Lot owners did experience some damage. This is a reminder that if you have a tree that is compromised it would be good if you removed it prior to it falling. We love our trees in Coast Village, but some Shore Pines that are standing alone and leaning could be compromised. Take a look, you don't want your tree falling on someone's property or on your own dwelling or shed.

I want to take this opportunity to thank Josh Johnson for responding so quickly to us and coming in to remove trees that were across roads or hanging over someone's home. I also want to thank our great maintenance staff who have been busy hauling away debris and raking up debris, etc. It's been hard physical work and we have hauled over 10 tons of debris out of the park in the aftermath of our wind storm. Please thank them for all they do. We are fortunate to have an exceptional team supporting us.

Our water project work while nearly complete is stalled right now due to weather conditions. The next section we will be doing will mean some road closures and rerouting and deep holes to be dug. When it is raining it is dangerous for the team to be neck deep in a hole. They are digging in sand which can be dangerous as it shifts easily. Please be patient as we finish up this project.

The clubhouse had to be closed due to state mandates and we hope to reopen it on December 3rd if permitted. Several lot owners have expressed dismay over the closure and the limited access to internet. Remember if you have an urgent need (Doctors appointment, Zoom meeting, etc.) you can make arrangements with the office to use the Board room to access with your laptop. We clean and disinfect the area each day. Although it is not available on the weekends it is available during the week 9—3:30 p.m. Just let us know.

The Thanksgiving holiday looked a little different for many of us this year. I hope each of you found some joy and were able to connect with family in some way.

This year Christmas will look a little different in Coast Village. We will not be having our annual Christmas party and I will miss it! Decorations will soon be going up and we will place a tree at the post office for your enjoyment. I hope next year will be very different. Thank you to everyone who lives here for your kindness to us at the office and to each other during these difficult times.

We appreciate all of you having patience with the different protocols that we have had to put in place here in the office due to Covid-19. Almost everyone has been great about wearing masks and adhering to all the new guidelines, etc... Hopefully we can have some more happenings for 2021 and we can all get back to a more normal existence.



May you be blessed with joy, peace, happiness and good health. Merry Christmas and all the best to you in the year to come!

Carlla

DECEMBER 2020

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Brush 9 am	2 No Coffee Klatch thru COVID-19	3	4 Water Shut Off 8 am to 1pm	5
6	7 Garbage 9 am	8 Brush 9 am	9 No Coffee Klatch thru COVID-19	10	11 Water Shut Off 8 am to 1pm	12
13	14 Garbage 9 am	15 Brush 9 am	16 No Coffee Klatch thru COVID-19	17	18 Water Shut Off 8 am to 1pm	19
20	21 Garbage 9 am	22 Brush 9 am	23 No Coffee Klatch thru COVID-19	24 Christmas Eve! Office Closed! 	25 Christmas Day! Office Closed! 	26
27	28 Garbage 9 am	29 Brush 9 am	30 No Coffee Klatch	31 New Years Eve! Office Closes at noon! 		



Here's to celebrations! Happy Birthday!

Jack Shields
David Wood

December 13th
December 21th



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

Joe & Elsie McKean
Gerald & Ann Bryant

December 2nd
December 24th



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

Diana Wolf-Newman,
Vice President

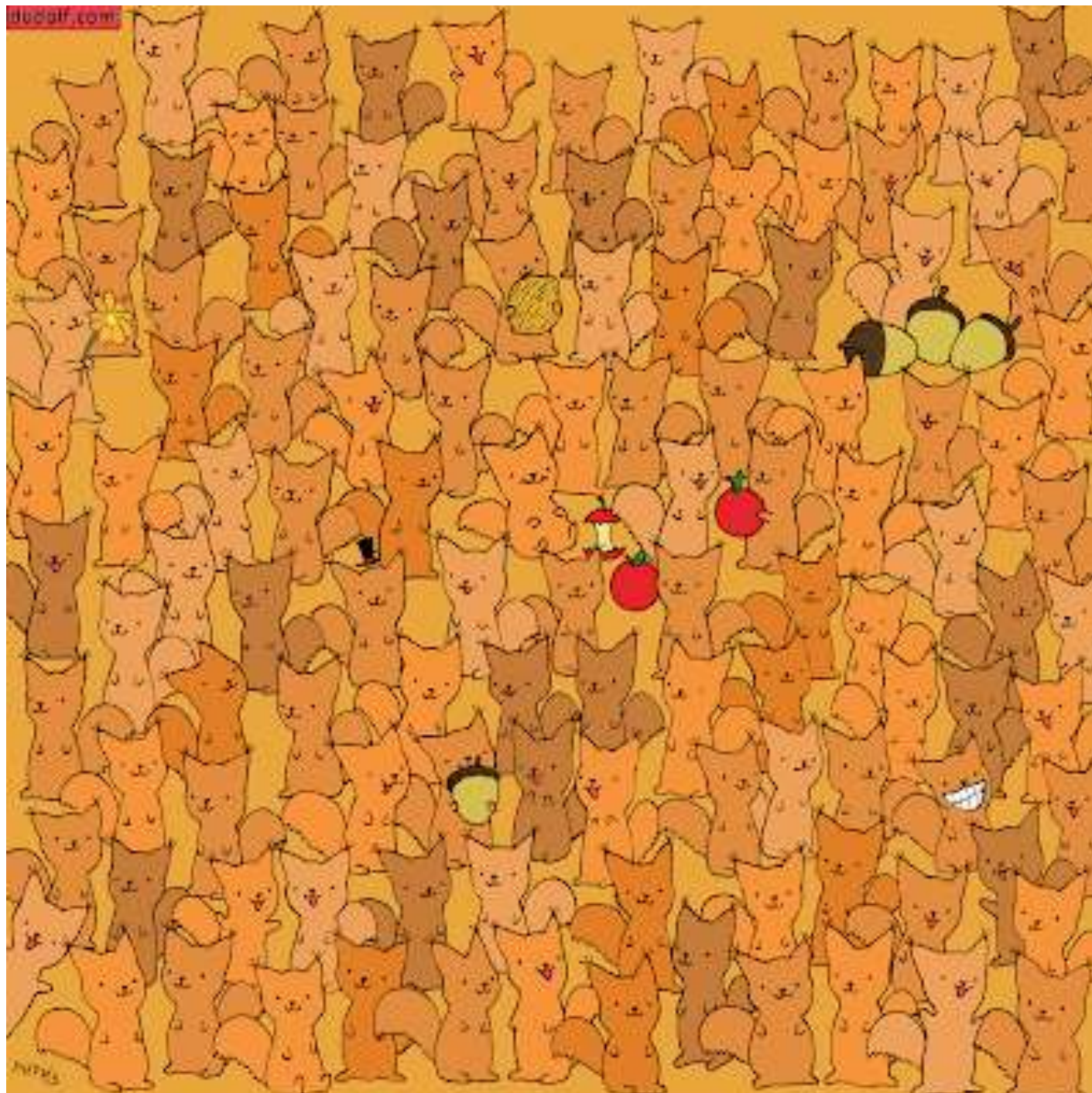


Paul Deemer, Director

Board
of
Directors



ENJOY THIS LITTLE PUZZLE!



**THERE'S A MOUSE IN THERE—CAN YOU
FIND IT?**

Hello neighbors!

The road has brought us home. It was scary coming through the high winds and snow to get here, but we made it safe and sound. We were at our winter spot where Michelle ended up in the emergency room for 10 hours. The doctor wanted to admit her with a preliminary diagnosis of colitis. We just wanted to get home. As of this writing she has a doctor appointment today. (I'm writing this November 19).

Before all this happened our crazy parents (year round Coast Villagers) flew out to meet up with us in Texas. We are all fans of Chip and Joanna Gaines from the TV show Fixer Upper. We went to their Magnolia Market at the Silos. It's an amazing place with a bakery (yes we got cupcakes), a coffee place (we got caffeine), and two large stores and six new shops. After we tired ourselves out we all four went to lunch at Magnolia Table, then we drove by one of the homes they had renovated. (The German Schmear house of you've ever seen that episode!) We tried to go by Magnolia Farms but their street had a sign that said "Private Road". We had enough restraint to respect their wishes and drive on by.

On the way through Texas we found a really cool thing. Fort McKavitt. Much of it is in ruins. It was a really neat place to stretch our legs. Please keep Michelle in your thoughts and prayers. She is in an incredible amount of pain. We won't be very social until this has been handled. I guess we're not supposed to be social right now anyway. We've had the opportunity to wave to a few of you, and we'll keep that up until it's safe for us to be hugging you all.

Love, Kim and Michelle



Fall is a great time to fertilize your plants!

Drop by the office and pick up a FREE bag of fertilizer, compliments of the Greenbelt Preservation and Advisory Committee.



Fall is a great time for planting In your Greenbelt.

Lot owners who add plants to their greenbelts can be reimbursed for 50% of the cost of the plants, up to \$100 per year. To qualify for the reimbursement program, plants are to be native or low maintenance plants (see the City of Florence plant list), for example rhododendrons or azaleas. Please see Nancy in the office if you have questions about this program.

Note: The Greenbelt Committee still has reusable grocery bags for sale in the office for \$3.00

Greenbelt Preservation & Advisory Committee (GPAC)
Committee Report
October 2020

We are continuing to offer free bags of fertilizer to all lot owners who would like them. We put an article in the October newsletter about this, and put a note on the bulletin board at the post office encouraging people to pick them up.

The committee had a meeting on Thursday, October 8th. We delivered welcome bags to new lot owners at Lots 23, 13 and 254. After the latest deposit of \$68.60 for bottle and can returns, the balance in the committee account is \$1,790.16.

Fall is an ideal time to plant trees and shrubs. Our goal is to promote planting as much as we can during the next few months. Next meeting we'll need to do some brainstorming on this topic.

Pam Guettler, Chairman



HAMBURGER STEW

- 2 pounds ground beef
 - 2 medium onions, chopped
 - 4 cans (14-1/2 ounces each) stewed tomatoes, undrained
 - 8 medium carrots, thinly sliced
 - 4 celery ribs, thinly sliced
 - 2 medium potatoes, peeled and cubed
 - 2 cups water
 - 1/2 cup uncooked long grain rice (you can use barley instead of rice)
 - 3 teaspoons salt
 - 1 teaspoon pepper
 - 1 clove garlic
-
- In a Dutch oven, cook beef and onions over medium heat until meat is no longer pink, breaking it into crumbles; drain. Add the tomatoes, carrots, celery, potatoes, water, rice, salt and pepper; bring to a boil. Reduce heat; cover and simmer 30 minutes or until vegetables and rice are tender.
 - Uncover; simmer 20-30 minutes longer or until thickened to desired consistency.
Freeze option: Freeze cooled stew in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally; add a little water if necessary.
-
- **Test Kitchen Tips** - Using lean ground beef instead of beef that's 80% lean saves 45 calories per 4-ounce serving of beef. Lean ground beef is also 29% lower in saturated fat.
 - Depending on your region, sweet onions may only be available during the warmer months of the year. You can use regular yellow onion in the soup recipe.

Note: Using low fat ground turkey or chicken brings the calories down even further!

Nutrition Facts

1 cup: 191 calories, 7g fat (3g saturated fat), 35mg cholesterol, 689mg sodium, 21g carbohydrate (8g sugars, 2g fiber), 12g protein.



Garden Committee Report October 2020

If there are any Coast Village residents who have any questions about their boxes (ideas etc.) for the 2021 season, please contact Vicki Dunaway, email ladybug7@charter.net as soon as possible. Gardening starts early here, and it's even possible to plant fall and winter crops in this climate

Vicki Dunaway
Chair

NOTE: All of the garden beds have been assigned for the 2021 season. We have four new gardeners this year!

Announcements of openings for 2022 will be posted in this newsletter beginning around October of 2021.

**PLEASE BE SURE AND WEATHERIZE YOUR OUTDOOR FAUCETS .
ADVISE THE OFFICE IF YOU ARE GOING TO BE GONE OVER
WINTER SO WE CAN TURN OFF YOUR WATER.**

THERE WAS A REPORT OF YARD ITEMS BEING TAKEN AGAIN.

**PLEASE WATCH OUT FOR YOUR NEIGHBORS AND REPORT ANY
SUSPICIOUS BEHAVIOR.**

A Friendly Reminder When walking your dog on Coast Village property please keep your pet on a leash at all times. Coast Village has the same leash rules as the City of Florence.

Dogs must be on a leash, not just in your control. If you see a dog running loose in Florence or Coast Village, you can call Dan Frazier, the Code Enforcement Officer for the City of Florence at 541-902-2180. Officer Frazier will come out and attempt to catch the dog and return it to it's rightful owner. He may also issue warnings and citations to residents who do not comply with the city leash laws. Fines can be as much as \$150.00

Even though we have plenty of pet stations with waste bags there has been an increase in dog waste being left on the streets. Please use the waste bags, please pick up your dog waste and please do not let your dog out unattended to go to the bathroom.



We are finding other "garbage/waste" items in the dog waste garbage cans.

Fish trimmings, crab shells etc. need to be placed in the bear proof garbage cans next to the maintenance office. This smell of garbage draws in bears and the bears wreck havoc with our receptacles. Please place any garbage type of waste in the bear proof cans at the maintenance area.

Thank you.

Oregon Coast Humane Society:

Do you want to help the animals at the shelter but you don't have time or Money? How about giving us your cans and bottles. You might be surprised at how much money this can bring in. Just bring your bottles and drink container cans to the HS. A little effort on your part - money for us and the animals. While we are at it, you might consider fostering an animal. We have too many cats at this time and would like to get them into loving foster homes until they are permanently adopted. We pay all expenses, you get all the love. Our phone number is: 541-997-4277.



COVID-19 Studies Show Face Shields Not A Good Option For Face Masks

Some residents here in Coast village wearing face shields might want to rethink their Covid-19 safety.

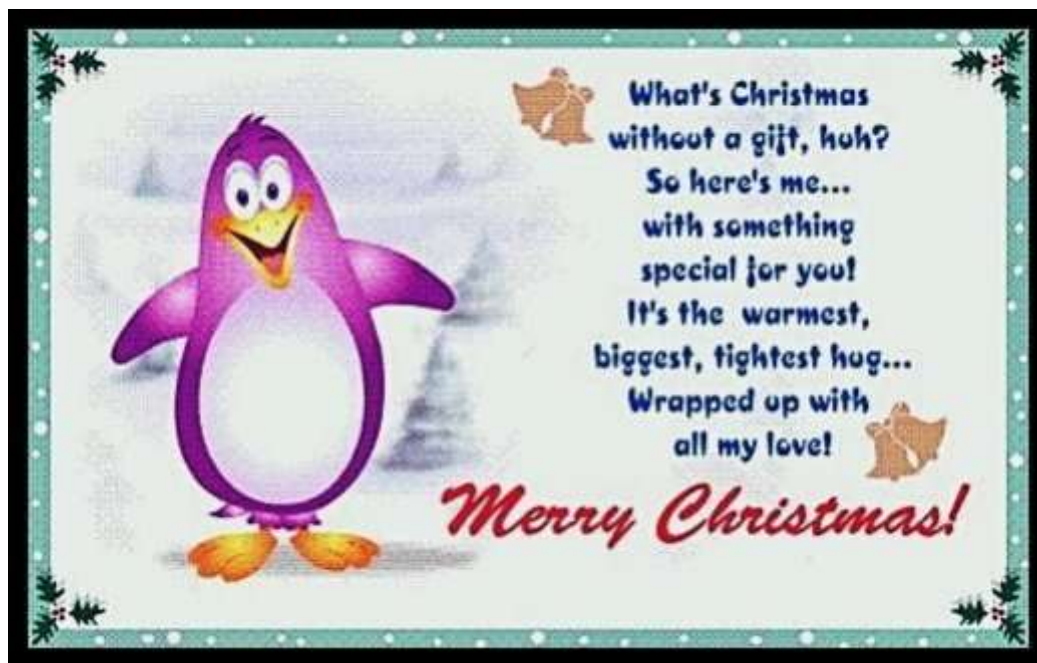
New studies show face shields alone don't really protect you. The Centers for Disease Control and Prevention (CDC) recommends against using face shields as a substitute for facial coverings or masks because of the most recent Covid-prevention studies this Fall from research labs here in the U.S. and abroad.

While face masks or face coverings reduce the spray of respiratory droplets from the wearer into the environment, onto another person, or onto a surface, face shields (and face masks with ex-hale valves) do very little to protect the wearer from getting or spreading Covid-19. One such study published in Physics of Fluids, by AIP Publishing, used visualizations to examine and illustrate how effective plastic face shields are at reducing the spread of Covid-19. They found that while face shields did block the initial forward motion of a simulated cough or a sneeze from the person wearing the face shield, the expelled droplets were still able to move around the visor and spread out over a large area in an environment. The experiment also concluded droplets can pass through a face mask's exhale valve unfiltered, reducing its effectiveness as a means of source control." Jennifer Veltman, MD, chief of infectious diseases at Loma Linda University Health, says non-valve face masks are the number one form of protection against Covid-19. She says a mask (not made from ordinary cloth) must fully cover your nose and mouth and fit securely on your face. Dr. Veltman and other researchers concur face shields alone do not provide Covid-19 protection because they have open spaces underneath the chin and around the ears that allow respiratory droplets from the wearer into the environment—and do little to keep from breathing it in.

Covid cases are on the rise. Please be responsible and wear your mask when entering Coast Village buildings.



A tree down on Sailor. Although the first storm did not take this down it was compromised and fell the following day. Be aware of your surroundings, especially if we have another windstorm.



A wise man once faced a group of people who were complaining about the same issues over and over again. One day, instead of listening to the complaints, he told them a joke and everyone cracked up laughing.

Then, the man repeated the joke. A few people smiled.

Finally, the man repeated the joke a third time—**but no one reacted.**

The man smiled and said, “You won’t laugh at the same joke more than once. So what are you getting from continuing to complain about the same problem?”

The Moral:

You’re not going to get anywhere if you keep complaining about the same problem but do nothing to fix it. Don’t waste your time complaining, expecting other people to continue to react to your complaints. Instead, take action to make a change.



Bloodworks Blood Drive: Siuslaw Middle School (Dec. 8 & 9 and 15 & 16)**December 8, 2020 @ 9:00 AM - 3:00 PM****Siuslaw High School 2975 Oak street, Florence**

Bloodworks NW is the organization that provides the blood to the Florence Community. Please help us make sure the local hospital's shelves are stocked with blood! The Siuslaw Middle School and Bloodworks Northwest are partnering to save lives in the local community by setting up the Siuslaw Middle School Choir Room into a Pop-Up Donor Center. Blood donation remains an essential and encouraged activity as Governors Kate Brown implement new coronavirus restrictions. Blood donors have a critical role in sustaining health care through the holidays and into the new year—there is an urgent need to save lives. Your one-hour donation appointment is a safe action to support local hospitals and patients. Pop-Up Donor Centers are being conducted in accordance with social distancing and CDC COVID-19 safety guidelines. Hoping to get away this spring? Donate now through January to be entered to win a Seaside Weekend Getaway courtesy of the City of Seaside.

Donate now through January to be entered to win a **Seaside Weekend Getaway** courtesy of the City of Seaside. Or are you ready for a fresh look? Donate and receive a \$5 off voucher for Bishops Barbershops.

Appointments are required. No walk-ins, guests, or people under age 16 are permitted on-site. Donors are asked to bring a mask/face covering to your donation. To make your appointment, visit schedule.bloodworksnw.org or call 800-398-7888.



Dear Coast Villagers, I have been reflecting a lot on my personal grudge holding of this past year and there have been many times I have poisoned my life by holding many small and large grudges about inequities that I had no control over....Boy these grudges can fill up one's life with turmoil, anger, rage, feelings of ineptness, not allowing feelings of goodness, calm, joy to reside in my heart. So I wanted to include some thoughts I have as well as a cool article written on the subject of grudges you might find interesting. I wish you all a good, thoughtful, loving holiday season and will talk with you in the new year...Dory Hethcote RN.MSN.NP—and I am told cook extraordinaire !!!!!

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### 8 Simple Steps to Burying a Grudge (and Promoting Your Own Good Health)

Adapted from an article by **Melanie Mannarino** in Real Simple Magazine

A family feud a cold war with a neighbor. A workplace injustice. It might feel right to hold on to your sense of being wronged—but you may end up with more than your share of the suffering. Here's how to move forward.

Search your heart for a minute: Are you holding any grudges? Maybe your blood still boils whenever you remember getting laid off five years ago. Or perhaps you're still seething about that comment your sister made last month. Or you still can't move past how Grandma (RIP) favored your cousin when you were kids. (Full disclosure: That last example is all mine. It took me decades to get over my grandmother comparing my "beautiful" cousin to child actress Brooke Shields. I got compared to exactly nobody.)

It's perfectly natural to bear grudges of all sizes—against a relative who showed favoritism, against a partner who cheated on you, and worse. And it's hard for most of us to let them go, says sociologist Christine Carter, PhD. "For many people, it's easy to hang on to resentment," she says. When we've been wronged, it feels validating to think of ourselves as a blameless, oppressed victim. But playing that role makes it hard to move on, because it makes you powerless—it becomes a prison.

Harboring resentment toward someone who has insulted, demeaned, cheated on, or otherwise hurt you doesn't empower you. It can actively cause you harm, both physically and emotionally. Repeatedly recalling the slight (yes, it can definitely feel much larger than "slight") is called ruminating, says Everett Worthington, PhD, professor emeritus of psychology at Virginia Commonwealth University, who has spent his career studying forgiveness. "Research shows that when people keep ruminating, (obsessing, stewing) it increases the base level of the stress hormone cortisol in their bloodstream," he says. "That in turn can shrink the brain and also impact the immune system, cardiovascular system, GI system, sex drive—there are a lot of costs."

Research bears out the health benefits of forgiveness. In a study on young adults, higher levels of forgiveness were connected with fewer physical issues, like sleep problems, digestive trouble, and headaches, as well as fewer feelings of worthlessness, hopelessness, anxiety, and depression.

If your lingering anger toward the neighbors who wronged you ends up compromising your health, "the effects of the injustice are worse than the injustice itself," says Robert Enright, PhD, professor of educational psychology at the University of Wisconsin–Madison. It's like you've been hurt twice, and that's not really what you want, right?

What you want (presumably) is to move on and feel good about yourself and the world, while making sure the offense doesn't happen again. The only way to get there is through forgiveness.

"Resentment is a slow, happiness-stealing poison," says Enright. "And forgiveness is like medicine."

Forgiveness is being good to those who are not good to you. Difficult, yes, but the payoff is worth it. Think of yourself as someone who has the power to create the life you want to create. Showing mercy to the people who wrong us is a little-known secret to happiness.

Ready to release your own hurt? Set aside everything you think you know about holding grudges and follow these expert guidelines for letting them go and lightening your emotional load.

#1. Consider what's good for you.

"In holding a grudge, there's a sense of strength and righteousness in the short term," notes Enright. "You're saying, 'You can't do this to me.' The quest for justice seems right. But it does not cure the resentment." It's not about whether the offender deserves forgiveness. "You deserve it," says Enright, "because you are the one who is hurt. You deserve to live a life free of that gnawing and discontent."

#2. See the other person through new eyes.

It may feel like the offender's actions were meant to hurt you—and sometimes that's true. But Enright encourages everyone to view these incidents from a different perspective. "Don't define the person by the words or action that hurt you," he says. "That is not all the person is. Try to see them more broadly, in terms of their humanity and when they might have done good. You'll see the weaknesses they have never overcome—that is a tragedy for them, making them and others miserable. When people are consistently mean to us, especially in families, there is likely something deeper going on. The offer of forgiveness is healing for both of you. You don't have to excuse them, but say, 'Here's a person who could be living a fuller life but isn't.' "It's OK to recall the hurt, but when doing so, replace the negative emotions with more positive ones of empathy or sympathy for the offender.

#3. Don't wait for someone to "earn" your forgiveness.

It's an altruistic gift, says Worthington. "People don't deserve forgiveness. They don't earn it. We simply give it." Do it sooner rather than later. "A lot of people hold grudges because they are waiting for an apology," she says. "They think, 'I'll forgive her, but she hasn't asked me yet.' But that's not the way the world works. Most people won't apologize in a way that is satisfying—in our culture we aren't really taught how to do it. So if we want to be happy and heal ourselves when we've been hurt, we must forgive whether or not we are asked for forgiveness."

#4. Separate forgiveness from reconciliation.

By forgiving someone, you are not validating their behavior, the experts agree. This is especially important to remember in more serious situations, including cases of abuse, legal strife, or marital infidelity. Reconciliation is mutual; forgiveness is not. Even if you've suffered a huge injustice, says Enright, "you can offer the gift of goodness to the other person, knowing they made a mistake—whether or not they understand what they've done, are sorry for it, or try to make reparations."

When people do not forgive, says Enright, they tend to pass their resentment on to others. "In a family, the children inherit the anger," he says. "The innocent ones inherit the resentment that shouldn't be theirs. They grow up with an anger, and if they enter into a marital union, they bring that anger into the new relationship. Oh please don't give your children this gift of bias and judgement...."



#5. Forgive freely, but don't necessarily forget.

Instead, re-frame the relationship. Say you haven't spoken with your sister in 15 years, and lately you've been thinking of burying your grudge. Go ahead—but know that you have a right to redefine the relationship. You can forgive her parenting criticism and still choose not to vacation with her anymore. "A lot of times, we hold on to grudges to give ourselves permission to not bridge a divide," says Carter. "But you don't need the grudge to create safety for yourself. Forgive her, but keep the boundary: If you know your sister is always going to hurt you, I wouldn't recommend spending Christmas at her house. Don't expose yourself to future harm."

#6. Find the lesson in the offense.

In her new book, *How to Hold a Grudge*, author Sophie Hannah explores the positive side of grudges—namely, the things they can teach you about how you want to live your life and interact with others. What stays with you, says Hannah, is the story you choose to remember about an incident that made you feel wronged or hurt. "The grudge becomes a story you can use to improve your life and guide you and provide inspiration," she explains. "When you form a grudge against someone for bad behavior, it inspires you to behave in the opposite way." In time, you may even become grateful for the opportunity to avoid similar bad behavior and for the example of how not to treat others.

#7. Only confront the offender if you think it will change things.

"If you think someone will deny their actions and criticize you for being overly sensitive, it's better to show you forgive than to proclaim it," says Enright. "Return a phone call or text, smile in the office hallway, pay them a visit—be good to them in a genuine sense. They will understand." If reconciliation does seem possible, he says, you can sit down with the person and tell them, "You hurt me, and I'd like for us to avoid having that happen again."

#8. Know that it's never too late. Really.

"You can even forgive someone who is deceased," notes Enright. "You can take an inventory of the injustices of your life, from your first-grade teacher up to your boss yesterday, and practice forgiving everybody so they don't 'win' twice. If you hold on to it, they win again. Forgive them, and it takes away their power."

Dory~ For me I have held ceremonies of forgiveness where I would write the person (could be persons) on paper, then verbalizing the forgiveness of this person thus releasing myself from the anger, rage, and toxic emotions surrounding the violation that had occupied such a significant place in my life for years. I only freed myself during the ceremony when I burnt the paper with their name on it giving them forgiveness. After I did so I had felt dizzy with relief and noticed how much space in my psyche and spirit was opened up to live life more fully and joyously.

Can you find the sheep among the Santa's?

