



February 2022

VOLUME 29 ISSUE 2

February 2022 CVPOC President's Message

If you get the Siuslaw News newspaper and follow the Letters to the Editor, you'll have noticed the letter in January from a person railing about how the Florentine Estates Board of Directors over-reached its authority and installed speed "humps" inside of Florentine Estates. The BOD over at our neighborhood to the north must have not been listening to the people of Florentine Estates, because they never would have voted to install speed "humps" on their streets if they had been was the railing person's charge. The response, also in the Siuslaw News Letter to the Editor section, was well-written and calm in tone. What struck me about the response more than those characteristics was the meat of the message, which was the invitation for all owners of Florentine Estates to participate in their regular board meetings. This issue expressed to the larger community of Florence could have been addressed locally within the Florentine Estates BOD meetings, and more importantly, expressed without the anger that came through in the original letter to the editor of the Siuslaw News.

One of the traditions started by a past president here at Coast Village was to allow and encourage our members to have input into issues being discussed at the Board level during board meetings and workshops. I have continued this tradition, as I believe that multiple perspectives are important when forming a policy or decision. I also think it's important that in our small community those in the community get to have their say regularly and not just at the Annual Meeting. The general BOD meeting process goes like this: A board member makes a motion and another board member seconds that motion. At this point, (cont. pp 3

NOTICES

- Facility Hours: Hours for the laundry room 24-7 with code, Clubhouse bathrooms—24-7. Clubhouse is open 8:00 a.m. — 8:00 p.m.
- Office hours M-F 9:00 a.m.—3:00 p.m.
- The mailroom is open from 8 am to 8:00 pm.
- Pool closed for the season.
- Satellite Bath with code only.
- BOARD MEMBER MEETING: ZOOM February 19, 2022 at 10:00 a.m.
- Work shop: ZOOM February 16, 2022 at 10:00 a.m..

Board of Directors 2020-2022

President Jay Guettler

(541) 991-9478 or jay@cvpoc.com

Vice President Diana Wolfe-Newman

(503) 927-9315

Treasurer Dory Hethcote

(541) 610-5467 or hethcote1950@gmail.com

Tashi Fonteyn

(541) 305-3364 or Tashi@gmail.com

Secretary Tommy Brunetto

(215) 817-7609 or tommy@cvpoc.com

Director Ila Mae Robinson

(541) 991-3891 or seamstressila@hotmail.com

Director Paul Deemer

(818) 388-8901 or Paul@cvpoc.com

Business Office:

(541) 997-3312

Fax: (541) 902-0103

Available for general business
9am - 3:00pm

Office staff:
Nancy Brock

Park Operations Manager: Carlla Van de Vyver
POM@CVPOC.COM

Phone 360-521-8428

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

WWW.COASTVILLAGEFLORENCE.COM

Article copied from another non copyrighted publication. I thought this suited Coast Village as well. Enjoy the read!



A hive of bees is a perfect example of a community working together in harmony and for the common good of all its members. After all, a bee living alone can barely survive, let alone prosper. But, in a hive made up of hundreds of other bees, each taking responsibility for the various jobs necessary for the survival of the community, the lone bee not only survives, it contributes mightily to the success of the hive. The secret of the bee's success in living together in a close-knit community is that each bee not only understands the interrelationships that exist between it and the rest of the members of its community, but is willing to accept some of the responsibility for the hive's prosperity by expanding its role in the community whenever necessary.

As homeowners, we too can choose to recognize the interrelationships that exist between ourselves and our neighbors and how those interrelationships have a direct impact on our quality of life. We can also choose to take some of the responsibility upon ourselves to contribute to improving those relationships and in the process improve our community. In order for our community association to continue to protect, preserve and enhance our community assets and our property values, each member of our community has to acknowledge their role and, at times, be willing to expand their role to take on some added responsibility. For example: We all must obey our governing documents (we agree to do that when we purchase property in Coast Village). By obeying community rules and regulations, we contribute to our community and accept the role of a rule abiding member.

Each year we conduct an election at which time we elect our Board of Directors. Although we don't have to participate in the election process, choosing to do so contributes to the success of our community. Our role as a rule abiding member expands to include that of a voting member. We also have the opportunity to attend our Board of Directors meetings in order to better understand the business decisions made by the Board.

When we choose to attend those meetings, our role now expands to include that of a participating member. When we choose to serve on community committees or the Board of Directors, we accept another role and become a rule abiding, voting, participating and contributing member. So, let's all look at recognizing what roles we can choose to accept in our community and, like the bee, work together at making our community the best place to live that it can be!

discussion can occur at the board level. When the discussion slows down at this level, I will ask the membership attending the board meeting if they would like to add their input. Mind you this input might only be one way. The Board does not have to respond to the comment or input other than to say “thank you” for the input. A grand majority of the input that we on the board receive is valuable and helpful, and most appreciated for the discussion’s sake. I want you to participate, but I also want you to not abuse the board members or the Park Operations Manager with inappropriate expressions of anger.

We try to make the actual board meetings as efficient as possible and one of the ways we do this is by having board meeting workshops a few days before the actual meeting. These workshops are open to membership as well and they are used by board members to work out the issues and form the motion language as clear as we can get it. These workshops do not require a motion to get a discussion started and we are a bit looser with membership input.

I recognize that going to a multi-hour board workshop or board meeting is not high on the list of things that everybody in the community looks forward to putting on their monthly calendars. I also recognize that it is anger over something being done or not done that makes putting these meetings on your calendar something worth doing. Please bring your issue to the office or email it to the POM at pom@cvpoc.com. Calmly explain what you see as being done or not being done. Most of these issues are handled by Carlla effectively. If she is unable to help, she will assist you with completing the needed form to bring a motion to the board. A board member will contact you to make sure all of the information is correct and that it is an appropriate item for the board to work on. From there, it makes it onto the agenda for the next meeting. At the very least, the issue will be discussed in the board meeting workshop. My point to all this is that there is a process for you to bring your issues forward and have them addressed. Please make use of these opportunities to hopefully save you from becoming too angry over a situation.

Jay Guettler
President



RECIPE CORNER

Quick Spicy Chili

2 Tablespoons olive oil
 1 onion, chopped
 5 cloves garlic, chopped
 2 teaspoons chili powder
 1 teaspoon dried oregano
 Salt and pepper
 1 tablespoon tomato paste
 1 to 2 chipotle chilids in adobo, coarsely chopped plus one tablespoon sauce
 1 lb ground beef
 1 12 oz bottle of beer, such as lager
 1 14.5 oz can of diced tomatoes
 1 15.5 oz can black beans, rinsed and drained.
 Diced avocado, cheese, cilantro leaves, sour cream for topping.

1. Heat the olive oil in heavy skillet over medium high heat. Add the onions, garlic, chili powder, oregano, 1 teaspoon salt and a few grinds of pepper. Cook, stirring occasionally, until the onion is soft. Stir in

the tomato paste, the chipotle chilis and sauce, and cook for 1 minute. Add the beef and cook, breaking it up with a wooden spoon until no longer pink, about 3 minutes.

2. Add the beer and simmer until reduced by about half, about 8 minutes. Add the tomatoes and beans and bring to a boil. Cook, uncovered, stirring occasionally until thick, about 10 minutes. Add selected topping to each bowl.



COVID IN THE PARK

We continue to see cases of COVID in the park. Please, wear your masks when entering the post office/laundry room. Please make sure you wear your masks in the clubhouse.

If we have too many additional cases reported, the clubhouse may close to traffic for a couple of weeks.

If you are not vaccinated we encourage you to get vaccinated for your own protection as well as those around you. It is NOT a requirement, just encouragement.

Use santizer on your hands often and disinfect the area in the Rose Room where you will be sitting. We disinfect often but cannot control who might be setting, eating, etc. on the tables between janitorial service. If you use the public bathrooms, please clean your hands.

Let's try and be as safe as possible.



Done in pastel 1985 by resident Herb English, Artist, Author, Teacher, Lecturer, Scout Teacher, Bike enthusiast, a true renaissance man. Thanks for sharing Herb.

Viewpoint PRIDE, IN NOTHING



Pride? Being proud is a problem I have been able to escape. I'm humble. And I will prove it to you.

My life has been, for the most part, a journey into simplicity. I enjoy the small things in life; The sound of waves lapping against the shore of a lake. Birds singing in the trees. Squirrels scampering from limb to limb. Butterflies fluttering through a flowerbed.

I take great pleasure in a simple bike ride - even in the rain. I enjoy walking along the sea shore, and talking with friends.

The van I drive (rarely) is over 36 years old. When I purchase anything, I seek as much quality as I can get at the lowest end of the financial scale.

My clothes are very simple and bought as cheaply as possible, and usually on sale.

What little I have I feel is too much, and I try to reduce what I have to what I can carry in my van.

I am the happiest when I have little, and strive to possess nothing.

I think you get the picture.... I am a very simple man of simple pleasures and interests. I possess and desire little, and strive for less, in fact, I strive for nothing. These qualities in myself I value highly.

In fact, I take great pride in them..

Did I just say "pride?" I guess I did.

How about that. I guess, when I get right down to it, I am not only *not* humble, but very prideful as well.

And very proud of *nothing* at that!

Coast Village has so many interesting and talented residents. Mr. English is just one of those people and I hope you enjoy his art and writing shown above.

I think we all have a wonderful opportunity when we move to Coast Village. We can learn so much from one another. There are so many stories, so many adventures to be told.

Reach out to your neighbors! You never know what treasures you might find.

February 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Brush 9 am	2	3	4	5
6	7 Garbage 9 am	8 Brush 9 am	9	10	11	12
13	<i>Happy Valentine's Day</i> Garbage 9 am	14 Brush 9 am	15 Brush 9 am	16 BOD Workshop (Zoom)	17	18 BOD Meeting (Zoom)
20	21 No Garbage President's Day Dump Closed	22 Garbage 9 am	23 Brush 9 am	24	25	26
27	28 Garbage 9 am					



Here's to celebrations! Happy Birthday!



Gerry Lowe
Gloria Wood

February 4th
February 17th

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

No Anniversaries!

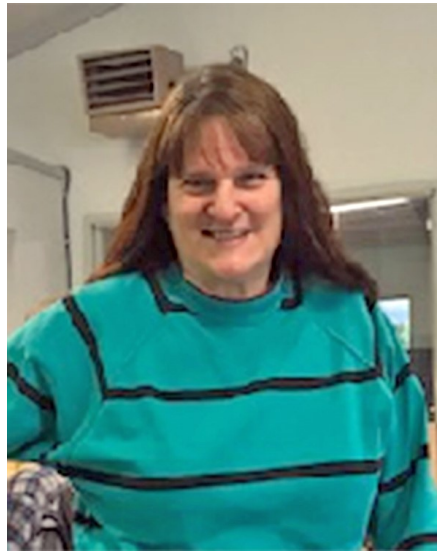


If you would like your birthday or anniversary added to our newsletter just let the office know. You can call Nancy at 541-997-3312 or just stop by the office; we can update our file that you would like to be added.





Jay Guettler
President



Diana Wolfe-Newman
Vice President



Dory Hethcote
Treasurer



Tommy Brunetto
Secretary



Paul Deemer
Director



Tashi Fonteyn
Director



Ila Mae Robinson
Director

OPERATIONS, Carlla Vandevyver

January is over, February is arriving with some nice weather! There has been some good days and some not as good.

There are a lot of things being done. None by me alone. You have a Board of Directors along with some very active committee's working on many issues. We have had big storms, trees coming down.. Covid cases are skyrocketing. Social Security does not go as far as in the past. These seem to be the topics of discussion these days. Think about the army of people out there working to make things better for us. Well maybe not Social Security. But where would we be without them.



Two of our staff members have been out ill and I want to thank everyone for being patient as some maintenance issues slowed down a bit. One of our team is back to work and hopefully soon everyone will be back.

I want to thank Dennis and Roni for stepping up to help as our janitor is also out for a few days.

There are a number of COVID cases currently in the park so PLEASE, where your masks, disinfect your hands often. If there too many more cases I may reduce clubhouse hours. For now however, they remain the same.

We are hoping to have the water project totally complete within two weeks. Hurrah!!! This has been a long project, made longer by weather issues, COVID issues, supply issues.

As our utility system had aged, many Coast Village residents have experienced a decrease in water pressure. The source of this issue is corrosion of the "saddle", or metal collars, that connects your water line to the main water lines. Over the decades the metal collars deteriorate and leak, and calcium deposits build up to further reduce flow. When we started the project we also found most of the water lines were of substandard "black" irrigation line and those lines were splitting. As the water pressure increased with the replacement of saddles, it became apparent those lines also need to be replaced. Our maintenance staff have done most of the digging, and helped with the installation. They have worked very hard in conditions that were often difficult. None of the water lines had been mapped or had tracer line, so finding the lines was problematic. Now we have everything mapped and tracer line on every hookup. I hope you all appreciate the hard work of our amazing crew to get this work done.

Many of you have had questions regarding the repairs to our streets due to the work on the water system. The quote to repair "all" of the cuts and other areas is very expensive. I am working on having the "larger" areas that were removed because of sewer work repaved first. We will

Question of the Month!

I have noticed some real estate ads within Coast Village that have information conflicting with our CC&Rs. Some have claimed square footage and bedroom/bathroom counts that include bunk houses. Is this OK?

No, it is not OK. Bunk houses (guest quarters) can only be occupied six months within a twelve month period and therefore cannot be included in the "general living" calculations of a dwelling. Every lot owner should consult our governing documents (CC&Rs, Rules & Regulations, and Bylaws) prior to listing any property to make sure the information is not misleading the potential buyer. If the information is not correct, the seller (not the realtor) is legally liable after the sale should the new owners have an issue with any of the information.

If the seller is unsure about anything in the listing, please feel free to ask the Office for assistance. If the Office notices incorrect information in a published listing, they will provide assistance by contacting the seller to hopefully prevent an unpleasant situation in the future.

BECOME A BOARD MEMBER

This year we will have Board member terms expiring, please consider running for the Board. We need your support for the Board of Directors to uphold the Declaration, By-laws and Rules of the Home Owners Association.

Please get involved whether it be on the Board or on a committee. Let's continue to keep this wonderful community of ours a Beautiful place to retire and live.

PARK OPERATIONS PP 2

utilize cold patch for many of the cuts until next year, which will slow down the deterioration of the streets and then address those areas probably a section at a time. Hopefully all street work will be completed by 2023.

We are waiting for the work to start on the pump station at Easy Street. Bill Wells will be managing this project. Currently they are waiting on supplies.

A new pump for the pool should be delivered and installed this month. Soon it will be back in operation! This is a replacement so no charge to Coast Village.

It's going to be a busy year!

Remember if you have questions, please call our office and we will do our best to answer them.

Carlla vandeVyver

TRIMMING ALONG ROADWAYS

There has been some concern/objections to our staff starting to trim along the streets.

Remember, your greenbelt must be trimmed back at least two feet from the street edge. This is to allow for campers/motorhomes etc. to travel on our streets without brush scraping the sides of the rigs.

Please be polite if you have an objection, and notify the office or Park Manager to resolve. Staff are just trying to do their jobs.

In some cases we will allow the owner to do the trimming if requested, however you must keep up with it and you must trim it far enough back. This is the time of year we see a lot of new growth so this is the time of the year for trimming.

You may also see staff out working before 9:00 a.m. We will not be using the blower, but may be raking. We are sorry if this disturbs you, but the work needs to get completed.

NEWS FROM THE ARC

Tashi Fonteyn, Chair

Tashi here; I am noticing the buds growing bigger on dormant plants as I walk and drive around. I know Spring is just around the corner; more daylight hours and drier days ahead mean more lot enhancement projects! The LEAST FAVORITE job of ARC is CC&R enforcement AFTER a project is completed, but it is our responsibility to follow our rules, and we do it to help everyone at Coast Village. In my desire to avoid correcting such projects completed out of sequence, and in some cases, having fines applied, I'm copying some sections of ARC Policies & Procedures to clarify any questions you may have about your upcoming lot enhancement project(s). We want you to be able to have the Lot you want, we ALL just need to follow the rules.

WHEN IS AN ARC PERMIT REQUIRED?

ANY work that will add a structure or alter an existing structure's footprint will require a permit from the ARC; ALL fences, including dog run fences, gates, patios, stairs, wheel-chair ramps, ramadas, carports, driveways, etc. require an ARC permit. Repair of residential or other existing structures (i.e., work that does not alter the existing structure's footprint) may be done WITHOUT ARC approval.

USE OF CONTRACTORS

Lot owners are responsible to ensure all contractors abide by Coast Village Rules & Regulations and any conditions set forth in the Coast Village Construction Permit.

PROCEDURES FOR THE APPLICATION PROCESS:

OWNER PREPARATION:

1. Locate property markers through a property pin search/survey (only if needed/desired)
2. Current plot plan
3. Review Current ARC File for Lot
4. Review your greenbelt

A more in depth explanation of points 1-4 is available in the ARC Policies & Procedures. There are hard copies in the office, and you can find it on our website.

ARC APPLICATION PROCESS:

Complete ARC request form; you can get a copy at the office, or you can download and print your own

copy at <https://www.coastvillageflorence.com/Forms.html>

Submit application

ARC meets to review request

ARC approval of project— **REQUIRED BEFORE STARTING WORK**

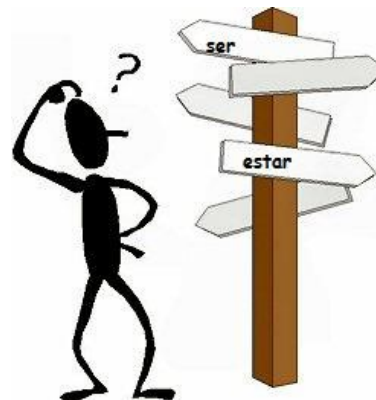
5. City of Florence Planning Department Building Permits (when required)

OBTAINING A CITY OF FLORENCE PERMIT DOES NOT ELIMINATE OR SUPERSEDE THE LOT OWNER'S RESPONSIBILITY TO COMPLY WITH ALL ARC POLICIES AND PROCEDURES, CVPOC CC&RSS, RULES & REGULATIONS AND BYLAWS...

6. Stop work orders— A stop work order (red) shall be issued if: (a) any lot owner is found to be constructing without approval from the ARC. Any representative of the ARC, Board of Directors, or Park Operations Manager has the authority to issue a STOP WORK ORDER pursuant to violations of CVPOC governing documents.

7. Final review of a project.

This process CAN take weeks. It CAN take weeks to get a contractor (if you hire one) to come out to complete your project. Please save yourself the stress; plan ahead. EXPECT materials to take extra time, READ your governing Documents. There are hard copies in the office; you can read and/or download them online on the Coast Village website. If you have more questions, you can call the ARC at (541) 283-5454



ANNOUNCEMENT

Robert Bishop is our new maintenance lead. I hope when you see him you will welcome him. Robert comes to us with a wealth of maintenance experience and will be a great asset to the team.



ADVERTISEMENTS

NEED PAINTING DONE? INSIDE OR OUT.

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NEED YOUR WINDOWS WASHED INSIDE/OUT?

CALL LUCAS AND GINA!

541-601-9567

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TELEPHONE FOR SERVICES

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

Hello neighbors, there may be some of your we haven't met yet because we've been away since spring. We are Michelle and Kim, lot owners who love love love Coast Village and the people in our little community. If you know us, you know we spent over 20 years caring for various family members. Now we are out seeking adventure. No, were not taking up cliff diving. Yet.

Right now we spend our time on our 20 off-grid acres in the Chihuahuan Desert. The closest "town" is 20 miles away where we can purchase gas and food (at tourist prices). We are right outside the entrance to Big Bend National Park.

The holidays were a whirlwind. Our niece, Kassidy was graduating from Colorado School of Mines with a degree in geophysical engineering (she will earn her master's in less than a year). With family coming to her graduation it only made sense for us to stick around for the holidays. We went to see lots of lights asking the river in Golden, we went to the Gaylord Hotel to see their fabulous displays (amazing). Along with family our best friends love there too, so, Kim got to spend lots of time with her friend, Aiden who turned 10 while we were there.

We also celebrated our 26th anniversary while there. We went out for a Thai Massage. It was a 2 1/2 Massage that we didn't want to end! Yes, two and a half hours.

When we got home Michelle went right back to work. She has been making cabinets out of pallet wood for both our guest bathroom and our outdoor kitchen. She made a table too. I mostly hang out in my shop making woodwork crafts and signs.

We miss you all and hope to be able to stop by this summer (if prices allow)



Topic: CVPOC February BOD Workshop—Wednesday

Time: Wednesday, Feb 16, 2022 10:00 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/82271276657?pwd=ZS96UGF0N1BLa1I3MzBKUnNpQ2J6UT09>

Meeting ID: 822 7127 6657

Passcode: CVPOC

To dial in by phone only:

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

Meeting ID: 822 7127 6657

Passcode: 701719

Topic: CVPOC February BOD Meeting—Saturday

Time: Saturday, Feb 19, 2022 10:00 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/86197384090?pwd=N2dtNVBSYUsxdndlRGhXbUdkN1JLZz09>

Meeting ID: 861 9738 4090

Passcode: CVPOC

To dial in by phone only:

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

Meeting ID: 861 9738 4090

Passcode: 756162



COAST VILLAGE PROPERTY OWNERS CORPORATION

BOARD OF DIRECTORS MEETINGS - CVPOC

APPROVED JANUARY 15, 2022

November 20, 2021

Zoom Meeting

Attending: President Jay Guettler, Ila Mae Robinson, Treasurer Dory Hethcote, Paul Deemer, Vice President Diana Newman, Tommy Brunetto, Natasha Fonteyn

Also attending: Park Operations Manager Carlla Van De Vyver

Glenn Singley, Noel Smith

The meeting called to order 10:01am by Jay Guettler

Quorum Established

Approval of the Agenda

Motion to approve the Minutes of October 2021, Motion by Ila Mae Robinson, Seconded by Dory Hethcote. Motion passed unanimously.

Clarification of the section by Patricia Rongey, addition of “are not board members” in regard to Glenn Singley, kathee Melahn and Carlla van de Vyver.

Motion: Motion to approve the past minutes with modification. Motion by Tashi Fonteyn. Seconded by Tommy Brunetto. Motion passed unanimously.

POM Report.

POM report read by POM Carlla Van de Vyver.

ARC Report

ARC Report read by ARC Chair Tashi Fonteyn

Discussion: Fences and types of fences. The pros and cons of both board fences and chain link was discussed.

Treasurers Report

Treasurer’s report was read by Dory Hethcote.

Discussion: Ila Mae wants to make it clear that the siding repair has nothing to do with the car crashing through the building. Dory said it was pretty clear from a previous meeting. POM said it was placed in the newsletter.

Motion: Motion to transfer \$13,375 from reserve to operations for the laundry/post office siding repair due to dry rot. Motion by Dory Hethcote. Seconded by Ila Mae Robinson.

Discussion: None

Motion passed unanimously.

Break at 10:53am

Return at 10:58am

Old Business

10-29 Changes with the City - Carports—Tabled until January 2022

AMENDMENT TO SOURCE DOCUMENTS FOR LANGUAGE

Motion: Motion to authorize the POM to allow the attorney to change any discriminatory language in CVPOC

source documents including Bylaws and CCR's according to state law requirements, costs not to exceed \$1,750. Motion by Diana. Seconded by Dory

Discussion: POM Says \$1,750 is the cost and it doesn't need to be approved by the membership. Motion modified to include cost

Motion Passed Unanimously.

FACEBOOK PAGE UPDATE

Ben is looking into a different method of fixing this. Will talk to the POM.

GREENBELT COMMITTEE

Motion to disband the greenbelt committee while maintaining Greenbelt reimbursement under the purview of the POM. Motion made by Dory Hethcote. Seconded by Diana Newman.

Discussion: POM talked with the greenbelt committee who believes the current greenbelt committee isn't working. They just want to return to the reimbursement and information version

of the GBC. Doesn't want ARC to run the GBC, but to operate under the purview of the ARC. Tashi Fonteyn thinks it would be great to have more people in the ARC who are interested in greenbelt. Noel Smith commented that the ARC needs to be involved in the greenbelt.

Motion passed unanimously

ARC COMMITTEE CHAIRPERSON

Tashi Fonteyn has been the acting Chairperson.

Motion: Motion to elect Natasha Fonteyn as chair of the Architectural Review Committee. Motion made by Diana Newman.

Discussion none

Tashi Fonteyn abstained and remainder of BOD voted to approve.

BOARD ORIENTATION

Diana Newman presented a document that is a summary of the board orientation.

Motion: Motion to distribute the "For Prospective CVPOC Board and Committee Members" document with the Code of Conduct to all new board members and committee members. Motion by Diana Newman. Dory Hethcote Seconded

Discussion: POM wants it on the website and distributed to new owners. Board agrees that it should be distributed.

Motion Passed Unanimously.

FINE APPEAL

Lot 23 is appealing a fine against them from October 2021.

Discussion: Ila Mae Robinson asked if there was proof. Tashi discussed the fact that there was a warning and the behavior was repeated. Ila Mae asks how much the fine was. POM said it was \$25. Ila Mae said she believes she needs to pay the fine. Tommy Brunetto agrees.

Motion: Motion to enforce the fine. Made by Ila Mae Robinson. Seconded by Tommy Brunetto.

Discussion: None

Motion passed unanimously.

Lot 75 is appealing the fine against their lot for building a fence without ARC or Board Approval

Motion: Motion to deny fine appeal but reduce the fine for lot 75 outer drive to \$150 for building a fence without board or ARC approval. Motion by Diana Newman. Seconded by Dory Hethcote.

Discussion None

Motion Passed unanimously.

FEE SCHEDULE REVIEW—TABLED UNTIL JANUARY MEETING

#1 PUMP STATION UPDATE

Jay displayed the estimate and description of the work needed to update and replace the pump station. The estimate of costs is \$33,300.00 and doesn't include the cost of electrical. The newer pumps we have that are similar are much better than the one currently in place. Dory Hethcote asks if we should put a cap on the cost to \$40k. POM said that putting a cap is a bad idea because once the project starts you can't stop it.

Motion: Motion to approve #1 pump station replacement project. Motion by Tashi Fonteyn, Seconded by Tommy Brunetto.

Motion passed unanimously.

New Business

COMPLAINT REGARDING HARASSMENT

A formal complaint was written about harassment from the residents at lot 165. Glenn Singley reminded that there is no action to be taken because it's between neighbors. POM said she will send a letter reminding about noise regulations.

COMPLAINT REGARDING EXCESSIVE BARKING

A formal complaint was made against a lot about excessive dog barking especially after 10pm. POM said she has taken care of this. No further action taken

COMPLAINT AGAINST LOT 26 FOR TREE TRIMMING

A formal complaint was made against lot 26. Per the complaint, the owner at lot 26 removed healthy branches from within their greenbelt. The POM had given permission to the owner at lot 26 to trim the tree. No further action taken.

COMPLAINT AGAINST POM REGARDING TREE DEBRIS AND CHARGING FOR EXTRA GARBAGE

Lot 26 had trees pruned and didn't have the brush removed. CVPOC picked up the brush. Per the complaint, the brush exceeded the amount allowed for pickup. POM explained what action was taken for pickup. Explanation was satisfactory with the BOD.

Good of the order

Diana Newman brought up the September meeting ARC recommending an accruing fine. Recommends a letter that says that ARC will be reviewing projects that had greenbelt reconstruction requirements. Give everyone 30 days' notice that planting should be done. Jay requests that this not be good of the order but be on the January meeting agenda. Diana said she brought it up to allow development of the idea as well as winter is a good time to plant. POM said there is a letter going out that increases dues to

Motion: Motion to have the POM disperse the letter announcing a dues increase to \$200 per month 30 days in advance of the January first start date. Tashi Fonteyn made motion. Diana Newman seconded.

Discussion: Glenn asked if this is a requirement. If it is then we don't need a motion. Ila Mae Robinson asked if the increase was for an incorrect amount. It is correct.

Motion passed unanimously.

Break at 12:27

Executive Session entered at 12:45pm

Returning from Executive Session 1:51

While in executive session the board discussed two personnel Matters

Motion: Motion regarding Christmas bonuses. Made by Tommy Brunetto. Seconded by Dory Hethcote.

Discussion: None

Motion passed unanimously.

Motion to adjourn, made by Dory Hethcote. Seconded by Diana Newman. Motion approved unanimously.

Meeting adjourned at 1:52pm



The Vitamin Deficiency That Causes the Corners Of the Mouth to Crack

I have always struggled with chapped lips during the winter, and with covid and masks I don't get to see mouths and full faces as often. Then recently a good friend and I were talking and I noticed the inflamed creases on each side of the corner of her mouth. She had been struggling with it for several months. With the pandemic we don't get to spend time with each other so I hadn't noticed it. When asked if sore she admitted it was very sore and irritated. I told her I thought she might have a nutritional deficiency and would do a bit of research and get back to her. B-complex vitamins play a variety of roles in your health, and insufficient amounts of these vitamins in the diet can lead to symptoms like dry mouth, cracked or split lips, and cracks in the corners of your mouth that can be painful, bleed, and become infected. Vitamin B deficiencies can be treated by incorporating the right foods into your diet or by using the oral or injection-based supplements that are available.

B Vitamins and Oral Health

Several-complex vitamins are vital to your oral health. When you're deficient vitamins B1, B2, B3, B6 and/or B12, you may experience symptoms ranging from cracked lips to tongue inflammation or even ulcers in your mouth. There are eight essential vitamins that make up the B-complex family. The RDA (recommended daily allowance) of B-complex vitamins on a daily basis:

- 1.5 milligrams of thiamin (vitamin B1)
- 1.7 milligrams of riboflavin (vitamin B2)
- 20 milligrams of niacin (vitamin B3)
- 10 milligrams of pantothenic acid (vitamin B5)
- 2 milligrams of vitamin B6
- 300 micrograms of biotin (vitamin B7)
- 400 micrograms of folate (vitamin B9)
- 6 micrograms of vitamin B12

Cracked and Split Lips

A deficiency in vitamins B1, B2, B3 and B12 is known to cause cracks in the corners of the mouth. This condition is specifically known as angular cheilitis and is essentially an inflammation of the lips. People who experience this condition will have dry, red lips that crack on one or both sides of the mouth. These cracks may be itchy and painful; they may form white scabs and even bleed. When angular cheilitis occurs over a long period of time, it may cause an infection that needs medical attention.

Vitamin B deficiency and cracked lips that occur around your mouth (not just on the sides) are primarily due to lack of vitamin B1. If you have cracked lips for long periods of time, you may also experience a split lip in which one of the cracks breaks completely and begins to bleed.

While long-term treatment for this requires resolving the vitamin deficiency, more immediate treatment typically involves applying soothing ointments, like petroleum jelly, coconut oil or medicated lip balms.

Of course, cracked and split lips aren't just caused by vitamin deficiencies. They may occur for a variety of reasons, such as exposure to cold weather or bacterial or fungal infections. In many cases, cracked and split lips will go away on their own. However, if you suspect that you have an infection or that a vitamin B deficiency is causing cracked lips, you should consult your physician.

Getting Enough Dietary Vitamin B.

You can find B-complex vitamins in a variety of foods that come from both plant-based and animal products. If you're experiencing cracked lips or other oral symptoms of vitamin B deficiency.

You can find thiamin (vitamin B1) in:

- Enriched grains and whole grains
- Legumes-peas, lentils, etc
- Nuts
- Meat products, particularly those made with pork

You can find riboflavin (vitamin B2) in:

- Eggs
- Enriched grains
- Meat products
- Milk products
- Seafood
- Spinach

You can find niacin (vitamin B3) in:

- Beans
- Enriched grains and whole grains
- Meat products
- Nuts
- Seafood

You can find vitamin B12 in:

- Dairy products
- Eggs
- Fortified cereals
- Meat products
- Seafood

The B- vitamins are important because they support the function of red blood cell formation, the nervous system and the gastrointestinal system; they also help convert food into energy.

Who Needs More B Vitamins?

Although the FDA recommends daily values for all of these essential nutrients, you should be aware that certain people are more likely to be vitamin B deficient. These people include:

- Older adults (of which we have a larger population in Coast Village)
- People who take certain medications regularly, like proton pump inhibitors which are the most widely prescribed medication in the United States, antibiotics and glucose-regulating medications like metformin (so people with diabetes and acid reflux are more at risk)

People who drink alcohol frequently

- People with malabsorptive disorders — conditions that prevent them from absorbing nutrients properly
- Vegans
- Vegetarians

These individuals should be particularly conscious of their nutrient consumption and, in some cases, may need more than the recommended daily value. Integrating more foods rich in B-complex vitamins (any food is considered to be rich in nutrients as long as it has 20 percent or more of the total recommended daily value) into your diet may be a good idea if you

believe you are at risk for B vitamin deficiency.

If you aren't able to obtain enough essential nutrients in your diet for people especially with absorption disorders like gastric bypass, chronic diarrhea, Crohn's disease, etc. your doctor may recommend that you take supplements or injectable vitamin B.

Other Nutrients and Oral Health

While deficiencies in B-complex vitamins are well known to affect your oral health, they are not the only nutrients that can do so. Lack of vitamins A, C and K, as well as iron and zinc, can all cause oral side effects that range from bleeding of the gums to inflammation of the mouth and lips (known as stomatitis). However, it is only iron deficiency that also causes cracked and split lips like B-complex vitamin deficiencies. So if symptoms persist have your PCP rule out iron deficiency.

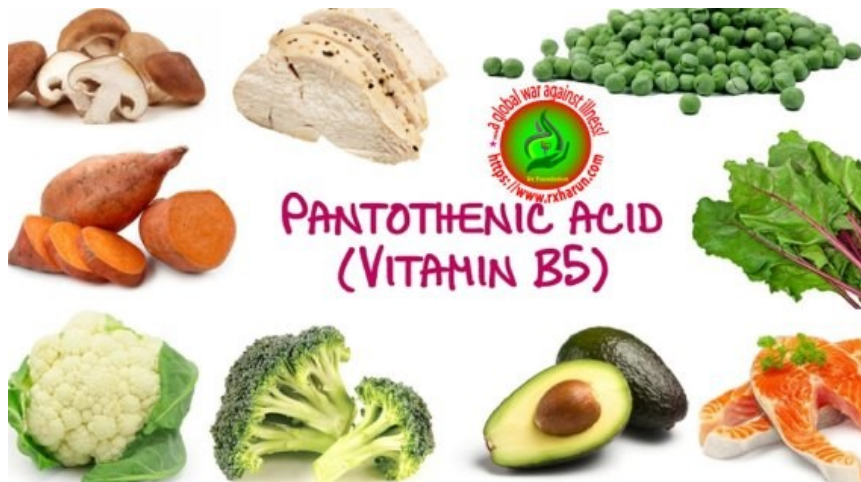
Iron is important because it helps your body to produce energy and form red blood cells. It supports growth, development, wound healing and your body's immune system. To aid the absorption of iron it is helpful to make sure you take a multivitamin with Vitamin C and Folic Acid. Iron is considered a nutrient of concern — which means that many people don't get enough of it in their daily diets. The daily value for iron is 18 milligrams per day. You can find iron in foods that include:

- Enriched grains
- Dark green vegetables
- Legumes
- Meat products
- Seafood

So make sure you eat foods of color, high fiber, and lean proteins. Take a B Complex and RDA of Folic Acid and Vitamin C.

Hope you found this interesting. Here's to your good health!

Dory Hethcote, RN, MSN, Nurse Practitioner



ARTICLE FROM YOUR ARC COMMITTEE REGARDING GREENBELTS**January 28, 2022**

Dear CVPOC owner,

Winter into Spring, is a Great time to plant, plant, plant!

In recent years, there have been a number of BOD & ARC approved projects on various lots. These projects were approved with the requirement of replacing missing greenbelt plants, on both side and rear setbacks.

The Architectural Review Committee (ARC) is going to begin reviewing lot files, and in order to follow up with greenbelt rebuild plans on those lots, ARC will be inspecting the greenbelt areas, to see that these requirements have been/are being met. Please remember, no pathways or walking gaps through your greenbelt either. If you have a pathway that is being used as a shortcut onto your lot, you must fill in that gap in with native, and/or city approved drought tolerant plants.

We highly recommend that if you own one of these lots, and have not started planting back your greenbelt, now would be an excellent time to start. For those of you who have already done so, we say thank you!

Please use the drought tolerant plants from the city approved plant list or native species to this area, which will also help with our water bill. Those plants won't need as much water as others will, in summer. The list is available at the office.

Below is a few of our H.O.A. Covenants, Conditions and Restrictions, affectionately known as the CC&RS, along with recent definitions for clarification, that have been approved by the board, in an effort to make sure that we all know what the rules are. These are rules that we agreed to, when we purchased our lots in Coast Village. As board members we have a fiduciary duty and responsibility, to uphold these rules.

Section 5.13 of the Covenants Conditions and Restrictions: Fences: No Fence, or gate, or similar structure may be constructed or placed on any lot without the prior written approval of the Board of Directors and the Architectural Review Committee.

Section 10.2 of the Covenants Conditions and Restrictions: Design Standards

A. Greenbelt: The primary design feature which makes Coast Village a Unique Planned Community is the specifications of greenbelts to serve as a visual screen and to protect privacy between adjacent lots. Side and rear setbacks are to be developed and maintained as greenbelts. Greenbelts may not be used for development, storage or lot access other than emergency. Greenbelts are generally determined by the setback requirements. Greenbelt vegetation shall not be disturbed or removed on any lot within five (5) feet from the side and back property lines. The Greenbelt must be fostered and maintained.

Greenbelt buffer shall be encouraged to grow as full and healthy as possible to maintain the visual screening for privacy on the side and rear yards of the lot.

Defined: Foster and Maintain

Foster: Encourage or promote the development of the greenbelt.

Maintain: To cause or enable the greenbelt to continue with the existing plants. This would mean:

- 1.) Keeping the plants that you already have unless diseased or dead.
- 2.) If diseased or dead, you may cut out only the diseased portion. If dead you must replant.

Define Remove: No Existing healthy plants can be removed, or taken away from the position occupied in the greenbelt area.

Fines are no fun for any of us. We don't like it, any more than you do. It would be a great idea to review the fine schedule in the back of your Rules and Regulations. For example most projects need at least ARC approval before beginning them. If you don't know, ask the ARC. The fine for doing a project without ARC approval is \$250.00. That fine was set by the board in 2009, when the fine schedule was created.

We very much want to preserve our Uniqueness, by preserving our park like setting.

We hope that you do too!

Coast Village Board of Directors

Coast Village ARC

