

COAST VILLAGE REPORTER

April 2020

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

VOLUME 27 ISSUE 4

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Maintenance staff on premises
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(360) 521-8428

Website:
www.coastvillageflorence.com

APRIL 2020 CVPOC President's Message

A lot has happened in just a month's time. Last month, our biggest worry was people driving too fast in Coast Village. Now, we're talking about ways to stay safe and healthy in this new environment which is evolving and changing every day. What seems fairly consistent is that this COVID-19 virus can be easily spread from human to human, and that virus will remain active on surfaces longer than our experience with other viruses.

We have put together measures here at Coast Village to do our part in reducing the spread of the virus.

-- On the 18th, I delivered to each lot where there seemed to be someone currently living there a notice from Carlla van de Vyver, our Operations Manager. In it she laid out measures that they put in place, such as limiting groups and the size of groups in the clubhouse. I enjoyed meeting those that I got to talk to personally--at a safe distance, of course.

-- The CV Board of Directors meeting scheduled for 21st with workshop on the 20th were canceled. April's board meeting and workshop will be conducted remotely and we are working on methods to allow everyone in the village to attend if they wish.

-- On the 23rd, Monday, we have intensified those measures. Carlla has spelled them out in a notice that is already posted on the website, as well as prominent places around the Village common areas.

-- This message is being written on the 24th, so things may very well change more as we get into the month of April. For now, here are some things you can do to keep yourself safe, as well as others in the community.

It's okay to get out and enjoy the sunshine (or rain), but keep your distance

NOTICES

♦ **Facility Hours:** Hours for the laundry room 8 a.m. —10:00 p.m., Clubhouse bathrooms—24-7. Clubhouse are 8:00—3:00 p.m. mailroom is 8 am-10:00 pm. Satellite Bath with code only.

♦ **BOARD MEMBER MEETING:** April 17th, 18th Depending on restrictions information will be posted at the clubhouse and mail room when available.

Pool: Pool is closed at this time. Sauna is closed until further notice.

from each other and account for the breeze.

Do NOT flush wipes or paper towels down the toilet--our system will not handle those materials and it will end up costing us all. Our pump issues caused by these materials over the past few years have taken a substantial portion of our reserve fund. Plus, in this economic environment, we may not be able to get needed repair parts as quickly and thus delaying repairs.

Stay out of the clubhouse as much as possible. It will be shut down at 3:00pm each day, but limit your visiting if you can.

The bathrooms will remain open, but be careful about which surfaces you touch and wash your hands upon entering and leaving.

Your Annual Assessment payments or "dues" need to be in the form of a check or money order. Cash will not be accepted until the threat is over. If you normally hand-deliver your payments, there is a slot under the Open/Closed sign that goes into a locked box. Please put your payments there. The office is locked and has reduced hours.

The major grocery stores have instituted delivery services. Use them if you can and remember to wipe down with disinfectant the boxes, cans and other items you receive before putting them away.

If you feel ill enough to call 911, please let them know your symptoms when you call. The first responders will need that information to keep themselves safe.

Lastly, if you need help, please call the office and they will do their best to guide you or get you the assistance you need.

We truly are in this together. Do your best to keep yourself well and do what is necessary to prevent the spread of the virus. Consider that you are already infected and act accordingly to not infect anyone else. Be well. Be safe.

Jay Guettler, President CVPOC

Park Operations Manager, Carlla van de Vyver

Someone has been vandalizing areas of CV. The keypad at the post office was destroyed and had to be replaced. A gate was cut off, but we were able to identify who did that and fine them. The nice wooden open/closed sign at the office was stolen.

We are continuing to have problems near Manzanita with injured cats. Vet reports are that the cats are being kicked. Please notify us if you see anything. Whomever is doing this PLEASE STOP! If a cat is coming onto your property uninvited spray them with water, after a couple of times of being sprayed they will avoid your lot. Charges will be pressed if this continues and we discover who is doing it.

Please update your e-mail address with the office if you have made a change. Remember you need to put a change of address in at the Florence post office to receive your mail here, otherwise they return to sender.

Please don't leave your pet's unattended. Do not leave town with your dog outside. It is not okay to leave your dog outside full time under any circumstances. Dogs are only allowed outside for short periods even if you do have a fence.



Please be careful with your personal financial information. Even someone who you believe is a friend might take advantage. Keep your bankcards put up in a safe place.

There are scammers out there calling trying to take advantage during this trying time. Do not EVER give out personal information on the phone.

Remember if you need assistance you can call the POM. If it is a medical emergency call 911.

As neighbors let us all try and check on each other. Perhaps check in with a neighbor on either side of you to make sure they have what they need.

Utilize the on-line shopping with Fred Meyer or Safeway and pick up so you are not going into the store.

I am sorry for any inconvenience the changes in hours or service causes you. Stay home, stay well.

For your convenience below is the notice posted that explains changes. These will be in effect until further notice.

March 23, 2020

To Coast Village Owners and Residents:

This notice is to advise you of changes effective immediately due to safety issues for you and staff during this virus crisis.

Clubhouse will close each day at 3:00 p.m. until further notice. The bathrooms will remain open as usual. The office is closed to visitation of any kind. The office hours have changed to 9:00 – 12:00 and during that time you may call the office if you have a need. After hours you may call maintenance with a maintenance need at 541-997-3583 or Carlla (POM) at 360-521-8428.

On weekends call the POM number if you need assistance that is an emergency.

When making an HOA payment please use the drop box outside. If you normally pay cash you will have to purchase a money order and make it out to Coast Village and put the lot number on it. We will mail you a receipt.

Our maintenance staff will continue to work regular hours but we ask that you keep a 6' distance if you stop to speak to them.

We are using a Lysol Mist to disinfect areas and wiping down doors and tables. We are cleaning all surface areas in the post office and laundry. This is being done daily, including weekends.

We encourage you to stay home and stay safe.

NOTICE:

PLEASE DO NOT LEAVE THE LAUNDRY ROOM AND POST OFFICE DOORS OPEN DURING THE DAY, THE HEAT IS ON AND IT JUST RAISES OUR ELECTRIC BILL.

PLEASE REMEMBER, IF YOU HAVE A COUGH COVER YOUR MOUTH OR WEAR A MASK. DO NOT COUGH WITHOUT COVERING WHEN YOU ARE IN THE LAUNDRY, POST OFFICE AND CLUBHOUSE.



FOR THOSE OF YOU WHO DO NOT KNOW WHERE THE DROP BOX IS PLEASE SEE THE PHOTO TO THE LEFT.

THE MAIL SLOT IS "UNDER" THE RED FLAP.

If

HOMEMADE SANTIZER

hand sanitizers are hard to find or too expensive, make your own.

The CDC recommends that hand sanitizer should be between 60% to 90% alcohol to be effective. This recipe below, which makes one cup of hand sanitizer, ends up being 65% alcohol: • 1/3 cup Aloe Vera Gel • 2/3 cup 99% isopropyl alcohol • 8-10 drops Essential Oil (optional) Mix alcohol and aloe vera gel together in a small bowl or measuring cup. Add the essential oil, if desired. Use a funnel to pour mixture into a bottle with a lid (a recycled liquid soap or hand sanitizer bottle works well).

To Use: Apply the mixture on your hands and rub together until alcohol evaporates and hands are dry. Thyme or clove essential oil has antimicrobial properties. Lavender or chamomile essential oil may help soothe your skin.



Our editorial goal is to provide residents and guests with information that both educates and entertains. But we would also like to get input from you, the reader. What topics outside of clubs and committees are of interest? Want to contribute an article of your own? Have news for next month? Send us your comments, article ideas, club notes, and tid-bits to: POM@CVPOC.COM

“THE TIMES THEY ARE A CHANGING ”~Dory Hethcote

When I am feeling the weight of limitations (like self imposed isolation), I do so much better by finding something to do that moves me and has few if any limitations. Walking, cooking a new recipe, reading, painting, sharing something within our community that is new, thought provoking or filled with humor. Arrange to meet a friend but keep the distance and walk, bike (one of our community members has a favorite meeting place is at the picnic table near the post office, while mine is meeting people out walking their dogs we stop and visit-6 feet apart). We can start a list of people who want someone to stop by their lot and not go inside but bring their own coffee and visit for a few minutes; if you are older and need help getting essentials ask for assistance on the **Lets talk about Florence** site or call a board member to get some suggestions.

Did you know that the Schwan's home delivery comes over every two weeks and have good frozen veggies and lean choices of chicken, fish and pork that are fairly price competitive to the local stores 701-710-0836 .

Another resource is finding a CSA that can bring in fresh fruit and veggies throughout the spring, summer and fall with produce that is fresh and seasonal. <http://www.wintergreenfarm.com/node/10>

Both Fred Meyers and Safeway have **senior shopping hours** for the seniors. (60 and older). Fred Meyers:Monday-thursday 7-8 am and Safeway is Tuesday and Thursday 7-8 am. Also available are the order on line methods of shopping and they bring your groceries to your car and unload them for you without charge and you do not have to go inside.

Florence Foods To Go: talks about what restaurants are now open and providing meals to go and some of them deliver . From my research it is relatively safe and our small providers are using methods of food preparations to protect you. Go on line or call some of these to order! Waterfront Depot; Harvest Cafe; Papa Murphy; Best Thai; Organic Noodle;Los Burritos Amigos and many others.

Another wonderful site to check out that makes me feel more connected to our community is **“LETS TALK ABOUT FLORENCE”** a wonderful site to get us connected to request help, transportation, where to get something we can't find, etc.

Coast Village Neighbors - Florence is a great site for just Coast Village, owners and renters. Our board member, Donna Rudd runs this site and it is respectful and helpful.

Today: Go for a drive to look for whales as it is migration time. Take a lunch and drink, binoculars. Turn on some upbeat music and do some movement with your upper body

and if balance is off hold onto the back of a chair for stability. Cook something you've never tried. Take a picture and post it on our Coast Village Neighbors site. Dig in your garden, plant something edible....if old potatoes you can start a wonderful vine with sprouting sweet potato (place toothpicks in the potatoes on 3 sides and place the end into a glass of water until you have a nice group of roots then plant in some nice potting soil if you have it.

So remember: we are all in this together and we can either help lift each other up or let each other down. Commit to acts of kindness to others and to yourself. I don't know what will happen in the next year but I want for myself and for all of you to isolate, exercise, find something around you or within you to celebrate. Ask for help if you need to....this is about letting people help and giving our lives a sense of value.

What do you think of a "Wish List" to place each week in the post office of things we are in need of or need help with along with our contact number?

NAME: _____
NEEDED: _____
PHONE OR EMAIL: _____
DATE: _____
FULFILLED OR NOT: _____

Grandma's Meatloaf.

It's easy to make, and left-overs are rare. Enjoy.

- **2 lbs. Ground Beef • 4 slices dry bread or 3/4 C cornmeal • 1 Medium Onion (chopped) • 2 Eggs • 1/2 C Ketchup • 2 Tbsp Hot Horseradish • 2 tsp salt • 1 tsp Dry Mustard :**
- **Topping Mix • 3/4 C ketchup • 1/2 C brown sugar • 1 tsp dry mustard**
- **Mix all the meatloaf ingredients together and place in a 2-1/2 quart casserole dish. Take the side of your hand and make a shallow indention lengthwise down the center of the meatloaf. Mix topping ingredients and pour over the meatloaf. Cover and place in oven at 400-degrees. Bake for 50 minutes. Remove from oven and let cool for 10 minutes before serving.**



There is a gap in your resume...
What were you doing in 2020?

I was washing my hands..



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

If you get mail in your mailbox from a previous owner, just mark it “no longer here” and put in the outgoing mail slot.

There is no need to bring it to the office.

**Do you want to advertise something for sale or a service?
Let the office know and we will list it here.**

Pro's and More

Professional house cleaning available Tuesdays—Fridays

Minimum of 2 hours

\$25.00 per hour

Contact Roni at 541-968-8613 and leave message

**WILD HARE CUSTOM CLEANING: LAUREN HARE 206-412-2553 HOUSE
KEEPING, YARD MAINTENANCE AND LIGHT HOME REPAIRS**

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

AFFORDABLE HOUSECLEANING 541-991-2009

Katie:

cattmarks@yahoo.com

**Do you have a dead tree? Need a tree limb removal over a roof? Call Josh
Johnson at 541-999-7989 Licensed and Bonded.**

Moss the Silent Roof Killer

Moss looks lovely in the woods covering trees and the forest floor in a soft, vibrant texture. But moss on the roof of your house is another matter all together: It's a silent destroyer of the roof. Moss is nature's sponge and thrives by absorbing water from fog, rain and dew. When it takes up residence on your composition roof, it puts down roots, which start the beginning serious roof problems according to roof experts. "Moss starts as a thin green layer on and between shingles, but then it proceeds to lift those shingles up as it grows, allowing water to seep underneath," says home repair expert Bob Vila. "Hello, wood rot and leaks."

The first step in moss prevention is to kill the moss that's already on the roof. This easiest and safest method for seniors to do this is by applying commercially available moss killers in powder, pellet and liquid forms such as Moss Out!, Wet & Forget, or Spray & Forget. All are available at hardware and garden centers, as well as on the Internet. A good home solution is three cups of white distilled vinegar in two gallons of water. Spray it over the affected area. The most effective method of cleaning algae and moss from a roof, according to the Asphalt Roofing Manufacturing Organization, is with a 50:50 mix of laundry strength liquid chlorine bleach and water. Apply with a sprayer and allow the solution to dwell on the roof surface for 15 to 20 minutes, and then rinse thoroughly with low pressure water. If you treat the roof with a dry moss killer, do it on a day when the chemicals will have a day or two to sit on the moss before being washed off. Zinc strips placed along the roof ridge caps also prevents moss growth according to roof experts. When it rains, a minute amount of zinc from the strips is released on the roof, inhibiting the growth of roof-killing moss.

On a side note, Moss B Ware and Moss Out are 99-percent zinc sulfate monohydrate, a proven moss killer and deterrent. According to the manufacturers, zinc sulfate will not stain roofs or corrode aluminum and galvanized gutters. Experts say copper-coated sheet metal placed just below the ridge cap is an even better alternative. "Copper is more toxic to moss and algae, but zinc is less expensive." In addition to the removal and prevention of moss, it's also beneficial to trim tree branches that shade the roof, and keep it free from debris such as leaves and branches. Moss has its place--but that's not on your roof.



RECIPE PAGE

CHICKEN BACON RANCH CRESCENT BAKE



Ingredients:

- 1 package cream cheese (8 oz) cut into cubes
- 1 cup shredded sharp cheddar cheese (4 oz)
- 2 Tablespoons milk
- 2 cups chopped cooked chicken
- 1/2 cup chopped cooked bacon
- 1/2 cup ranch dressing
- 3 Tablespoon chopped chives
- 1 can (8 oz) Pillsbury refrigerated crescent dinner rolls
- 4 sharp cheddar cheese sticks cut in half
- 1 Tablespoon butter melted with small amount of garlic powder

Steps:

Heat oven to 375 F. Spray 9 inch pie plate with cooking spray. Place large piece of heavy duty foil on lower oven rack to catch any cheese that might bubble over.

In medium microwavable bowl, mix cream cheese, shredded cheese and milk. Microwave on high 1 to 2 minutes.

In large bowl, mix chicken, bacon, ranch dressing and 2 T of chives; stir in cheese mixture until thoroughly combined,. Transfer mixture to pie plate

Separate dough into 8 triangles . On shortest side of each triangle,, roll up one cheese stick piece until covered. Place dough on top of mixture in spoke pattern with points toward center and sure cheese edges are within edges of pie plate.

In small bowl mix melted butter and garlic powder Brush mixture on top of crescent dough. Loosely cover crescent edges of pie plate with 2 inch strip of foil to make a ring.

Bake 20 minutes; remove foil, and continue baking 8 to 10 minutes or until filling is heated through and top is deep golden brown. Let stand 10 minutes . Sprinkle with remaining chives.

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

The next portion of Coast Village scheduled for water box changes is the West Side. We will begin work the first week of April. Please be cautious as you drive as the street will be impacted.



Nancy being proactive! Please cover your face and wear gloves

when you are out and about. Keep a distance of at least 6' to be safe.



PAY ATTENTION TO THE "SLOW" SIGN ON RHODY LOOP—WE HAVE MADE SOME VERY LARGE EXCAVATIONS OVER THERE AND SPEEDING CARS THROW GRAVEL EVERYWHERE.

GIVE TIME FOR THE GROUND TO SETTLE WHEN WE WILL ADD MORE ROCK AND COMPACT IT.

THANK YOU.

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



Just Catting Around!!

Send me a photo of your pet to POM@cvpoc.com and I will include it in the newsletter.

It would be fun to feature a new pet each month.

Remember the Oregon Coast Humane Society right now—they have need of bleach and cleaning supplies and with the shortages at the stores they don't always get the donations of those things during this crisis.

Please support the animals as well as each other at this time.

Thank you to all the HS workers who show up every single day. You are amazing!

Your Greenbelt Committee

Committee Members:

Pam Guettler, Chairman
Nancy Brock
Fordeen Despard
Diana Glasgow
Noel Smith
Paul Strout



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.

April 2020

SUN	Mon	Tue	Wed	Thu	Fri	Sat
			1 No Coffee Klatch thru COVID-19	2	3 Water Shut Off 8 am to 1pm	4
5 Palm Sunday	6 Garbage 9 am	7 Brush 9 am	8 No Coffee Klatch thru COVID-19	9	10 Water Shut Off 8 am to 1pm	11
12 Easter Sunday	13 Garbage 9 am	14 Brush 9 am	15 No Coffee Klatch thru COVID-19	16	17 Water Shut Off 8 am to 1pm	18
19	20 Garbage 9 am	21 Brush 9 am	22 No Coffee Klatch thru COVID-19	23	24 Water Shut Off 8 am to 1pm	25
26	27 Garbage 9 am	28 Brush 9 am	29	30		



Here's to celebrations! Happy Birthday!



Doug Snapp	April 5th
Sharon Mauk	April 11th
Diana Glasgow	April 16th
Ann Lampropulos	April 24th
Elsie McKean	April 26th
Joe McKean	April 28th

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



Guy & Aileen Kampstra	April 16th
Vicki & Charley Dunaway	April 17th



We have a quite a few new owners in the park. For those of you who are new, we encourage you to attend at least one Board meeting to see how the HOA functions.

Here are some photos you may enjoy of our Board—hard at play!

Pat Thompson, Director



Donna Rudd Director

Glenn Singley Director



Jay Guettler,
President



Diana Wolf-
Newman,
Vice President



Dory Hethcote,
Treasurer

Board
of
Directors





Thank you for attending our potluck—especially with all the virus worry—Coast Village Residents Rock!!!



POOP PATROL: Be a courteous neighbor. Pick up your pet's poop and help keep the neighborhood cleaner. Use a plastic bag or one of those provided at several locations around CV. Please observe CV/city "leash law" as well.

HELP YOUR NEIGHBOR: COVID-19 has disrupted everyone's daily lives. To help alleviate some of that stress, check in on your neighbor to see if they are OK, or need assistance of any type. As inspirational author Shannon L. Adler said, "One of the most important things you can do on this earth is to let people know they are not alone."



BLACK BEAN BROWNIES

Here's a recipe for scrumptious brownies that are gluten-free and ultra simple to make. These brownies melt in your mouth, so you might want to make a couple batches! •

15 oz. can Black Beans • 1 Box Brownie Mix
Drain 15 oz. can of black beans, rinse with water. Put beans back in can, re-fill with water. Now pour the beans and water into blender and mix until smooth. Add the pureed beans to a package of brownie mix. (I like to use basic Dollar Store Duncan Hines brownie mix.)

DO NOT add eggs or oil. You can add nuts if you like. Grease 8x8-inch pan, pour in the brownie mixture, and cook according to the instructions on the packaged brownie mix. I was pleasantly surprised that there was not a hint of bean taste; these brownies are creamy, dense and moist, similar to chocolate fudge. Generally speaking, eating brownies is a decadent treat for those trying to watch their diets. But when you can't resist, try Black Bean Brownies. They will add fiber and protein, but zero cholesterol. These treats also provide additional vitamins and minerals for a nutritious twist to everyone's favorite snack!



FOOD FOR THOUGHT

Everything will be okay in the end. If it's not okay, it's not the end."~ John Lennon

What lies behind us and what lies before us are tiny matters compared to what lies within us. ~ Ralph Waldo Emerson

We are more often frightened than hurt; and we suffer more from imagination than from reality. ~ Seneca



IN THE GARDEN



**SO MANY NEW THINGS GROWING IN THE GARDEN
EVEN IF YOU DON'T PLANT, COME AND SIT DOWN AND
ENJOY**

**Charlie
fixing the water
line.**



Kim's artichokes—mine now ha ha

**The garden is not open for picking.
The boxes are assigned.**

Please enjoy the view however and if you would like a box sign up for next year.



This is the 10 foot hole we had to dig on Rhody Loop to find the water main.

Discovered all the of the pvc in the lines was sub-standard. It all had to be replaced.

Excellent job to our maintenance staff!

Also I want to thank Scott Ryland for his assistance in digging on this street. This was a dangerous dig.

Free Range organic chicken eggs for sale. You can check with Carlla in the office if you would like to purchase.

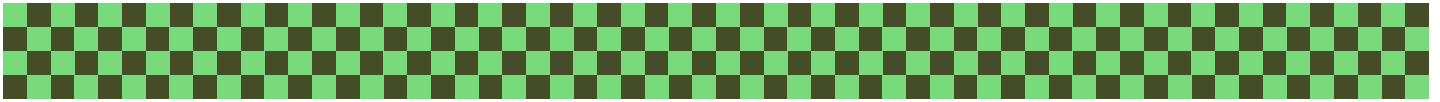
\$4.00 per dozen

Delivery day is usually Tuesdays.



Coast Village Activities April 2020

All CV Activities have been canceled until May due to COVID-19 . Updates will be posted



GARDENING

Give rhododendrons and azaleas an annual check-up each spring

AURORA - Rhododendrons and azaleas herald spring in Oregon. And spring is a good time to give these beautiful shrubs the care they deserve.

There are a number of things home gardeners can do to keep Rhodes and azaleas long-lived and healthy, according to Jan McNeilan, retired horticulturist with Oregon State University Extension Service.

As with all health check-ups, start with a physical examination. Look for symptoms of nutrient deficiency, such as pale green or dwarfed leaves, which may indicate a lack of nitrogen. Yellow mottling along the leaf margins may indicate an excess of potassium. If the leaves are smaller and darker green than normal and the tips are dead, your shrub may need phosphorus. Yellow or yellow-white (chlorotic) leaves may mean there is too much calcium, which can be leached from sidewalks and foundations. When the soil pH is too high for acid loving rhodies, some nutrients are tied up in the soil and unavailable to the plant.

Be mindful of past weather conditions when looking at physical symptoms. Leaves can be discolored from hot sun or winter frost. Also, as the interior leaves of the plant are shaded out, they may turn yellow and drop off, which is a normal process called senescence.

Cont. pp 20

Gardening—cont.

When flowers fade, remove or "dead-head" the spent clusters. Be careful to snap off flower heads, and not leaf shoots. This will keep the plant from using energy to form seed heads and removes a hiding place for overwintering insects.

But don't despair, says McNeilan. If you don't get around to deadheading, the plant will survive your "less than perfection" gardening techniques.

Otherwise, rhododendrons require very little pruning unless branches are dead or injured. If you have older shrubs that have grown spindly, you can rejuvenate them by heavy pruning. The best time to prune these plants is soon after flowering, so not to interfere with flower bud formation for the following year.

Rhododendrons and azaleas prefer slightly acid soils. Fertilizer is best applied soon after flowering in the spring. Organic fertilizers are a bit more costly, but are released slowly and need to be applied less frequently than chemical fertilizers. Do not apply fertilizer after mid-July, or the plant may not be completely dormant by winter. Avoid the use of lime or alkaline fertilizers.

With shallow, fibrous root systems, rhododendrons and azaleas need ample water during the summer. Make sure to water them deeply. If they are planted under wide-eave overhangs, they will need water throughout the entire year. Avoid hoeing or raking too deeply around the plants. Use mulches such as sawdust, bark dust, peat moss, straw or other organic materials to inhibit weeds, provide more uniform soil temperatures and conserve moisture.

For more information about rhododendrons and azaleas, download OSU Extension's fact sheet "[Azalea and Rhododendron Care and Culture](#)," (FS 12).

COMMUNITY

A huge shout out to Jerry and Becky who have been working in the garden and adding fertilizer and peat moss to the garden beds. Thank you both for all you do.

We have an amazing family at Coast Village! Also had to share another photo of our newest doggy addition to the Village's animal family.



**Our very own amazing Ila Mae—she is sewing face masks and delivered some to the office where we had none!
I love Coast Village!!!!**



6 Benefits of Gardening That Prove It Helps Your Mind and Body

www.goodhousekeeping.com

Feeling stress or anxious? Try getting a little dirt under your nails.

1. Gardening burns a lot of calories.

Good news for those who already spend hours planting perennials: Gardening is considered moderate-intensity exercise. You can burn about 330 calories doing one hour of light gardening and yard work — more than **walking at a moderate pace** for the same amount of time — according to the Centers for Disease Control and Prevention (CDC).

2. It can lower your blood pressure.

Just 30 minutes of moderate-level physical activity most days of the week can prevent and control high blood pressure.

3. Spending time outside is good for your bones.

When you're outdoors and your skin is exposed to the sun, it prompts your body to make vitamin D. This vitamin — also found in fish and fortified foods like milk — helps your body absorb calcium, a mineral essential for bone formation, according to the National Institutes of Health. (FYI: You should still apply sunscreen if you're planning on spending more than a few minutes in the sun to lower your risk of skin cancer.)

4. Growing your own food can help you eat healthier.

Besides the physical exercise you'll get tending to a vegetable garden, a productive plot can also promote a better diet by supplying fresh, healthy produce. The Dietary Guidelines recommends eating at least 2 cups of vegetables and 1½ cups of fruits per day to get necessary nutrients and reduce risk of chronic disease. However, only 1 in 10 American adults meet those recommendations, according to the CDC.

5. Gardening can relieve stress.

Gardening is positively correlated with a reduction in depression and anxiety symptoms, according to a 2017 meta-analysis in *Preventive Medicine Reports* that looked at 22 different case studies.

6. It can provide a source of community.

You don't have to weed alone — nor should you. People who worked in allotment gardens had significantly better self-esteem, total mood disturbance, and general health compared to those who did not garden, according to a 2016 study published in *Journal of Public Health*. Even better, it's something almost anyone can partake

7. Gardening can make you happier.

The act of growing plants may also help boost your mood. The 2017 meta-analysis also linked gardening with increases in quality of life and reductions in mood disturbance. This may have something to do with how it changes your outlook.

Enjoy!

Submitted by the Greenbelt Preservation & Advisory Committee



Dream Catchers and Other Legends

Dream catchers, as with many other Native American items, often come with a printed card or tag that gives some form of explanation as to their purpose, and possibly a little of their history. This is especially true of what has come to be known as the Dream Catcher.

As the common legend goes, bad dreams are caught in the web of the catcher, whereas the good dreams sift through the hole in the center of the web, pass through or over the attached sacred objects such as stones, beads and feathers, collecting their beneficial elements, which they convey to the person sleeping under them.

Dream catchers are usually placed over the head of infants as they lay in their cradle, but can be used by anyone troubled with bad dreams.

As with any legend or what we are delivered and labeled as "fact," the dream catcher has its variations, but the variations are not as extreme as are those of most other legends. One such legend tells of the Spider Grandmother, who's job it was from the beginning of creation (brought about by the Great Spirit according to some cultures familiar to us) or the Sun God (by some others). Her job is to bring those so created into becoming a higher form of life or intelligence. In this capacity she could be equated to the Comforter (Holy Spirit) of the Christian religion.

The dream catcher has for many years enjoyed popularity, but in the 80's its popularity experienced a sudden leap as New Age material was sought after. The dream catcher became, not as much of a manner by which to ward off bad dreams as it was an ornament with no meaning. People bought it because of its decorative appeal rather than because it held a purpose. Objects can be found on them that have no relevance to nature or to the purpose of the dream catcher.

We, as humans, are inclined to accept what appeals to our sensual nature rather than to search out the facts of an issue. History is a good example of how we view the past. Those of us of the gray hair league have the past by which to compare and evaluate the changes that have taken place over the past decades, whereas our youth are without this experience. For instance the television. In our day the TV was something only a privileged few could afford, and it was to be watched but a short time, and that was only after all the chores were done, and homework was completed. Now Kindergartners carry computers with them wherever they go, and TV is often the center of a family's interest.

In our day programs were directed toward clean entertainment and education. Now it's unfit for man nor beast to see.

When I was in the Army very few people had tattoos, and they were usually a sailor with a small picture of an anchor on their forearm. Today tattoos have become the norm, even for grade school children.

Things are not always as they seem. For instance, how many of us give a thought to the fact that the Statue of Liberty is an image of a Roman goddess, or that she represents the welcoming of all people to this land. Yet, while we throw out the welcome mat to everyone, we build a wall to keep out those who we took the land from in the beginning?

Speaking of gods and goddesses, there's another goddess we see represented before our eyes daily we give no thought to. Nike is a name quite familiar to all of us. Did you know that Nike is named after the goddess of victory?

Names can be of interest. For instance the name of that glamour boy familiar to us all, Cary Grant. He was born

with a name not very conducive to his image, that of Archibald Leach.

We still hear of that clean-living movie hero Hopalong Cassidy. But how many of us are aware that the original Hopalong as written by the book author, was far different than the one portrayed by William Boyd, and that the reason he was called "hopalong" is because he shot himself in the foot?

Jack Benny is a name familiar to us all. Jack's name is in reality Benjamin Kubelsky, and rather than the sour-noted violinist he portrayed, he was actually a concert violinist.

That sidekick of the Lone Ranger we all know as Tonto, his name is in actuality Harold Smith, grandson of the chief of the Mohawk tribe in Canada.

We are all familiar with the tear on the cheek of that representative of the Native Americans: Iron Eyes Cody. He is so much a part of our image of Native Americans that it is said that even the Native Americans accept him as one of their own. In actuality Iron Eyes is of Italian descent, born Espera Oscar de Corti.

We tend to accept what is presented to us without question, but it's in questioning what we firmly believe that the truth is found out.



Story by Herbert English—Lot 73—Our very own resident author!

New Air Hockey game in the Clubhouse—Remember the clubhouse is open 8:00 a.m.—3:00 p.m.





This is Estrella War, The Kingdom of Atenveldt (Arizona) has invited all the kingdoms of the known lands to a tournament in the desert. There will be battles between warriors and rapier fighters throughout the tournament. It is essentially a gathering of people who camp and make merry all as if it was the time before 1600. We make almost all of our garb and camping gear, though we do usually cook over more modern equipment, we just hide it. In addition to the fighting tournaments there are arts and crafts classes in medieval jewelry, cooking, sewing, leather craft, you name it.

Roger and Rachelle focus on crafting, but we enjoy watching the fighting tournaments. The most fun is in the evening around the campfire exchanging stories and listening to songs by some very talented musicians.



Roger and Rachelle Emigh and son having a blast in Arizona!

TUESDAY MAY 19 2020 - SUBJECT TO COVID-19 RESTRICTIONS

Hot Club of San Francisco

The acclaimed Hot Club of San Francisco and the popular French vocalist Isabelle Fontaine have created 'Meet Me in Paris', a charming concert invoking an unforgettable Parisian experience.

Love songs and driving gypsy jazz are a combination made famous during the 20's and 30's in Paris by the legendary Hot Club de France, Django Reinhardt, and Stephane Grappelli. Following the First World War, the city became a gathering place for artists from around the world and The Hot Club's unique sound of gypsy jazz reflects this inter-wartime collection of cultures. Keep time with the strum of the rhythm guitars and let the magical guitar and fiddle solos take you on a ride down the Seine and through the heart of the city.

Ms. Fontaine's mix of sweet and sultry songs adds a touch of beauty and authenticity that echoes the historic Ville-Lumière, "City of Light".

