

COAST VILLAGE REPORTER

March 2020

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

VOLUME 27 ISSUE 3

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March 2020 CVPOC President's Message

Navigating the Roads of Coast Village

There are all kinds of scientists working on getting the human population to slow down while driving automobiles and trucks. Engineers working on road designs that would naturally slow us down to psychologists studying our "need for speed." Lots of good efforts and collectively it seems that they may be making progress. We, those of us here in Coast Village, have conducted many experiments in the past and are still continually evolving strategies and techniques to get the collective "us" to slow down within the Village. "We have met the enemy and he is us" from the Pogo comic strip fits this situation nicely.

Whether travelling a bit too fast down the hill at the bottom of Rhody Loop or rolling through a STOP sign, many of us are guilty of not following the Coast Village traffic rules at some point. That's probably not going to stop happening. What we maybe can accomplish, though, is to bring the idea of slowing down a bit into the forefront.

In the first responder realm, there is something called "due regard." It is a legal term surrounding the area of driving in an emergency situation. All first responders can be and are held legally liable for the damage caused during their driving of emergency vehicles. The standard is whether or not they drove with "due regard" or safely given the situation and driving conditions. This is something to keep in mind while driving within and outside of Coast Village. Even when I was trying to hurry to get to the fire station for a callout, I drove with "due regard." I made sure that I was driving slowly enough to avoid even scaring people walking or trying to pull out. I made sure to stop at the STOP signs, because I know you really can't see if the intersection is clear until you do stop. I want to give the situation a second to unfold if there is anyone just coming around the corner beyond where I can see.

Our streets are narrow already, so that traffic calming method is already in place. What is needed is that we drive like there is someone walking down the middle of the road just outside of our field of vision. That we come to a complete stop at STOP signs and give the intersection a moment. That we slow down when passing walkers to almost the speed of walking so as to not scare our neighbors or the dogs and cats that often walk with them. This is having "due regard" for our neighbors and is something that keeps the slowing down within the forefront of our thinking.

Jay Guettler, President CVPOC

NOTICES

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

♦ **BOARD MEMBER MEETING:** March 20th Workshop at 3:00, Meeting 21st at 10:00 a.m.

Pool: The pool will open for water aerobics on March 18th weather permitting. The pool will open for regular use on May 11th. (Subject to change depending on weather).

Park Operations Manager

We received the water bill for February. The bill is \$9,350.23. This is up from January but still less than December and is a result of the maintenance/testing of our fire hydrants which uses a huge amount of water. The increase is \$423.13

We are seeing a small increase in foot traffic. Please be aware, if you see someone "hanging out" that does not appear to live here, call the Park Operations Manager and let her know so it can be followed up on.

The clubhouse is for everyone's use that legally resides at Coast Village, that said there are some rules regarding its use. If you are here every day watching TV or using the kitchen, please remember that you need to share that space with others if requested.

Please be sure and clean up after yourself. We are finding dirty silverware and dishes being put back in drawers and cupboards. This means we have to empty everything out, wash and put back. It is appreciated when you take responsibility and pick up after you use the Rose Room.

There have been some complaints regarding the exercise area. If you are in the clubhouse when someone comes in to use the exercise equipment, please do not stand and watch unless you are invited to do so. This can make people uncomfortable. Especially young women sometimes feel uncomfortable to have men standing and watching them. Be courteous please.

Maintenance:

The keypad at the gate went out on the west side and has been replaced.

We are working on locating the water main on Rhody Loop. Once located we will be changing 3 lots and saddles. The next location for change will be the West side.

The new pool heater is in and functioning. The pool will be opened "weather permitting" on a limited basis beginning in March for water aerobics on Tuesdays and Thursdays. It will not be open on weekends until May due to staff shortage as the pool chemicals must be checked 4 times per day when in use and we do not have weekend staff at this time. By opening early we will have the opportunity to make sure all the new systems installed are working properly before the full pool summer season begins. This will enable us to have any and all issues resolved before May.

On Sunday morning the 23rd at approximately 12:29 a.m. someone came to the gate and used a saw to saw off our gate. This created overtime for staff. We were able to identify the car but it was only dropping someone off which we could not identify. I am posting a photo of the person and car in the newsletter please advise the office if you know this person.

The little blue pickup/utility vehicle is broken down and will cost an excess amount to fix. C.V. has purchased a small pickup to replace it. The blue pickup will be sold as is.

Remember you need the gate code to access the post office/laundry room on Sundays and after 5:30 p.m. M-F. This is to prevent homeless transients from sleeping in our building in the evenings or on the weekend.

We are receiving complaints about noisy vehicles on the South side of the park. Please do not work on your vehicle if it has loud pipes before 9:00 a.m. or after 6:00 p.m. Someone else should not have to listen to the rumble of an engine for several hours per day.

Carlla van de Vyver



I hope you enjoy the following writing from a author that lives among us here at Coast Village. I personally enjoy his humor and his writings very much.



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!

Signs of the Times EVOLUTION & BICYCLE

I am a bicycle rider.

"We know that," you say, "tell us something new."

Ok, I will.

For the past three hours today, and for the last few weeks, I've been searching the web and bike shops looking for a tire for my bicycle. A no-brainer you say. And indeed it *should* be a no-brainer. You just go to the local store and pick up a tire, just like I've done for over 50 years.

But sometimes the obvious isn't all it appears to be.

First I must tell you that for the past ten or so years I've been riding a heavy department store mountain bike, you know the kind, the one that weighs half a ton and is designed to take you over hill and dale and anything else that gets in your way. The tires on these monstrosities match the durability of the bicycle they are to go on. They also weigh a ton, and the knobby tread on them is so thick that a railroad spike is unlikely to make a dent in them.

Things change, and me being a thing, I change as well. I decided I wanted to go back to riding like the wind (albeit I ride more winded these days than riding like the wind). So I bought me a, what is called, “hybrid” bicycle. If you’re familiar with bicycles at all you already know that a hybrid bike is bike like, yet *unlike* a mountain bike, and ditto a road bike, ditto a comfort bike, ditto, ditto, ditto. Now, I want you to know that I love this bike.

Except for one thing, the tires (but not the wheels) are like, unlike those on my mountain bike. They’re large and full and fully packed, sans the knobs. (Sans, for those of you who aren’t show-offs like I am means “without.”)

Tires for these larger wheels, called 700c (“C” standing for “confusing”) are very easy to find because they’re so popular. I like that. There’s just one problem with getting the smaller tire for this bike, the one I want that will allow me to ride like the winded: they get lots of flats.

I *hate* flats.

There’s only two things I like flat: A road, and my pancakes. And even those, when I make them, are far from flat, but nice and burnt and lumpy. (The pancakes, not the road.)

To deal with the flats on my nice light bicycle, I purchased a set of tire liners that are guaranteed to resist any road obstacle I might encounter. This, added to the guarantee on my bike tire to not go flat from punctures gave me much confidence.

Until the first nail I found along the road. Guess what? Remember I said the tires are guaranteed to resist flats? Well, along with the flat tire I also discovered that the guarantee held as much substance as did the tire to resist flats. (“Of *course* it’s flat,” the bicycle man says, “There’s a *nail* in it.”)

I hate walking. I especially hate walking while carrying the conveyance that is supposed to be carrying me.

That’s my ride-like-the-wind bike.

Now, back to my iron horse (which, by the way, is what is written on the down tube of this bicycle, and for good reason. I hate carrying horses, especially iron ones).

This is the bicycle I am trying to find a tire for. Why, you might ask, am I now looking for a tire for a bike I’ve been riding for years. Good question (Please note that I give you credit for the question I ask. This is a freebee. It may never happen again, so be on your toes. I *do* ask questions). Because I have decided to take a camping tour like in the good old days when I used to live on the bike is why.

In the good old days, 50 years ago, there was one bicycle style. There was no mountain bike, comfort bike, hybrid bike, etc, etc, etc. There was the ten speed. For those of you too young to have gray hair (I feel sorry for you, gray is beautiful if you haven’t heard) the ten speed bicycle had, you guessed it, ten speeds. No, there was no 24 speed, or 57 speed, not even a 503 speed. These came much later. And there was no straight handle bars, no mustache bar, no etc, etc bars. There was the turned-down racing bars. If you wanted handle bars that let you set up higher, you turned those bars upside-down and looked like a geek (which by the way, there were no geeks back then either. There was no one smart enough to be geeks in those early years I suppose).

Being that there was only one style bicycle, it followed that there was only one size tire one might purchase, even if one might want one of another kind. You could buy different treads (sorry, no bullet-proof knobbies), and tires made by different manufactures (not the thousand manufactures like there are now, but a couple or three). Buying a tire was a simple matter. Here’s what we did in the old days. The procedure went exactly like this:

“Mister Bicycle-man, I would like to buy a tire.”

“Ok, bud, here.”

Zip-boom-bam! You had your tire. (Zip-boom-bam, for you with color in your hair that isn't from a bottle, is the vernacular for "quick".)

Another interesting thing about bicycle tires in those zip-boom-bam days. Those tires didn't go flat. I mean, they didn't *often* go flat. I have 60,000 miles on a bicycle. Except for the past few years of riding on new technology tires, I can't remember fixing but maybe 5 flats. I've had to replace a few tires because I could see air showing through the tube, but I haven't had to turn my bike upside-down except when I flipped over the handlebars. Yes, that even happened in the good ol' days.

I've led many groups of inexperienced riders on many long bicycle tours. On one occasion there were twenty of us riding over 900 miles, all loaded with everything except the kitchen sink. (Correction, one of the riders had a kitchen sink and a toilet in his bags, but I made him discard them along the way. Remind you of the Oregon trail?)

Guess how many flats we had on that trip? Awe, go ahead and guess. If you guessed zilch (Old Middle 70's English for "goose egg") then you were right.

Now, I'm wondering: Are they making nails sharper these days? Is the glass shards cuttier? Are the thorns stickier? Or is it perhaps that technology is producing tires less prone to staying inflated?

I hate flats. did I tell you that? Well if I didn't, I'm telling you now, I hate flats.

But I love to ride like the wind.

I also hate having to read a dozen forums and go through hundreds of web pages trying to find a bicycle tire for my 26 inch bicycle wheel that is quick, puncture proof, yet doesn't ride as if I'm traveling over cobblestone.

Forums are a great thing, I mean it, they really are. It's great to be able to read hundreds of opinions about something you know nothing about written by people who know nothing about the subject they're writing about. Forums allow the confused of this world to realize that they are not alone in their confusion. This is very important in this confusing world we live in today. It really is. And if you don't believe me, just ask me, one of the very confused of this modern world.

As I perused these confusing and conflicting forums searching for information on bicycle tires I noticed one thing: Nobody knows any more about bicycle tires than I do. Let me qualify my statement. Nobody who knows anything about bicycle tires is telling us what they know about bicycle tires. I'm sure they're out there, but they're too busy riding their flat-free bicycles to tell us flat-ridden people what they know about staying inflated. And you know what? I don't blame them. If I had a flat-free bicycle I'd be out riding instead of reading what other flat-ridden people are telling this flat-ridden world.

I did find some information about riding a flat-free bike (at least for a few miles, it appears that flats are a way of life any more). I found that if you want to ride flat-free (sorta), you have to spend lots of dough. I read "I bought so-an' so tire for \$10,000 dollars and I almost never get a flat, except for maybe ten times on that flat-free guaranteed tire. But what can you expect for just a few thousand bucks?"

I hate to change flats. But I hate even more to pay more for my bike tires that last only a couple thousand miles (maybe) then I pay for my fancy truck tires that are guaranteed to go at least 70,000 miles, and never go flat.

Is there something wrong with this picture? Or is it just me?

Modern technology is an amazing and a wonderful thing. I mean, just think: If it weren't for technology we wouldn't have the media to corrupt our minds, nor the weapons of mass destruction to blow up the world, or the huge doctor bills we all have the privilege of having to pay. Yep. It's an amazing thing this technology. And I suspect if technology allows us to survive for more than a few generations without destroying our atmosphere, or polluting our

water, or taking all the nutrients out of the food we eat, that we will have advanced to the stone age.

In the meantime, I just wish they could make a bicycle tire that was as good as the ones they made back in the 70's.

Quotes

"It would not be at all strange if history came to the conclusion that the perfection of the bicycle was the greatest incident of the nineteenth century." ~*Author Unknown*

"The bicycle is the most civilized conveyance known to man. Other forms of transport grow daily more nightmarish. Only the bicycle remains pure in heart." ~*Iris Murdoch*

"The disastrous history of our species indicates the futility of all attempts at a diagnosis which do not take into account the possibility that homo sapiens is a victim of one of evolution's countless mistakes." ~*Arthur Koestler*

"The progress of evolution from President Washington to President Grant [is] alone enough to upset Darwin." ~*Henry Adams, Education, 1907*

"Evolution: that last step was a doozy!" ~*Astrid Alauda*

²*Vanity of vanities, saith the Preacher, vanity of vanities; all is vanity.* ³*What profit hath a man of all his labour which he taketh under the sun?* ⁴*One generation passeth away, and another generation cometh: but the earth abideth for ever.* ⁵*The sun also ariseth, and the sun goeth down, and hasteth to his place where he arose.* ⁶*The wind goeth toward the south, and turneth about unto the north; it **whirleth about continually, and the wind returneth again according to his circuits.*** ⁷*All the rivers run into the sea; yet the sea is not full; unto the place from whence the rivers come, thither they return again.* ⁸*All things are full of labour; man cannot utter it: the eye is not satisfied with seeing, nor the ear filled with hearing. (Eccl 1:)* ¹²*Is not God in the height of heaven? and behold the height of the stars, how high they are!* ¹³*And thou sayest, How doth God know? can he judge through the dark cloud?* ¹⁴*Thick clouds are a covering to him, that he seeth not; and **he walketh in the circuit of heaven.*** (Job 22:)

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



CHAIR YOGA

Hurrah, chair yoga and low impact exercise is back in the Rose Room!

When: Tuesdays and Thursday mornings at 10:00

Where: Rose Room

Please join us in stretching your body for fitness and health!



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.

Serene Abundance Studio, run by Coast Village's own Serena Appel, is now part of Florence's 2nd Saturday Gallery Tour! The Studio has new art exhibits every few months, as well as art and healing classes and events, and art/talk therapy services.

Location: Florence Business Center, 1525 12th St., Suite 8, 97439

503-839-6224

<https://sereneabundancemagic.com>

My name is Daniel Lofy I own and operate Coastal Home Services.

We are a home service company performing such tasks as HVAC duct cleaning, dryer vent cleaning, gutter cleaning and screen installation, change battery's in smoke detectors etc..

All the things forgotten until its too late. We have set up a service on a yearly schedule that reminds people of the items and when they need to be done.

Daniel Lofy

Coastal Home Services

2530 Kingwood Street unit D

Florence, Oregon 97439

www.coastalhomeservicesflorence.com

dlofy@bmi.net

(541) 590-7027



RECIPE PAGE

Southern Fried Pork Chops

Some days I don't care about calories, I don't care about fats—I just want some good southern comfort food.

Here is my favorite recipe for southern fried pork chops—try them—they are very good!

4 bone in thin cut pork chops

1 cup buttermilk

1 cup “self rising” flour—Martha Washington is a good brand

Salt and pepper

1 teasp. Cayenne pepper

Canola or Peanut oil

Season each side of pork chop with salt and pepper and a sprinkle of cayenne

Pour buttermilk into a shallow bowl and place flour in a pie pan on or a plate

Dip pork chops in buttermilk, coating both sides then coat in flour

Refrigerate for 30 minutes

Heat about 1/2 inch of oil to 350 degrees in a pan large enough to hold 4 pork chops and deep enough for the oil

Fry for about 8 minutes turning halfway through.

Wonderful with mashed potatoes or rice and a nice green veggie.



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.

Currently Easy Street is under construction for the water project. Please drive carefully over the steel plates. At some point we will reverse the one way street, there will be notice and signage when we do.

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:

Roger Emigh has resigned from the BOD and Coast Village wishes to thank him for all of his work and service to Coast Village over the last few years.

That does leave us with an opening on the BOD to fill his slot until the elections in July.

If you would be interested in filling in please for those 4 months please notify the office or Jay Guettler.

This would be a great opportunity to see What serving on the Board of Directors is about.



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**March 2020**

Happy Spring From the Greenbelt Preservation & Advisory Committee!

According to the Old Farmer's Almanac, here are some tasks to consider this month:

- As soon as the soil is workable, add in manure or compost to prepare your garden for planting.
- The tomato season in the Northwest is about 120 days. Consider seeding indoors! You'll want to seed at least 6 to 8 weeks before transplanting in late May (after hardening off plants).
- Plant trees and shrubs while it's still cool and wet. Apply a mix of compost and mulch in the planting hole AND all around the plants to preserve water and feed the roots. Just keep mulch away from the base/bark to avoid pests.
- Spray trees and shrubs to prevent predatory insects and diseases.
- Apply compost over your garden and landscape areas to help improve the soil. Mix 2 to 3 inches into new beds or 1 inch into established beds.
- Spread 2 to 4 inches of organic mulch (course ground bark or wood chips) to keep weeds from germinating.
- If soil temperature is above 40 degrees and dry enough, you may be able to plant coll-season crops, such as carrots, beets, broccoli, kale, lettuce, onions, peas, radishes, and spinach.
- If you have transplants in the yard, be sure to protect them from any late spring frosts with a cover.
- Divide hosta, daylilies and mums.
- Cut back ornamental grasses a few inches above the ground.
- Prune your houseplants after they have finished blooming. Remember to fertilize and water them as well.
- Fertilize your shrubs and trees if they need it. If they are established and healthy, this may not be necessary.
- Test your hoses and sprinklers to make sure that they work.
- Consider building raised beds if you have drainage problems or want to help warm the soil more quickly for a jump-start on gardening.



March 2020

SUN	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Garbage 9 am Poker Game 6 pm	3 Brush 9 am Low Impact Exercise 10:00 am	4 Coffee Klatch 10 am	5 Low Impact Exercise 10 am Quilt Group 12-4 pm Bingo 6:00 pm	6 Water Shut Off 8 am to 1pm	7
8	9 Garbage 9 am Poker Game 6 pm	10 Brush 9 am Low Impact Exercise 10:00 am	11 Coffee Klatch 10 am	12 Low Impact Exercise 10 am ARC 4 pm	13 Water Shut Off 8 am to 1pm	14
15 St. Patrick's Day Potluck in Rose Room 3-5 pm See Flyer & Sign up in Post Office!	16 Garbage 9 am Poker Game 6 pm	17 Brush 9 am Low Impact Exercise 10:00 am St. Patrick's Day	18 Coffee Klatch 10 am	19 Low Impact Exercise 10 am Quilt Group 12-4 pm ARC 4 pm "99" Game 6:00	20 Water Shut Off 8 am to 1pm	21 Board Meeting 10 am
22	23 Garbage 9 am Poker Game 6 pm	24 Brush 9 am Low Impact Exercise 10:00 am	25 Coffee Klatch 10 am	26 Low Impact Exercise 10 am ARC 4 pm	27 Water Shut Off 8 am to 1pm	28
29	30 Garbage 9 am Poker Game 6 pm	31 Brush 9 am Low Impact Exercise 10:00 am				



Here's to celebrations! Happy Birthday!



Jeff Wheeler
Denette O'Neil

March 3rd
March 31st

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

Nelda Curry & Al Thenell



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, BOD



Donna Rudd Director

Glenn Singley Director



Diana Wolf-Newman,
Vice President

Jay Guettler,
President



Dory Hethcote,
Treasurer

Board
of
Directors





Elsie decorating for St. Paddy's day!

**DON'T FORGET THE POTLUCK ON
SUNDAY THE 15TH!!**

**Thank you ladies for all you do in
making sure our potlucks, raffles,
coffee days and activities continue on.**



It's never too late to get fit in your 60's, 70's or older and a recent article from Silversneakers reminded me of the importance of the importance of believing we need to "just start somewhere".

Yesterday as I walked through Coast Village doing errands in my travels I collected a dozen organic eggs from a friend and then visited another friend to decide if I wanted some of their wonderful bamboo to put into containers for my house. I ended up getting some great gardening ideas, chose some bamboo to transplant, and was sent home with a lovely rose geranium to bring some lovely scent into my garden. I left empty handed and came home full of joy and shared wealth of the community...but I also come home with 6,000 steps I hadn't thought I would get. Cool right? When I was in my 20-40's I was extremely active and with my pregnancy in my late 30's developed a nasty sciatica and could no longer run 6 miles a day or bike extensively. I was emotionally stunned by this change and it took me years to find something to fulfill that need to move and provide the exercise high.

Over the last 30 years I have done many things to compensate for the loss of running. We have all heard the saying, "You snooze, you loose". Well we loose the quality of our remaining years and shorten our lives. In Coast Village we have the best and sweetest air, walking roads, friendships waiting to happen, free and gentle exercise classes. I love going to one of Elsie's classes and look forward to the pool opening. What I love the most is walking the "hood" and meeting such interesting people.

Getting approximately 150 minutes of physical activity a week has been linked to a 33 percent lower risk of early death from any cause, according to the latest fitness guidelines. But even small amounts of activity—five to 10 minutes, if that's what you can manage—can help your health. Many of us fall out of the fitness habit during the hustle and bustle of raising families and building careers in midlife. Often, a health scare is what lit the fire to move many of us towards incorporating a healthy lifestyle. Exercise can turn back the clock, jumpstart your energy, and restore your health as well as protect against some of the biggest health problems older adults face: heart disease, stroke, diabetes, and falls. It also wards off depression and dementia, including Alzheimer's

disease. Exercise won't make you live forever, but it could help you live longer and better.

Step #1: Start Small. Starting small is good, and just starting is even better.

Step #2: Find a Workout Partner Ideally, recruit someone around your own age. Seniors stick to their fitness routines best when they work out together. In fact, older adults who participated in a fitness program with others in their age group were three times more likely to come to exercise classes, according to researchers from the University of British Columbia.

Step #3: Ignore Your Excuses. It may be great to have a friend to exercise with, but if you're on your own, don't be nervous. Take a deep breath and do it anyway. You have to be your own advocate and care about yourself and your well-being. You deserve to feel good!"

Step #4: Embrace New Experiences. Your body isn't the only thing that will benefit from new challenges. Learning and trying new things keeps the brain healthy and cuts your risk of dementia.

Step #5: Make It a Habit. Exercise can give our lives order, purpose, and a challenge.

Step #6: Start Again If You Need To. If you grew up very active but put exercise on the back burner in your 30s or 40s because "life got in the way and work took too much time". It is not too late to start over, do it differently, make it fun, achievable, affordable, and accessible.





ARCHITECTURAL RULES COMMITTEE NOTES

What an early spring we're having! Would it be too much to hope for that spring has sprung?

As I'm out taking the dog for her walk* I see more and more people out in their yards working to spruce things up after winter. It does feel so nice to breathe in the fresh air and soak up some of the sunshine, doesn't it?

This is an opportune time to remind folks that we on the ARC are here to help advise lot owners of the Rules and Regulations for both Florence and Coast Village. One of the things that drew us to Coast Village in the first place are the wonderful greenbelts that we have here. They serve to give each lot privacy and separation from each other, giving the impression that we're in the woods and reminding us of the heritage of CV as a campground. We had a visitor over the weekend who had never been here before who commented that we have a hidden gem here. Indeed we do!

According to the Rules, we are to maintain a 5 foot greenbelt around three sides of the perimeter of our property. Unfortunately, many of us inherited property that has little or no greenbelt in places. We recognize that fixing the greenbelt can be an intensive and costly enterprise and given that we are obligated to do this we, each lot owner, must strive to adhere to the rules and intent for the greenbelt. Instead of insisting that everything must be done at once, what we would like to see is everyone work to bring their greenbelt up to standard. We are happy to see progress!

The Greenbelt Committee is available to help you choose appropriate plantings and has some financial assistance available to help. If you have any questions, please feel free to contact them.

While we are willing to be more lenient with existing violations, if you apply for any kind of building permit we will be insistent on progress being made for a commitment on the part of the lot owner to work on violations to and improvement of the greenbelt. The key words are commitment and progress. In no case will we sanction the removal or destruction of any part of the greenbelt. This is not just a CV rule, but is also a city of Florence rule.

Our goal is not to be the heavy enforcers, but rather to act as advisors and work together with lot owners to improve our greenbelts and strive towards adherence to the code. We all would like to see the park as green and natural as possible.

Please feel free to contact me, Mose Starkie at arc@copv.com, or any of our members. There are currently four of us: Elsie McKean, Noel Smith, Jay Guettler, and myself.

ARC Cont.

We are at this time down one member, so if anyone has a burning desire to be on the committee please let me know. We get to meet most all of our neighbors, go on walkabouts rain or shine, and generally enjoy good camaraderie. The application forms are in the office.

More next time on structures and fences. All of the permit forms are available at the office, and I encourage you to visit the CV website and familiarize yourself with the appropriate documents.

See you around the park!

*My brother-in-law commented the first time they visited us here that it appears as if one of the rules for living here is you must have a dog. □



Metal Detector : Don't forget Coast Village has acquired a metal detector and residents may it check out for locating their property markers. We only have one and it will be loaned out for only one day at a time.

Coast Village Activities Report March 2020

Coffee & Donuts

The Activity Committee will host Wednesday morning Coffee and Donuts every Wednesday this month. We have been asking for a dollar donation because the Donuts, coffee and other snacks are totally funded by our donations. Come on in to the Rose Room any Wednesday mornings and meet your neighbors.



Odd Thursday Game Night

Elsie and Rachelle are still hosting game night on the 1st and 3rd Thursdays of the month. Bingo will be held on Thursday, March 5th, 2020 at **6:00 pm**, bring your coins. New game will "99" and it requires 4 quarters; easy to learn, we will teach you. To be held on Thursday, March 19th, 2020 at **6:00 pm**, bring your coins. Monday night Poker is a **private** poker game; it will be every Monday in February at **6:00 pm**. Any other questions about game nights, please call the office.

Low Impact Exercise

Low impact exercise classes will be held every Tuesday and Thursday at 10:00 am. Please attend if you have free time and want to get healthy. If you have suggestions for other low impact Exercises, yoga, or games for the group, please let us know in the office. If you want to make sure any of the activities are really happening, call me in the office. Last month I had the quilt group listed on the calendar on the wrong day; and we had a couple of exercise days cancelled due to laziness and/or illness, LOL! Just kidding, several folks were out of town.

You can reserve the Rose Room for Private Parties if there are no previous Reservations on the Calendar.

Thanks for your continued support.

Nancy Brock
Activities Chairperson
(541) 997-3312



Coast Village Game Nights

BINGO NIGHT IN FEBRUARY

Thursday, March 5th, 2020

6:00—8:30 IN THE ROSE ROOM



Thank you for participating in the Coast Village activities. If you have any questions, please call the office at (541) 997-3312 before 3pm, Monday thru Friday.

“99” GAME NIGHT IS March 19th, 2020

6:00 - 8:30 IN THE ROSE ROOM

Four (4) Quarters required. Bring your money!



Monday night game will be “99”, here are the basic rules:

Ninety-nine is a simple card game based on addition. It uses one or more standard decks of playing cards in which certain ranks have special properties, and can be played by any number of players. During the game, the value of each card played is added to a running total which is not allowed to exceed 99. A player who cannot play without causing this total to surpass 99 loses that hand and must forfeit one token.

Due to the simple strategy and focus on basic addition, the game is ideal for culturing math skills in Coast Village residents. This is also true because the new total must be called out on each play, lending enjoyment to more expressive folks and assertiveness practice to others.

COMMUNITY

For Sale: Queen size RV Mattress still in wrapper \$50.00
Small Bar Fridge—no icemaker \$75.00

Contact Becky at 541-901-1018

Welcome going out to Oliver! Welcome to Coast Village!





The 2020 Gardening Season is Upon Us!

First of all – somebody asked for a space in the Coast Village garden for this season. Apparently I didn't get that written down anywhere, so naturally I've forgotten who it was. Please contact me ASAP if you were the person who asked for a garden bed. Best to email me at la-dybug7@charter.net so I'll have it in writing!

Ila Mae says that she doesn't think she'll have time to work the strawberry beds this year. Is there a volunteer who will care for them? Duties involve weeding, watering, picking and possibly replanting. If the strawberries are successful this year, they will be shared with community members. If you're interested in taking this on for the season, please use the same email address above and let me know.

As always, there are nice herbs available in the herb bed (the one in front of you as you exit the clubhouse next to the computer). Coast Village residents are invited to make use of them. Happy Spring!

Vicki Dunaway



St. Patricks' Day Potluck!

Sunday, March 15th, 2020 at 2 pm
Coast Village Rose Room

Please join us for our St. Patrick's Day Potluck in the Rose Room at 2 pm. Social hour 2–3pm, set up at 3pm; food serving starts at 3:30. Raffle will be called after we eat dinner. Coast Village will provide the Corned beef and cabbage. Please bring a dish or dessert to share; some traditional Irish dishes are: shepherd's pie, any type of potatoes, stew and soda bread. I will place a sign-up sheet in the post office. If you don't want to cook, we ask that you make a \$5 dollar donation to our Activities Fund. All residents are welcome. We will be raffling 3 gift prizes; type of raffle prizes will be announced closer to St. Patricks' day.

Tickets are on sale in the office; 6 tickets for \$5 or one ticket for \$1 dollar.



Dear fellow Coast Village friends I wanted to include a recent public health update on the Coronavirus as it does have potential to spread throughout the USA. Just a heads up.
Warmly, Dory Hethcote

PUBLIC HEALTH DIVISION
Health Security, Preparedness and Response (HSPR)

Novel Coronavirus

What is novel coronavirus? Novel coronavirus (2019-nCoV) is a virus strain that has only spread in people since December 2019. Health experts are concerned because little is known about this new virus. It has the potential to cause severe illness and pneumonia in some people and there is not a treatment.

How does novel coronavirus spread? Health experts are still learning the details about how this new coronavirus spreads. Other coronaviruses spread from an infected person to others through:
the air by coughing and sneezing
close personal contact, such as touching or shaking hands
touching an object or surface with the virus on it, then touching your mouth, nose, or eyes

How severe is novel coronavirus?

Experts are still learning about the range of illness from novel coronavirus. Reported cases have ranged from mild illness (similar to a common cold) to severe pneumonia that requires hospitalization. So far, deaths have been reported mainly in older adults who had other health conditions.

What are the symptoms?

People who have been diagnosed with novel coronavirus have reported symptoms that may appear in as few as 2 days or as long as 14 days after exposure to the virus:

What should I do if I have symptoms?

Call your healthcare provider to identify the safest way to receive care. Let them know if you have traveled to an affected area within the last 14 days.

Who is at risk for novel coronavirus?

Currently the risk to the general public is low. At this time, there are a small number of individual cases in the U.S. To minimize the risk of spread, health officials are working with healthcare providers to promptly identify and evaluate any suspected cases.

Travelers to and from certain areas of the world may be at increased risk. See wwwnc.cdc.gov/travel for the latest travel guidance from the CDC.

How can I prevent from getting novel coronavirus?

If you are traveling overseas (to China but also to other places) follow the CDC's guidance: wwwnc.cdc.gov/travel.

How can I prevent from getting novel coronavirus

Right now, the novel coronavirus has not been spreading widely in the United States, so there are no additional precautions recommended for the general public. Steps you can take to prevent spread of flu and the common cold will also help prevent coronavirus:

wash hands often with soap and water. If not available, use hand sanitizer

avoid touching your eyes, nose, or mouth with unwashed hands

avoid contact with people who are sick

stay home while you are sick and avoid close contact with others

cover your mouth and nose with a tissue or sleeve when coughing or sneezing

Currently, there are no vaccines available to prevent novel coronavirus infections.

How is novel coronavirus treated?

There are no medications specifically approved for coronavirus. Most people with mild coronavirus illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some cases develop pneumonia and require medical care or hospitalization.

For more information:

www.healthoregon.org/coronavirus

Updated 1/31/2020

Note:

Common Area Property: It is important to remember that common areas are regulated by the Association. Common areas include any property within Coast Village that is not deeded to a lot owner. Examples are streets, trails, facilities such as the clubhouse & satellite bath. Owners' may not change, alter, clear or otherwise modify common areas without the expressed prior written consent of the Association. This includes vegetation trimming or removal.

Florence Events - March 2020

Florence Home and Garden Show

Dates: March 6, 2020 - March 8, 2020

Location: Florence Events Center

Address: 715 Quince St, Florence, OR 97439

Phone: 541.997.1994

Time: Friday, 2 - 6 pm; Saturday, 10 am - 6 pm; Sunday, 11 am - 3 pm.



DOING SOMETHING NICE FOR A STRANGER CAN MAKE YOUR WHOLE DAY BETTER!!!

Though you probably first learned about the Golden Rule in kindergarten, it doesn't only apply to recess and snack time. Whether you call it good karma or paying it forward, kindness is an important lifelong skill.

The best part about being nice? The tiniest things can make a huge impression. Think about all the times someone went out of their way to hold the elevator for you or a coworker left a genuine thank-you note on your desk: it probably made your whole day. Once you start practicing random acts of kindness, you'll notice you're feeling all kinds of positive vibes, too. Get started with these five simple ways to pay it forward, and find out just how happy doing something nice for a stranger can make you.

- **Buy coffee for the person behind you in line.**
- **Got a few spare quarters leftover after doing your laundry? Consider leaving them at the laundromat, so some other person who realizes they're 25 cents short won't have to make change just to wash their sheets.**
- **Help out a neighbor**
- **If you see someone a little short in the grocery checkout, make up the difference. Even a dollar can really change someone's day.**
- **Offer to give a friend a ride.**
- **Just check in—see how someone's day is going.**
- **Take the neighbor a piece of pie**
- **Smile at someone!**

**No act of kindness,
no matter how small,
is ever wasted.**

- Aesop