

COAST VILLAGE REPORTER

June 2020

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

VOLUME 27 ISSUE 6

Board of Directors 2019-2020

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Hours of Operation
Maintenance staff on premises
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Website:
www.coastvillageflorence.com

CVPOC President's Message June 2020 President's Message

The days are getting longer and a bit drier, our snow-bird neighbors have begun settling into their summer homes, more conversations can be heard from the street corners as we begin to spend more time outside. It's almost like "normal." There are differences, such as the get-togethers are a lot more spread out and there is a hand-sanitizer bottle on the picnic table along with the ketchup and mustard, but summer is on it's way and that feels good.

The board and committees are still active during this time of physical distancing, but we have had to do things differently. We haven't had a board meeting since January, but the few things that have needed taken care of have been done via an Action Without a Meeting (AWM) voting process. The COVID-19 Committee will be meeting via Zoom in early June to figure out what our next steps are concerning meetings, including the Annual Meeting (July). Be sure to keep an eye on the new reader screen in the post office and the website (<https://www.coastvillageflorence.com/>) for up-to-date information.

As the weather gets nicer, it's natural for us to begin looking at our outside world and cleaning up a bit from the winter storms. I'm sure you've all seen the piles of needles and stuff along the roadways as our wonderful maintenance staff has been busy with their sprucing up too. This brings me to the subject of greenbelts. Our webmaster has put a link to a nice document many of our members might have gotten when they first purchased in Coast Village. It's right at the top of the main page in blue. In the document, is all of the language surrounding greenbelts in the Coast Village documentation. One of my neighbors says that the best way to start an argument in Coast Village is to step into a group of neighbors and yell "greenbelt," then step back and watch the chaos happen. No matter how hard we try to be clear, language is open to interpretation and this is no different. So, how would you make it easier to understand? How would you like them to read? What do they mean to you now? How would you make the instructions on how to "foster and maintain" your greenbelts? I would like to hear from you please. You can send me an

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:** June 20th—social distancing will be observed. Clubhouse—10:00 a.m. June 19th Workshop Rose Room 3:00 p.m.

Pool: Pool is closed at this time. Sauna is closed until further notice. Limited use of the clubhouse will begin on June 15th.

email (jay@cvpoc.com) or if you'd like to remain anonymous just leave something with my name on it in the office mail box under the red flap. I am very interested in making this language easier to understand and use-- thanks.

One last thing. Noel Smith was appointed to the vacant slot on the board to finish out the term vacated in January. Director Pat Thomson notified me this morning that the declarations to become a member of the board are being sent out this last week in May. If you are interested in becoming a board member, please contact any member of the current or past boards and ask about it. Then submit your declaration to the Elections Committee to make sure you get put on the ballot. The election will most likely be done via mail this year.

Jay Guettler
CVPOC President

OPERATIONS

Our state-wide Covid-19 lockdown continues, but restrictions are easing. Groups can be up to 25, but still with the physical distancing. Face masks are still strongly encouraged or still required. This limitation of 25 people in a room prevents us from fully opening the Club House. We do not want to turn away people from attending a meeting and have been holding some committee meetings via Zoom (electronic) meeting process but we will be having a June Board meeting with Board Members in the Rose Room and seating arrangements for a small group on the Pool deck with a speaker if owners wish to attend. You will see the Agenda posted in this newsletter as well as on our web site and at the post office notice box. It also appears that the 25 people in a room restriction might continue until September per Kate Brown. This causes a problem with the Annual meeting held in July. The Board will be discussing this further and notices will be posted as decisions are made regarding future meetings.

One disappointment with the postponement is possibly missing owners who are primarily here in the summer. They provide an important viewpoint. Our President, Jay Guettler and myself are examining aspects of Coast Village with an eye to reduce our risk exposure.

The Covid Committee continues to meet regularly and the minutes are also posted in this newsletter because of Coronavirus. Coast Village events are still cancelled and the main Clubhouse and pool remain closed. This will be reviewed at each Board meeting. As of now, we are opening the office 5 days per week, regular hours starting on June 8th but we ask that you remain in the entry way and wear a mask if you are going to come in. Go to the window for assistance. We continue to keep the bathrooms, laundry and post office open. I hope to open the clubhouse for small groups on the 15th. Please continue to check with the office for updates. When we open the clubhouse again it will be for owners only. No guests will be allowed. There will be strict rules surrounding the exercise equipment with a maximum of two people at a time in the exercise area. If you choose to use the equipment you will be expected to completely wipe it down with sanitizer after your use. Coast Village will supply the sanitizer to wipe down the equipment.

During cleanup of the roads, we continue to find hundreds of cigarette butts littering our streets. Please do not throw your butts on the ground. They are a fire hazard, as well as being toxic to animals that may ingest them. They are also not very attractive to see for the walkers in the park. We are also finding butts in the garden area. Smoking is no longer allowed in the garden area as there were so many butts collecting out there. Our maintenance staff then have to clean them up.



I would also ask that owners using the laundry stay with their clothes until they complete their laundry. We have been having some issues with outside people coming in and taking clothing we have also been having issues with non-residents taking items from the “free” table in large quantities. It appears some homeless or vagrant people consider our post office a great place to find things they can later sell. If it continues we may remove the “free table” or have it only at the clubhouse which requires a key card to gain access.

There have also been some reports of loose dogs in the park. These dogs appear to live here, it seems some owners feel that letting their dogs out early in the morning or at night to potty is easier than walking them. Please do not do that. Other owners do not want your dog using their yard for a bathroom. This is a good way for your dog to be injured or picked up. Sometimes dogs just do get out—if that happens please call us and we can alert the staff to watch out for the animal and we will know who to call if we happen to find it running around.

We appreciate that owners are using the pet potty bags for their dogs, however someone is just dropping the “filled” potty bags along the road. There are garbage cans for that refuse at each pet station. Please use them.

There are a number of projects we hope to complete in this fiscal year.

1. Replace a portion of wooden fence with chain link on the West Side.
2. Repair a section of sidewalk on the West Side that is lifting due to tree roots. The city has declined my request to remove the tree causing this problem.
3. Repair sewer line intrusion on Driftwood which will require digging approx. 20 foot of line.

We still have 52 water change-outs to complete which will be done by end of summer. We will be paving part of Rhody Loop in July. Staff continue to patch cuts and there will be some areas that we hot patch later in the year.

The in-gate on the East Side has a malfunction in the emergency entrance button which will be replaced in June.

Please continue to check our website or the reader board at the post office for new information. Meanwhile stay safe and call the office if we can assist you or e-mail me at pom@cvpoc.com.

Park Operations Manager,
Carlla van de Vyver

Coast Village COVID-19 Committee Meeting

June 1, 2020

Members:

Jay Guettler—Chair
Diana Wolf-Newman
Dory Hethcote
Carlla van de Vyver

Agenda:

June Meeting
July Meeting
Annual Meeting

Minutes:

June Meeting

We are going to have it on the scheduled date of June 20th

The board members will be in the Rose Room

The members interested in attending the meeting will be seated either in the garden area or the pool area.

There will be speakers put in each outer area

The portable hand mics will be available and there will be disinfectant available to spray on the mic after each use.

See attached agenda

We are going to ask members via the website and post office reader board to let office know if they plan to join us for the meeting, so we are able to have enough chairs available.

There will be an open workshop and the same request will be made for that meeting as well.

July Meeting

We are planning, at this point, to have a “regular” meeting in July.

If we have that meeting, there will be a workshop on that Friday.

Annual Meeting

The Annual Meeting requires members to sign in and show documentation that proves that they are member owners. This process alone causes too much difficulty and requires that we get too close to one another.

Our lawyers were clear in a recent conference call that if there was any way possible to delay the Annual Members Meeting as long as possible.

We currently do not have any pressing matters that require the membership to be part of in-person meeting at this time.

Board Workshop, 3pm June 19, 2020

Regular Directors Meeting, 10am June 20, 2020

SEATING WILL BE ON THE POOL DECK FOR OWNERS WISHING TO ATTEND. THE ROSE ROOM WILL BE OPEN TO THE BOARD ONLY. THERE WILL BE A SPEAKER ON THE POOL DECK SO OWNERS CAN HEAR WHAT IS BEING SAID.

CALL TO ORDER/PROOF OF MEETING

ESTABLISHMENT OF A QUORUM

APPROVAL OF THE AGENDA

MEMBERSHIP INPUT ON THE AGENDA ITEMS

READING AND APPROVAL OF THE PRIOR MINUTES

REPORTS:

Treasurer Report

Park Operation Manager’s Report

Activities Committee Report

ARC Report

Elections Report

GPA Committee

Garden Committee Report

Covid Committee Report

ACTIONS WITHOUT A MEETING:

Old business

Legal review of greenbelt designation of undetermined property lines

Setbacks for trailers with slide outs

Code of conduct—push out

CC&R status

New Business

Status of reimbursement of secretarial duties by non-board members

Motion by Greenbelt Committee to require inspections before sale

Legally cannot do this, but they wanted it on record that they wanted to do this

Using 2014 survey for review. Process necessary for a new survey (i.e. 30-day notice, etc.)

Approve budget

Dues announcement—staying the same

Re-opening process and dates

Office

Clubhouse

Pool

ARC

Setbacks

Guideline and Policies & Procedure changes

Announce board candidates who have submitted to date—still time to submit declaration

Annual Meeting Process

ADJOURNMENT

GREENBELT COMMITTEE

-Greenbelt Talk-

We have had a lovely spring with blooming shrubs everywhere you turn. A lot of us have been outside working in our yards, even planting things.

Speaking of planting things...**Did you know that the Greenbelt Preservation and Advisory Committee offers financial incentives for those who wish to add plants to their greenbelts?**

Lot owners may be reimbursed for 50% of the cost of new plants, up to \$100 per year. This means you can spend \$200 (which is a lot of plants) and we give you \$100 back. What a deal! Qualifying plants are those native or low maintenance, drought resistant plants listed on the City of Florence plant list, **planted in your greenbelt areas**; for example rhododendrons or azaleas.

The Greenbelt Committee has been collecting bottle & can deposits in order to offer the reimbursement program. If you would like to support our community, please deposit rinsed out bottles and cans in the receptacle inside the clubhouse entrance or contact the office (541) 997-3312 to get assistance.





As Coast Village Residents head toward summer, I hope we will be able to return to some normalcy from this terrible virus that has virtually shut down our planet. Our heart aches for those who lost loved ones to this disease and for all who suffered through it. A huge thank you to all the first responders that put their lives at risk to aid the sick. Secondly, thanks to all the workers that are keeping us supplied with food, medicines and all the other essentials that have made it easier to live through this pandemic. Lastly, thank you to our Coast Village crew; Mikhail, Mike, Dennis, Roni, and Nancy for keeping Coast Village running smoothly. I also want to thank Kim and Michelle for all the work they did while here in May. They are on their way to new adventures and won't be back for a couple of years and they will be missed. Michelle accomplished a lot while she was working for us.

I have just hired a new part-time maintenance person and his name is Dustin so if you see him mowing grass etc., say hello.

As the Operations Manager of Coast Village my goal is to reopen our clubhouse as soon as it is safe to do so and we can keep the equipment and area sanitized. Remember when it opens up, it will not only be open to residents but also to their guests. It's important to keep the areas sanitized and to use social distancing when coming together as a group. I encourage people to continue to wear masks when possible. It is easy as the community opens again to want to rush out and enjoy some normalcy and it is understandable, just remember it is not just "you" that can be impacted but all those near you.

Our office will re-open for regular business hours beginning June 8th. I will ask that when you enter the hallway area you have on a mask. You will not be allowed in without one. If you choose not to wear a mask please stay at the outside door. If you need to pay and are not willing to wear a mask you can use the drop box next to the door. We will be happy to mail you a receipt in that case.

If there is anything you need to discuss you can always call the office at 541-997-3312.

If there have been no further Covid cases reported in Lane County by the 15th of June I will reopen the clubhouse on a limited basis provided the Board of Directors approve. When we reopen the exercise area will be open to two people at a time and it will be expected that anyone using the equipment will wipe it down after each use. Anyone not wiping down equipment after use will be barred from using the equipment.

We have had someone removing soap from the bathrooms again. I would ask that you leave the soaps in the bathrooms or you will have to start bringing your own. We cannot supply endless soaps for people to take home.

We are still seeing many people who do not own property at Coast Village in the laundry room and post office. If you see people that clearly do not live here, please advise them they are trespassing or call me at 360-521-8428. I can look on the camera to see who is there and come over if necessary.

Our pool is still closed until further notice.

Thank you
Carlla vandevyver

HELPING HAND





Another beautiful day at the beach!!!

Tilly having fun!

Peaches the cat with her new haircut!
Needless to say, she is not happy!

Thought the photo would make a smile—
we all need more smiles and happy thoughts.

Happy June!



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.**

There are face masks available at the office. We will be happy to give you one or two.

A huge thanks to the ladies that made these masks for our community.

Wear them in good health!

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

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

Toodaloo!

We sure have enjoyed "quarantining" with all of you. What a wonderful community we have here. It's so neat to take a walk and chat with neighbors. We can stay safe, but we don't need to be alone.

Now, as things are opening back up we are heading back out on our adventure. We will be slowly making our way to Yellowstone where we will be campground hosts for the summer. Our campground will not be opening until July 1st, but we are to arrive on June 21st. We are not sad that we along with two other couples will have the whole campground to ourselves for a while. We will have COVID training, cash handling training, park rules training and bear spray training. We look forward to all of it.

We plan to explore the Tetons before we get to Yellowstone.

Keep taking care of each other! We value all your friendships. We are all so lucky here. Never take it for granted. We treasure each and every one of you.

Love to you all,
Kim and Michelle



Live.Life.Healthy



RECIPE PAGE

Better brownies by Daphne Oz

Makes 24 servings.

Ingredients:

3 tablespoons unsalted butter melted, divided
15 oz canned black beans, drained and rinsed
1 large uncooked sweet potato
2 large eggs
1/2 cup dark brown sugar, packed
1 teaspoon vanilla extract
1/2 cup semisweet chocolate chips
1/3 cup black coffee
3/4 cup unsweetened cocoa powder
1/2 teaspoon baking soda
1 teaspoon kosher salt
1 tablespoon sugar, powdered (confectioner's)

**Directions:**

Preheat the oven to 350°F.

Lightly coat 24 cups of a mini-muffin tin with 1 tbsp melted butter.

Puree the black beans in a blender or food processor until smooth and creamy.

Measure 1/2 cup of black bean puree and reserve the remaining for use with tacos or nachos or as black bean dip.

Prick the sweet potato a few times with a fork and microwave until it is completely soft and tender, about 7 minutes.

Scoop out the flesh, set 1 cup in a large bowl, and add the black bean puree. Whisk in the remaining 2 tbsp melted butter, eggs, brown sugar, and vanilla.

Add the chocolate chips to a small bowl and pour the hot coffee on top. Stir until melted, then add it to the sweet potato mixture.

In another bowl, combine the cocoa powder, baking soda, and salt. Add the cocoa mixture to the sweet potato mixture and stir until just combined.

Use a spoon to fill the muffin cups three-quarters full (you'll have enough batter for 24 mini-muffins).

Bake for about 12 minutes, or until a cake tester inserted into the center of a brownie comes out with a few moist crumbs attached and the brownies resist light pressure.

Let the brownies cool in the pan for about 5 minutes, then turn them out onto a wire rack to cool. Repeat with any remaining batter.

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

NOTICE:

FREE SMOKE ALARMS Siuslaw Valley Fire & Rescue (SVFR) has free battery-operated smoke alarms available for residents of Florence. They will also install the smoke alarms for free as a community service. All smoke alarms are only good for 10 years, according to the manufacturers, so they need to be replaced prior to that time. Also, Oregon law requires working smoke alarms in all bedrooms, adjacent halls and living rooms. Oregon law also requires smoke alarms be hardwired in new construction or remodeled homes (since 1983), and they must be interconnected, so an electrician would be needed to install new ones. However, battery-operated back-up alarms are legal. That's why SVFR will place the free smoke alarm next to the wired-in detector if space is available. To get your free alarms, call Siuslaw Valley Fire & Rescue: 541-997-3212.



Starting June 9th Driftwood will have a section of sewer line on the east end of the street replaced. Please use caution, there may be restricted traffic.

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

SENIOR HELPERS Finding a caregiver in the small-town environment

At some point in many senior's lives there comes a time when outside help in the form of an in-home "caregiver" is needed. Fortunately, we live in an area where such help is easy to find. But you need to know a little about caregivers before you start the search. There are several types of paid in-home caregivers with varying levels of experience and training, providing a wide range of services from help around the house to skilled health care. Basic care is provided by assistive-care personnel who provide non-medical supportive care. These caregivers may have different titles including PCA (personal care aide), or HHA (home health aide), and CNA (certified nursing assistant.)

Formal training is not needed for PSA and HHA unless the aide works for a Medicare-certified agency, in which case a minimum of 75 hours of training is required. CNAs attend courses ranging from 75-120 hours. Next level of care is by licensed practical nurses (LPNs), who are licensed by states. They are skilled nurses that have completed 12-18 months of training and passed state board testing. They can provide care that non-medical and home health aides cannot. LPN tasks could include administering IV drugs, tube feedings, or changing wound dressings. Medicare covers home-health skilled nursing care that is doctor-prescribed and arranged by a Medicare-certified home health agency. The highest qualified caregivers are registered nurses (RNs). They hold a nursing diploma or associates degree, and have met all the requirements for licensing. They can provide daily care, all tasks a LPN can perform, administer medications, operate medical monitoring, and oversee caregivers listed above.

A good place to find in-home caregivers is through an agency or health staffing service. Begin by checking out Medicare's Home Health Compare (<https://www.medicare.gov/homehealthcompare/search.html>).

Agencies and staffing services do background checks on caregivers, match caregivers to clients, handle scheduling, paperwork and payroll. One such agency is the PeaceHealth Home Health & Hospice (541-9978412) here in Florence. The downside of going through an agency is you usually pay more than home health staffing services, or local client-employer providers (CEP) that utilize independent/freelance caregivers. CEPs connect families with independent home health workers: You tell the company what you are looking for and it will refer you to matching candidates. Checking the caregiver's credentials and making the financial arrangements is usually between you and the caregiver.

One local CEP is the Florence Senior and Disability Services (541-682-7832) located at 3180 Hwy 101. Call them for details. Whether you go through an agency or another source to find an in-home caregiver, it's vital your loved one feels safe--and the in-home care is always carried out with compassion, understanding, kindness and honesty. The caregiver should be educated to your needs and perform all tasks with integrity while maintaining your loved one's dignity. (



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 Carla (POM) @ (360) 521-8428. You can also contact board and committee members thru the website or email.

JUNE 2020

SUN	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 No Coffee Klatch thru COVID-19	4	5 Water Shut Off 8 am to 1pm	6
7	8 Garbage 9 am Everything to the dump day	9 Brush 9 am Driftwood Sewer work	10 No Coffee Klatch thru COVID-19	11	12 Water Shut Off 8 am to 1pm	13
14 Flag Day!	15 Garbage 9 am	16 Brush 9 am	17 No Coffee Klatch thru COVID-19	18	19 Water Shut Off 8 am to 1pm Workshop 3:00 pm	20 BOARD MEET- ING 10:00 AM CLUB HOUSE
21 Father's Day!	22 Garbage 9 am	23 Brush 9 am	24 No Coffee Klatch thru COVID-19	25	26 Water Shut Off 8 am to 1pm	27
28	29 Garbage 9 am	30 Brush 9 am	31 No Coffee Klatch thru COVID-19			



Here's to celebrations! Happy Birthday!



Richard Brown
Gene Van deVyver
Cal Crowe
Al Thenell

June 2nd
June 3rd
June 9th
June 24th

Chris O'Neil
Sue Foss
Diana Wolfe-Newman

June 28th
June 29th
June 30th

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

Roger & Rachelle Emigh
Chris & Denette O'Neil

June 5th
June 21st

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 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



Dory Hethcote,
Treasurer

Diana Wolf-Newman,
Vice President



Board
of
Directors



COAST VILLAGE ACTIVITIES JUNE 2020

No Coffee & Donuts



The Activity Committee can't have the "Coffee Klatch" until the Corona Virus Pandemic is over. This may be quite some time; we still haven't opened the Clubhouse and Rose Room. We will keep you updated on the closures, just review the overhead reader board in the Coast Village post office building.



Odd Thursday Game Night



Odd Thursday game night suspended due to Corona Virus Pandemic.

Low Impact Exercise



Low impact exercise classes suspended due to Corona Virus Pandemic.

I would like to encourage everyone to visit friends, family, and neighbors, just use common sense, make sure to maintain the 6 ft.' social distancing guidelines, and keep your group number under the recommended person limit.

I know I have been bingeing on TV, not the healthiest activity. I heard the dunes are open for dune buggies and 4-wheelers, so hiking should be too. When we open the Clubhouse, I would like to have a game night to celebrate. Let me know if you would be interested in joining us.

Many of my neighbors have said some of our restaurants downtown are open for business, so I think things are getting better. The movie theatre is still closed, but there is Redbox, LOL!

The casino is open if you are brave, make sure you wear your mask, and use lots of hand sanitizer.

If you have any suggestions for a craft project or get together after we can open back up, please call me at the Coast Village office or my Cell phone. Thanks for your continued support.

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

The Contrary Gardener

by Vicki Dunaway

One of the great things about a community garden is you get to see lots of different gardening styles and even new kinds of vegetables you've never grown before. The Coast Village garden is no exception. Some of our gardeners plant straight rows of "normal" stuff like potatoes and beans, while others experiment with odd things like mâche, fava beans and red mustard. (Thanks, Darren, for giving us red mustard in perpetuity.) I'm one of the latter.

My gardening style is based on, but not totally adherent to, the concept of square foot gardening, popularized in a book by Mel Bartholomew back in 1981. Bartholomew was an engineer, so his layouts and methods are very precise, down to the number of plants in each one-foot square. My plantings are a bit, um, looser, probably due to my Libra nature. The main idea, though, is to plant intensively in small areas, and to plant succession crops. To plant in succession, one starts a different crop in the same area soon after harvesting the preceding crop. This year I was able to harvest food through the winter.



(Roughly) a square foot of radishes.

Why use this method? For one thing, I don't like having a lot of the same vegetable all at once. Because I don't have a lot of freezer or pantry space, it works for me to plant small amounts in succession, say every two to three weeks, so that I continually have fresh produce. What the heck would I do with a whole row of lettuce maturing at the same time? Last year I gave a bunch of lettuce away, but still had some go to seed before I could do anything with it. Some crops can be harvested over time at various levels of maturity – leeks, celeriac, beets, potatoes, onions, to name a few – so it's okay to plant them at once and just harvest as needed. Of course, long-season crops like tomatoes and peppers have to be started early in order to produce fruit before the sun moves on to the southern hemisphere.

Another of my quirks is to let some crops go to flower and seed, which serves two purposes. The flowers attract beneficial insects, which help to reduce pests in the garden. And in many cases, the plants self-sow, which means they will drop seed, and seedlings will come up on their own the next year. This spring I'm finding arugula and cilantro seedlings coming up from last year. Hooray! I have a really hard time getting cilantro started, so this calls for a celebration!

Large-scale farmers plant in straight rows mostly because they use machines for planting, cultivation and harvest. We little gardeners have options! In future issues I'll talk about more ways to make gardening more productive and fun.

P.S. A special note of thanks to Doug Snapp for weed-eating around the garden beds this spring!



Hey! What about Social Distancing!

A great photo of Elsie and Joe's cat greeting a visitor.



Elsie and Joe gave Fluffy a great life after Lucille left us. She recently joined Lucille, I expect they are setting side by side up there.

Fluffy, she must have been 18yrs old. She was one of Lucille's outside cats, who became one of our cats!

IN THE GARDEN



What a pleasure it is to water in the garden these days!
Charlie's watering system is amazing! Thanks again Charlie—we miss you around here!



Remember this is for “looking at only” no one is allowed to pick with the exception of herbs.



CURRENT BANK ACCOUNT BALANCE:

\$150,731.00

All accounts payable are current.

A statement of accounts from our CPA will be available at the July Annual Meeting. If the meeting is postponed it will be available on our website with a password or as an owner you can request a copy be mailed to your home.



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 Thursdays.





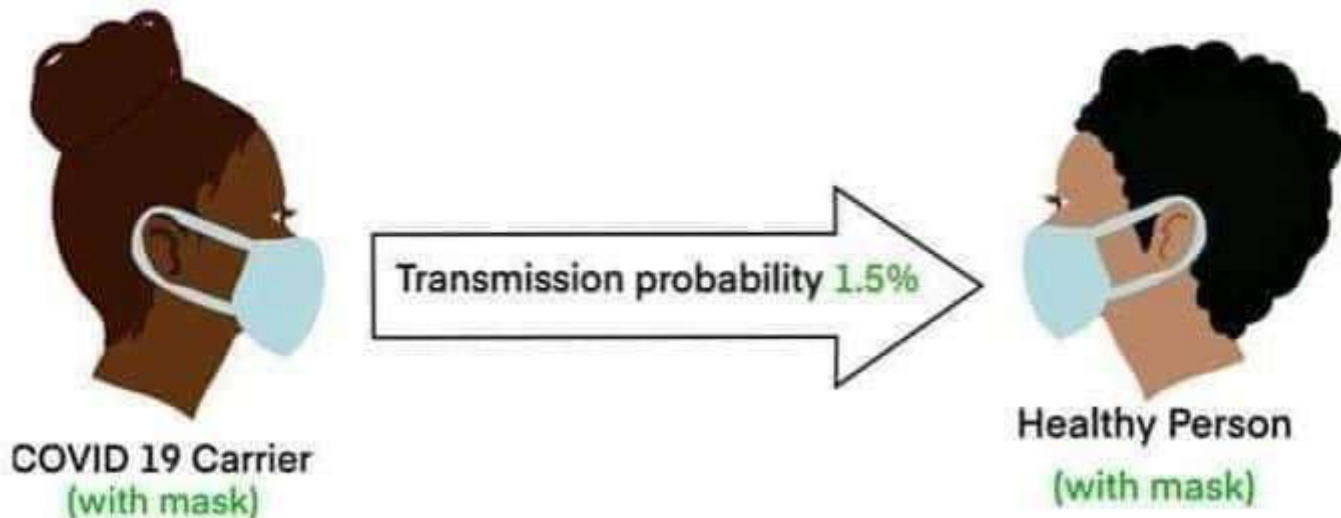
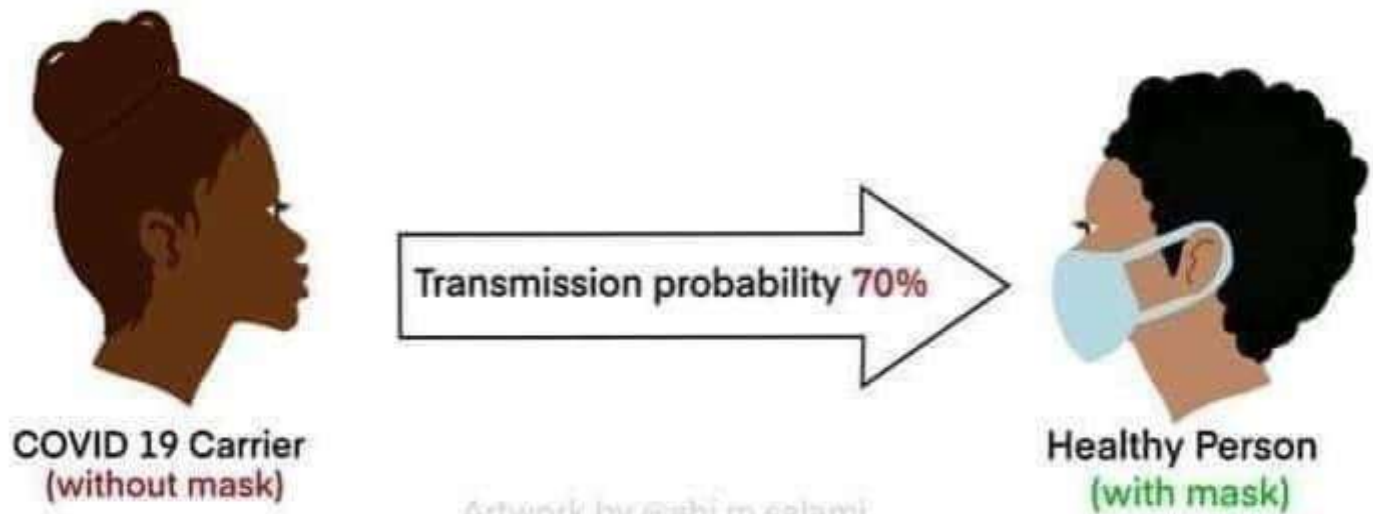
Remember that the declarations have been sent out for Board members.

Please think about applying to serve on our Board of Directors. Don't forget to send your Declaration in by Monday June 22nd.

This is a great way to serve our Community. New owners bring new ideas and energy! Please feel free to come to the office and talk about ways you can become involved by serving on a Committee, volunteering or serving as a Board Member.

Coast Village is a wonderful place to live with friendly people, lovely walking areas and laughter. Welcome to our new owners in the Park.







Gathering in the Garden!! Celebrate birthdays and life!



Why Kindness Is So Important

By

Susan Smalley, Ph.D., Contributor

Professor Emeritus, Department of Psychiatry and Biobehavioral Sciences at
UCLA



"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." -- Maya Angelou

I like that quote because it reminds me that it is how I go about my day that is more important than what I do. If you think of the billions of people on the planet doing something daily - whether that be obtaining enough food for survival or running a billion dollar corporation - they have a single thread in common, how they treat themselves and others.

We can relate to others from positions of anger, greed, and hatred or from kindness and compassion. Becoming aware of how you treat yourself is key to seeing how you relate to others. I have a friend who abhors selfishness. Because of this deeply entrenched idea, she gives and gives and gives to others and never cares for herself. And she finds herself unhappy, unsatisfied, and uncertain in life.

Our culture seems to thrive on extremes. Many of us are either overly selfish or overly selfless. In either case, there is a failure to appreciate the equality of self and others. For those too selfless, attention to caring for oneself may be needed; for those too selfish, caring for others. Kindness cannot be directed toward one and withheld from the other without hazardous outcomes.

Notice sometimes how you talk to yourself. Do you berate yourself in ways you would never do so to a friend, or other human being for that matter? Are you highly self-critical? If so, give yourself a little kindness, nurturing, and care. There are many acts of kindness you can direct toward yourself, from taking a guilt-free day off from work to soaking in a bathtub or taking a walk in nature. It takes time to change our attitudes toward ourselves and others, but it begins by becoming aware of your feelings and thoughts toward self and others. Just notice how you relate to yourself and others throughout the day - is it with kindness or not?

Much of the time, we forget this important thread, that how we relate to ourselves and others is much more important than the things we do. Much of the time we hurry through activities so focused on the outcome that the interactions along the way - the barrista at Starbucks, the receptionist at the front office, a spouse, a child or boss - are often ignored. If we can learn to give our full attention to how we treat ourselves and others, perhaps we will find that the outcomes we so clearly seek are less important than the road we travel along the way.

How often have you discovered a moment of true happiness in a brief encounter with a taxi driver, a grocery clerk, a person waiting in a doctor's office, or some other seemingly insignificant encounter in life? Remember these and begin to notice that the elaborate net of life has a single underlying thread, our shared humanity and the potential for kindness in every encounter.

Thank you Susan Smalley!!! I thought it would be helpful for us all to remember there is something we have control over in this time of chaos and threat to our whole existence. Somehow we need to step out of our viral victimization and be the souls that we are meant to be. Mindfully choosing to be serving humanity by small contributions of thoughtfulness and kindness. No kindness is too small, it all matters. I am thinking about all of you in our community and hopefully we can each take time for being kind to

ourselves and our neighbors this day, this week, and even this year. I wish you a safe and joyous summer.

Dory Hethcote RN, MSN, NP

CVBOD treasurer

How to practice small acts of kindness

- Smiles are irresistible. Don't hesitate to smile warmly at friends, family, colleagues and even...strangers.
- Write hand-written thank-you notes. The notes don't need to be an essay and people love to receive them. It's the personal touch.
- If you use public transport, it's busy and there are no free seats, be the first to stand-up and let a weary traveler, pregnant woman or elderly person take rest.
- Pay it forward - When you are in a coffee shop or cafeé , maybe you could buy a coffee or cake in advance for the next customer that comes in. How tasty! Imagine what a sweet surprise that person will get when they discover that a kind stranger has paid it forward for them.
- When you see a homeless person, think about how you might be able to help them in some way. Buy a nutritious lunch. Ask them if there is anything that they need. Give them a warm coat. Share a conversation. Spend some time. Listen. Engage.
- That thing you're going to sell. Why not give it away for free?
- Send flowers unexpectedly. No reason needed. Just because.
- Hold doors open. Even for people who are a little further away from the door than usual.
- Pay compliments.
- Does someone owe you money? Forgive the debt.
- When a person is talking to you _really_ listen to them.
- Pass books on, especially the good ones or leave them in public places for others to find.
- Ask elderly neighbours if they need anything doing.
- Tell your loved ones that you love them. Regularly.
- When you are served in a shop, bar, restaurant etc, make eye contact and sincerely thank the employee for their help(Ialways ask what their name is and address them with their name).
- Put coins in a meter, any meter, that's about to expire.
- If you know that someone is particularly busy, offer to take their dog for a walk, or pick up a few groceries.
- When a thought of generosity arises within you, act on it. Don't hold back. This is important. It may feel like something small, but to that person it will likely mean a lot.

- If someone is struggling with money problems, find a way to secretly help them if you can. Take a friend to dinner. Give them a ride if they struggle to pay to doctor appts etc.
- Stand up for others.
- Standing in a queue? Let someone go before you. Like shopping- -your cart is full and the people behind you have 2 items—let them go ahead of you.
- Tell someone that they look nice, or fit, or a nice smile...simply look at them and notice.
- help a charity or perhaps a homeless shelter.
- Stop speaking ill of others. Let your words be kind.
- Forgive a driver for their error on the road or their road rage directed at you.
- Recycle.
- Be the calm voice in a stressful situation.
- Teach a child something you wish you knew at that age.
- If a friend or family member is having a hard time, make sure they know that you are there for them and are available to talk and help.
- Give Blood.

