

# COAST VILLAGE REPORTER

November 2019

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

VOLUME 26 ISSUE 11

## Board of Directors 2018-2019

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jguett@gmail.com

Diana Wolf-Newman  
Vice President  
(503) 927-9315

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hethcote1950@gmail.com

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remigh@gmail.com

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pat@cvpoc.com

Donna Rudd  
Director (541) 590-5019  
rudd.donna@gmail.com

Glenn Singley  
Director (541) 590-2650  
Director  
glenn@cvpoc.com

**Business Office: (541) 997-3312**

**Fax: (541) 902-0103**

**Available for general business  
9am - 3pm**

**Office staff: Nancy Brock  
Park Operations Manager:  
Carla Van de Vyver  
POM@CVPOC.COM**

**Maintenance Office:  
(541) 997-3583**

**Hours of Operation**

Maintenance staff on premises  
Mon - Fri from 7am - 4:30pm

**Available 24/7 for  
park maintenance emergencies  
(360) 521-8428**

**Website:**

**[www.coastvillageflorence.com](http://www.coastvillageflorence.com)**

## The Evolution of our Board Meetings

Our Board of Directors is a legal construct of our being a corporation, but essentially we are "the village council." We are your elected government within Coast Village. Most importantly, we are your neighbors who volunteered to take on this role for a short time. The reason that I think that these are the most important attributes is that when that short time is up and someone else steps in to take their turn at the role that you still want us as neighbors and we still want to be your neighbors. The board meetings are where tensions and misunderstandings tend to come to view and how we on the board handle these determines how we all feel about the experience, the process and our place as neighbors.

Most of us probably haven't been to our town or city council meetings since maybe a field trip in the eighth grade, if ever. It's not normally a popular activity. I think it gets less popular when you feel that your voice is not heard and, worse yet, doesn't count for much in the decision-making process. Or, that the meetings are filled with strife and tension. My goal as the person in charge of running the board meetings is to give all that desire a voice to be heard while balancing the legal aspects of a board meeting and keeping them efficient enough to keep them interesting, effective, and sane. This is not an easy task at times.

Every president in recent memory--these are the ones I've talked to--have tried to strike this balance and I'm doing my best to add to what they have worked on previously. We are not alone in this evolutionary desire, as my research shows that this is a common theme with Home Owner Associations (HOA) boards. With my fellow board members being part of the development of these changes, here are some of the things we are doing to make the board meetings something that you might consider participating in regularly:

As president, my role is to facilitate board meetings. It is difficult to impossible to be an effective facilitator if I also try to guide the discussions to a predetermined or desired outcome.

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## 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:** November 16, 2019 at 10:00 a.m. in the Rose Room. Workshop/Special Meeting Friday, November 15, 2019 at 1:00 p.m. in the Rose Room.

**Holiday Work Schedule:** The office and maintenance shop will be closed November 28th & 29th, December 24th at 12:00 p.m., the 25th and January 1st. **DAYLIGHT SAVINGS ENDS** Remember to turn your clocks back one hour Sunday November 3rd.

This forces the other board members to shoulder more of the discussion and decision roles. Decisions where the board is split need to be reworked. It doesn't need to be unanimous, yet clear decisions should be our target.

With the board not being allowed by law to meet outside of the actual public board meeting--for good reason--they need to work out their opinions and ideas in the public sphere. This can be stressful and we want them to do this without interruption. This is why their discussion goes first after the motion is made, written down by the secretary, and seconded.

After the board completes their discussion of the item at hand, I then open it up to members for questions or comments. This is your opportunity to participate in the discussion, add your "two cents worth," or have something clarified. We welcome this input. We are your neighbors who have stepped up to take on this responsibility of being a board member, but we do not have all the answers and we can't know your perspective. We have talked about time limits on individuals for these questions and input, but let's do that only if we can't keep it moving along without one first. While the board does not have to respond to the members, I see this happening only in extreme situations where someone is abusive or just trying to provoke unproductively.

We've also brought back the use of the public address system with the mics and speakers to make it easier for everyone to hear what is being said in the discussion. This is a little cumbersome at first making most everyone feel a little self-conscious using the mic. It's a shared experience and makes it so much easier to hear the details. Have fun with it.

The most recent thing the board has adopted to help us as board members to have as a touchstone to acceptable behavior outside of and during meetings is a Code of Conduct. While not a legally binding document, it is something to point to remind ourselves and others what our intentions and actions should reflect. The language of the Code will be posted on the website soon, probably under Governing Documents/Coast Village.

Our last board meeting and working session were productive and respectful. We had solid, open discussions within the board and with input from the membership. This is something we will strive to continue and we hope that you will attend if you are able. Our community becomes stronger with participation, even if you choose to not say anything at the meetings.

Jay Guettler  
President

### Park Operations Manager

Water bill for September 2019 is \$11,599.25. This is an increase of \$603.68 over August.

The pool burner tray was replaced without fixing the issue with our heater. We replaced a valve on the gas line on the main gas intake on the 18<sup>th</sup> and that appeared to work, however the system failed again two hours into the burn. I am moving forward with insistence on a replacement heater for the pool which I will have installed over the winter for a functional pool in the spring.

Incidents so far this month:

- Stealing from laundry – caught on camera
- Shredded paper in plastic bags in recycle
- Bears in garbage cans
- Vagrants removed by police

Maintenance: Purchase of new high density metal detector to assist with finding saddles and lines for the water project. We have been spending 12 – 14 working days to locate saddles on Easy Street. That equates to about \$6,496.00 per 3 saddles. I believe the new part will cut that time in half or better, which will save us considerable money and allow our project to move more quickly to completion.

The Sewer Pump Project is completed. The new pumps are working very well. We still need to add some rock to the bank behind the pump station to stabilize the bank. That will happen later in the winter.

We cleaned out approximately 12 feet each of two large culverts at the site, we are hoping this will increase the flow of the creek during high water periods and lessen the wash of the bank. Currently the creek has been undercutting the property at 102 and this should help with stopping that erosion.

I spoke to the city regarding damage to the sidewalk on the west side of Spruce. They have again declined the removal of the trees and have given instruction on how I must repair the concrete and insert a growth restrictor at the edge. This cost is on Coast Village, not the city. We will begin that project as weather allows.

The trailer tires have been replaced.

I have had some inquiries over the last few months regarding lots who have excessive vehicles parked on their lot. Some lots that are small with two or three front parking spaces are parking vehicles and utility trailers etc. along their dwellings, as well as in front of their lots and in some cases they are adding more vehicles by using the side/back of the lot as a second driveway and parking space where there was none prior. Many people find that this makes the lot appearance look junky or cluttered and have stated they wish there was a specific rule as to amount of vehicles allowed. The BOD are who would have to address this. If you have a specific complaint, please put the complaint in writing and it will be presented to the BOD.

Three letters were sent regarding recycle issues. Investigation discovered that people were putting packing materials in the garbage/recycle can at the post office and our janitorial staff were emptying that waste into the recycle bin. We have now posted the garbage can for “recycle” only. If the problem continues we will simply start putting that trash in the garbage.

Our camera system : We will be updating our camera system and adding a camera in the month of November.

Laundry Room: We have another washer down that needs to be replaced. We are unable to find the parts to repair it. The washer is 9 years old. I would like Coast Village to reconsider my request of several months ago to increase the cost of washing clothes. The dryers are holding and I don't believe we will have to replace any of them for at least another year.

Currently we charge \$1.50 per load for the top loaders and \$2.75 for the front loaders.

I am requesting from the Board an increase of our prices to \$1.75 for top loaders and \$3.00 for front loaders. This is still well under what is charged in the community. Our machines are aging out and replacement costs have increased significantly. We used to pay about \$400.00 per machine now pay \$750.00. We need to make sure our income from the machines covers the cost of the laundry facilities.

We have had issues with the Satellite Bathroom and the code has been changed. If you utilize the bathrooms please call the office for the new code.

A reminder to everyone regarding vehicles that are not licensed. All vehicles parked within Coast Village must have an up to date license. If they don't, they are considered junk vehicles and we will notify the city to have them towed. Also a vehicle that is not in running order and parked with flat tires etc. can be considered a junk vehicle as well and are not allowed to be stored on a Coast Village lot.

Carlla van de Vyver

**TREASURER'S REPORT FOR OCTOBER 19, 2019 CVBOD****Current funds in bank:****Operations:** \$39,038.76**Reserve:** \$91,049.56**Petty Cash:** \$ 200.00

Total: \$130,288.52

**Expenses:**

\$230.00 has been transferred for September to Reserve for water assessment payments.

Board motion is required to transfer \$5,740.00 to Operations for the Pump Station re-work.

Board motion is required to transfer \$7,320.00 to Operations for the Water Project.

All A/P are current.

Dory Hethcote  
Treasurer**Several Bears in the park!**

**The Bears Are Out !!** There have been numerous bear sightings in Coast Village lately. This is the time of year you are most likely to see a bear. They are fattening up for the winter. Please remember not to put your trash cans out until Monday morning for pickup. We've had numerous incidents with bears rummaging through trash cans looking for food. Don't feed the bears or they will come back! And be especially careful and watchful when walking your dogs at night or early in the morning. If you see a bear, do not run. Raise your arms in the air and make a lot of noise. The bear will usually walk away.

COAST VILLAGE PROPERTY OWNERS CORPORATION  
BOARD OF DIRECTORS MEETING  
**September 21, 2019**  
Approved MINUTES  
Prepared by Roger Emigh, Secretary

The September 2019 BOD Meeting was called to order in the CV Rose Room at 10:02am by President Jay Guettler.

A quorum was established with President Jay Guettler, Vice President Diana Wolf-Newman, Treasurer Dory Hethcote, Secretary Roger Emigh, and Directors Pat Thompson and Glenn Singley. Absent was Director Donna Rudd.

The agenda was amended to add several items to new business, Dory moved, Pat 2<sup>nd</sup>, approval was unanimous.

Dianna read the August minutes, approved without objection.

**Reports:**

**Treasurers** report presented by Dory, approved without objection.

**POM** report presented by Carlla.

**Activities** report read by Nancy.

**ARC-** Mose Starkie presented the report.

**Elections Committee-** Pat reported that the first CC&R ballot count will be Monday at 1pm.

**Garden Committee Report-** verbal reports from Jay and Vicki.

**Code of Conduct Committee:** Jay presented a report.

**Actions without a meeting:** none.

**Old Business:**

**GPA committee-** after a call for nominations, Dory moved that Pam Guettler be named GPA chairperson, Glenn seconded, approved unanimously.

**New Business:**

**Dog fines-** motion by Glenn, 2<sup>nd</sup> by Dory "Add 2 new fines: 1) \$200 for repeat aggressive dog violation, 2) \$50 for repeat off leash/clean-up violation. Repeat fines to same lot owner. Approved unanimously.

**Legal review of new GB rule- discussion** resulting in the BOD asking the POM to get legal input on the GB rule passed at the August meeting.

**Former resident at lot 17- motion** by Dory, 2<sup>nd</sup> Pat: "Ban Amanda Shouppe from the CV Common areas with the exception only for the Post Office and road between Spruce St. and Lot 17 due to multiple incidents in CV earlier in 2019, following CC&R Article 2, Section 2.2. Approved unanimously.

**GB funds:** motion by Glenn, 2<sup>nd</sup> by Dory: "Release \$350 to the GPA committee to spend as detailed in their Sept.20 report to the BOD". Passed unanimously.

**Bocce ball court:** BOD asked the POM to publicize the idea of creating a court and to research the cost of doing so.

**164 Fence:** after lengthy discussion, motion by Diana, 2<sup>nd</sup> by Dory: "Fine lot 164 \$250 for installing a fence without ARC and Board approval. Lot owner has 30 days to remedy the situation (get the approvals and reduce height to 6'). Approved unanimously.

**186 Shed:** discussion on shed recently constructed on lot 186, Mose to investigate and report back to the BOD.

**163/164 complaints:** motion by Glenn, 2<sup>nd</sup> by Diana: "Send letters to lots 163 and 164: both lots need to remove all non-plant materials from their GB within 30 days or they will be fined. They also need to start replanting all sparse GB areas within 30 days or fines will be assessed." Approved unanimously.

Additional discussion was held regarding the complaint process, the BOD requested that we return to the previous process where complaints are logged in and then if requested, the name of the complainant is redacted.

**Good of the Order:**

**Carlla Van de Vyver:** provided an update on the ownership status of lot 84.

**Adjournment:** motion by Pat, 2<sup>nd</sup> by Dory, meeting adjourned at 1:11pm

# **Recycle Alert!!!!**

**Gallon Water Jugs & Juice Jugs are not recyclable!!!**



**Pizza Boxes are not recyclable!!!**



**Please call the office if you have any questions, (541) 997-3312.**

## COMMUNITY

DAYLIGHT SAVINGS TIME COMMENCES ON NOVEMBER 2ND AT 2:00 A.M. DON'T FORGET TO TURN BACK YOUR CLOCKS!!

### CHANGES AT THE LAUNDRY ROOM AND POST OFFICE

#### BEGINNING NOVEMBER 1ST

I have added a code entry to the Post Office Door so the door will be assessable by the gate code only after 4:00 p.m. Monday thru Friday and all day on Sunday. Saturday the post office will remain open without the need for a code.

We are having issues with vagrants using the post office and laundry as a “warming center” and residents are also leaving the doors open which is “heating the parking lot” and driving up our electricity bills.

Remember—you will need to Gate Code to make entry.

EVERYTHING TO THE  
DUMP DAY!!!

DECEMBER 2, 2019

DON'T FORGET!!!



NOTICE NEW E-MAIL ADDRESSES FOR THE OFFICE

PARK OPERATIONS MANAGER: [POM@CVPOC.COM](mailto:POM@CVPOC.COM)

OFFICE: [OFFICE@CVPOC.COM](mailto:OFFICE@CVPOC.COM)

CARLLA VANDEVYVER: [CARLLA@CVPOC.COM](mailto:CARLLA@CVPOC.COM)

NANCY BROCK: [nancy@cvpoc.com](mailto: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 is starting up!!!**

**When: November 5th—10:00 a.m.**

**Every Tuesday and Thursday except Thanksgiving**

**Where: Rose Room**

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



## **ADVERTISEMENTS**

LET US KNOW IF YOU HAVE A SERVICE OR SOME-  
THING TO SELL AND WE WILL PLACE IT HERE

**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**

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

# Welcome to Coast Village!

The Greenbelt Preservation and Advisory Committee has been newly formed, and we would like to welcome all new lot owners to our community.

We love our greenbelts, the vegetation on the sides and back edges of your property. Greenbelts help keep privacy between neighbors, besides making our community attractive and unique.

When you move in to Coast Village, you sign forms that state you will follow the rules in place to maintain your greenbelts. If you intend to change anything about the layout of your property, please consult the office or the ARC committee before doing so.

Thank you, and again, Welcome to the Community!

## Greenbelt Chatter

**Fall** is the best time of year to plant trees and shrubs. Infant trees and plants need to be watered and cared for, at least for the first year or two. Planting in the fall and winter enables the tree to get established with minimal oversight. If you take out a tree, please plant a new one.

**Salal** is the low growing, native evergreen plant found all over the community. It has glossy, waxy foliage, with white or pink bell-shaped flowers and berries. Did you know salal berries are edible? Much like other berries, they can be incorporated into jam or sauce. If you see brown spots on your salal, this is most likely a fungus. Remove the infected and dying leaves as you see them so it won't spread.

## Love in the “baking”

Recipe from “Betty Crocker”

### Pumpkin Pudding Dump Cake



### Ingredients

**1 box (4-serving size) Jell-O™ vanilla instant pudding & pie filling mix**

**1 ½ cups milk or 1 can (12 oz.) evaporated milk**

**1 box Betty Crocker™ Super Moist™ yellow cake mix**

**½ cup pumpkin (not pumpkin pie mix), from 15-oz can**

**2 teaspoons pumpkin pie spice**

**¼ cup Betty Crocker™ Rich & Creamy cream cheese frosting, as drizzle per tip, if desired**

### Steps

Heat oven to 350°F. Spray bottom and sides of 13x9-inch pan with cooking spray.

In large bowl, beat pudding mix and milk with whisk about 2 minutes or until thickened. Stir in cake mix, pumpkin and pumpkin pie spice until well mixed. Spread batter evenly in pan (mixture will be thick).

Bake 30 to 35 minutes or until toothpick inserted in center of cake comes out almost clean. Cool at least 15 minutes before serving.

Preparation: 10 Minutes

Total 60 Minutes

Servings 12

## Maintenance

Our Maintenance Staff: Mikhail and Mike

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.



### Update Your Information:

**Does the office have current information from you on file? Could we get hold of your family if there was an emergency? People move. Phone numbers change. Situations don't remain the same.**

**Stop in the office and ask to see your Emergency Information Sheet. Check to see if the information needs updating.**

A resident came into the office and was upset because a request had been overlooked. The resident felt also that they had been disrespected.

All of us that work for all of you try our best to be polite, to follow up on requests, and to always show respect.

If we are failing in that regard, I apologize as your Manager and pledge that we will do better. None of us are perfect. We do want to meet your needs and I appreciate when you share your feelings that you feel we need to improve.

Please, always feel free to let us know how we can do a better job.

Remember you can always call me 24-7 at 360-521-8428. Any late night call should always be an emergency only.

## 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

We are still looking for CC&R votes before November 20th!! If you have not voted please turn your ballot in. If you vote no—fine, but remember we cannot change our fiscal year until the ballot passes and it is very important to change it. One of the most important parts of the CC&R's is the fiscal year change and having verbiage that updates our rules to match State, County and City law changes as they happen. Our current CC&R's do not do that. Until we receive 187 "yes" votes or 62 "no" votes, we will continue to reach out and we will start calling people who have not voted and encourage a vote of either yes or no.

If you have a question on the new CC&R's please contact us, we will be happy to answer any question you might have.

Thank you,  
Pat Thompson, Elections Chairperson.

**CC&R'S****REMEMBER TO VOTE FOR THE CC&R'S**

**Remember, we need 187 YES votes to pass this!**

If you have not yet voted please take the time to do so. We need 75% yes to pass the new CC&R's. If you have questions, or need clarification please talk to someone on the CC&R Committee or come to the office. We will be happy to help you.



# November 2019

| SUN       | Mon                                                     | Tue                                                                   | Wed                                                                    | Thu                                                                                | Fri                                                                                             | Sat                                                                 |
|-----------|---------------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|
|           |                                                         |                                                                       |                                                                        |                                                                                    | <b>1</b><br><b>Water Shut Off</b><br><b>8 am to 1pm</b>                                         | <b>2</b>                                                            |
| <b>3</b>  | <b>4</b><br><b>Garbage Pick up</b><br><b>9 am</b>       | <b>5</b><br><b>Brush 9 am</b><br><b>Chair Yoga</b><br><b>10 am</b>    | <b>6</b><br><b>Coffee Klatch</b><br><b>10 am</b>                       | <b>7</b><br>Chair Yoga<br>10 am<br>Quilt Group<br>12-4 pm<br>Bingo<br>6:30—8:30 pm | <b>8</b><br><b>Water Shut Off</b><br><b>8 am to 1pm</b>                                         | <b>9</b>                                                            |
| <b>10</b> | <b>11</b><br><b>Veteran's Day</b><br><b>Dump Closed</b> | <b>12</b><br><b>Garbage 9 am</b><br><b>Chair Yoga</b><br><b>10 am</b> | <b>13</b><br><b>Brush 9 am</b><br><b>Coffee Klatch</b><br><b>10 am</b> | <b>14</b><br><b>Chair Yoga</b><br><b>10 am</b>                                     | <b>15</b><br><b>Water Shut Off</b><br><b>8 am to 1pm</b><br><b>Board Workshop</b><br><b>1pm</b> | <b>16</b><br><b>Annual Board</b><br><b>Meeting</b><br><b>10 am</b>  |
| <b>17</b> | <b>18</b><br><b>Garbage Pick up</b><br><b>9 am</b>      | <b>19</b><br><b>Brush 9 am</b><br><b>Chair Yoga</b><br><b>10 am</b>   | <b>20</b><br><b>Coffee Klatch</b><br><b>10 am</b>                      | <b>21</b><br>Chair Yoga<br>10 am<br>ARC 4pm<br>Poker Night<br>6:30-8 pm            | <b>22</b><br><b>Water Shut Off</b><br><b>8 am to 1pm</b>                                        | <b>23</b><br><b>Thanksgiving</b><br><b>Potluck</b><br><b>2-4 pm</b> |
| <b>24</b> | <b>25</b><br><b>Garbage Pick up</b><br><b>9 am</b>      | <b>26</b><br><b>Brush 9 am</b><br><b>Chair Yoga</b><br><b>10 am</b>   | <b>27</b><br><b>Coffee Klatch</b><br><b>10 am</b>                      | <b>28</b><br><b>Thanksgiving</b><br><b>Day</b><br><b>Office Closed</b>             | <b>29</b><br><b>Office closed for</b><br><b>holiday</b>                                         | <b>30</b>                                                           |
| <b>31</b> |                                                         |                                                                       |                                                                        |                                                                                    |                                                                                                 |                                                                     |

Here's to celebrations! Happy Birthday!

Alexis Mercer  
Virginia Strader  
Guy Kampstra  
Leroy Shotwell  
Carlla Van De Vyver

November 5th  
November 10th  
November 14th  
November 24th  
November 25th

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

Joe & Diana Newman  
Gene & Carlla Van De Vyver  
David & Gloria Wood

November 9th  
November 22nd  
November 24th



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



Roger Emigh,  
Secretary



Donna Rudd Director

Glenn Singley Director



Diana Wolf-  
Newman,  
Vice President

Jay Guettler,  
President



Dory Hethcote,  
Treasurer

Board  
of  
Directors



## SOME THINGS TO PONDER

Brene Brown's books and words have provided guidance and insight to me for years—and I hope they will do the same for you:

(1) “Vulnerability is not winning or losing; it's having the courage to show up and be seen when we have no control over the outcome.”

This is very hard to do for some of us...I learned that if I wasn't vulnerable to my patients they weren't able to be fully truthful with their needs or concerns. They feared judgements and so withhold pertinent information that I needed to help them heal, both physical and mental.

(2) “You either walk inside your story and own it or you stand outside your story and hustle for your worthiness.” “I started a walking group for women years ago many from my own client base. Most of us struggling from physical or mental challenges—and in this group we shared our stories of abuse, bulimia, shame, debilitating health issues, pity parties, rage, feelings of failure...and we walked and walked and found freedom in owning our demons. Our stories of self blame or victimization were not “our true selves” we are so much more than those things that deter us from being our own amazing self”.

(3) “I don't have to chase extraordinary moments to find happiness—it's right in front of me if I'm paying attention and practicing gratitude.” “I moved to Coast Village to be able to walk out my door at any moment and walk through the trees, smell the sea air, listen to the animals and birds...pure happiness for me and I needed to do nothing more.”

(4) “Authenticity is the daily practice of letting go of who we think we're supposed to be and embracing who we are.” I am a rescuer, since a child. It's how I learned to balance my very dysfunctional family. It's a piece of me...I can embrace it and set limits or boundaries or I can blame myself for rescuing, rescuing, rescuing.”

(5) “Talk to yourself like you would to someone you love.” “Oh Dory, you look so lovely today!” Or “Good job walking today”.

(6) I want to be in the arena. I want to be brave with my life. And when we make the choice to dare greatly, we sign up to get our asses kicked. We can choose courage or we can choose comfort, but we can't have both. Not at the same time.” “My husband and I chose to have one big adventure in our lives by leaving a big home, family, security and fulfill something that had been on our bucket list for years...to live near the ocean, with nature all around us.”

(7) “There is no innovation and creativity without failure. Period.” When I paint I know I will not have success with each painting, but I also know it is a practice to create and produce things of beauty that shine with my spirit...and occasionally a truly amazing piece is produced.”

Brene Brown cont.

- (8) “Daring to set boundaries is about having the courage to love ourselves even when we risk disappointing others.” “Saying no to someone I love or have fear of their disapproval is not for the faint hearted, but it is the only way we can respect ourselves and teach our children to set their boundaries and to protect themselves.”
- (9) “You are imperfect, you are wired for struggle, but you are worthy of love and belonging.” “Sometimes I wake up and my imperfections are sitting on my chest—in judgement—lazy girl; need to lose a few pounds: you’re a terrible friend...all things that can make me badly about myself. I have learned to take the imperfections sitting on my chest and put them aside and practice saying gratitude’s every morning...if that doesn’t work, out the door I go to touch nature and I can realize my true self is beautiful, imperfect, but beautiful and worthy of love.”
- (10) “Joy come to us in ordinary moments. We risk missing out when we get too busy chasing down the extraordinary.” “Have you ever thought that if you won the lottery life would be perfect—well by chasing a dream I am missing the joy right in front of me like a cuppa with a friend or my dog snoring on my lap.”
- (11) “Only when we are brave enough to explore the darkness will we discover the infinite power of our light.” “As I pull out those things of shame for my actions or thoughts, I try to release them, give them less crippling power over me, and let go of my self blaming and I feel more centered, lighter, uplifted.”

When thinking about some of these ideas sit quietly or walk without your phone, no TV, no radio, no interruptions. Ask how these suggestions are important in our life and start conversations with yourself to bring more joy and light into your life. Have a great day and month.

Warmly,  
Dory

**\*Dory Hethcote is a retired nurse practitioner and writes these articles for the community of Coast Village and it is solely based on her experiences and her beliefs after 40 years of private practice in Central Oregon. She trained at the University of San Francisco Medical School receiving her BSN, MSN, and Nurse Practitioner Certification.**



## Coast Village

# THANKSGIVING POTLUCK

Please join us for the Coast Village Thanksgiving Potluck. We are having a Thanksgiving Raffle; Tickets are \$1.00 each, or 6 tickets for \$5.00. Prizes will be available to view a week before the Potluck in the Coast Village Board room. Purchase tickets in the office; or **bring money to the Potluck.**

Turkey and Ham will be provided; please bring a side dish or dessert to share with your neighbors. If you don't cook, please bring a \$5.00 donation for the Activities Committee.

Sign-up sheet is posted in the Coast Village Post Office building.

**Where: Rose Room**

**When: Saturday, November 23rd, 2016**

**Time: 2:00 PM—SOCIAL TIME—DINNER AT 3:00**



# THINGS TO DO IN NOVEMBER



**November 21, 2019**

**Thursday 5:00 PM**

**[Yachats Commons 441 Highway 101 North](#)**

Yachats, Oregon 97498

## **7TH ANNUAL CAPE PERPETUA LAND-SEA SYMPOSIUM (2019)**

RSVP now and you will receive an update when we set the agenda and reminder prior to the event. Join us for the 7th Annual Cape Perpetua Land-Sea Symposium, November 21st in Yachats, Oregon at the Commons! The Cape Perpetua Land-Sea Symposium is a community event aimed at promoting local stewardship efforts and raising awareness about current research being conducted within the Cape Perpetua nearshore and adjacent watersheds. Food and drinks will be served! Doors open at 5pm, keynote begins at 5:30. A free event for all, RSVP now! Event Goals:- Raise awareness of historical and current conservation, research and stewardship of Cape Perpetua region.- Foster and promote a sense of place and stewardship within the community for the Cape Perpetua region.- Promote volunteer opportunities and local organizing to support long-term management and conservation for the Cape Perpetua marine reserve.- Create opportunities for people to collaborate on conservation activities within the Cape Perpetua region, especially those focused on the Cape Perpetua marine reserve. Program and Agenda: TBA 5:00pm-5:15pm - Doors Open (mingle & beverages)



***MAMMA MIA!* will be performed at the Florence Events Center, November 1 – 3 and 7 – 10, Thursday, Friday and Saturday at 7:00 pm, Sundays at 2:00 pm. Full information is available at [www.lrpproductions.org](http://www.lrpproductions.org)**



A few of our residents—just having fun for Halloween

# Peace Health Light Up a Life

## Calendar Date:

Saturday, November 9, 2019 - 2:00pm

[Add this event to your Outlook calendar \(iCal\).](#)

[Add this event to your Google calendar](#)



**Florence Events Center**  
**715 Quince Street**  
**Florence, OR 97439**  
**Phone 541.997.1994**  
**Fax 541.902.0991**  
**Toll Free 888.968.4086**

**Box office hours are:**  
**Monday - Friday**  
**9:00 a.m. - 4:30 p.m.**

Peace Harbor Hospice hosts its annual Light Up a Life ceremony on Saturday, November 9, 2019 from 2 to 3:30 pm. funds raised at this event will go to support a variety of hospice programs throughout the year.

The event allows anyone to purchase a star in remembrance of someone who has passed away or to honor someone who has made a difference in their life. All are welcome, whether or not your loved one was on hospice.

As in the past, families are also invited to submit photographs of loved ones, to be included in a memorial slide presentation.

The celebration will include reflection, music and vocalists, with refreshments served at the end.

As Light Up A Life is Peace Harbor Hospice's only fundraiser, donations are appreciated—and all contributions are tax deductible.

Admission to the event is **FREE**, and all are welcome to celebrate the lives of loved ones. Donations may be made online at [peacehealth.org/LUAL-Florence](http://peacehealth.org/LUAL-Florence), or mailed to Peace Harbor Hospice at 400 Ninth St., Florence, OR, 97439. They may also be dropped off in person at 2230 Kingwood St. Be sure to include the name of your loved one.

For more information about Hospice, Palliative Care or the annual Light Up A Life ceremony, please call 541-997-3418.

If you would like to recognize someone special, you can make a donation to Peace Health Peace Harbor Hospice, 400 Ninth Street and a star will be hung or Star of David placed on a menorah table with the recognition given to your loved one on this special day during the "reading of names" ceremony.

# Community

## SEAc coast Entertainment 2019/20 - Texas Gypsies

### **Calendar Date:**

Wednesday, November 13, 2019 - 7:00pm



The Texas Gypsies perform Vintage Jazzy Swing with cool sounds of the roaring 20's Great Gatsby era. Mix in the Big Band Swing sound of the 30's and 40's, then add, Western Swing, sprinkle some Django style Gypsy Jazz over the top and finally finish up with a pinch of Retro Deco Rockabilly! The band mixes passionate violin, a blazing horn section, rockin-swingin guitars, slappin upright bass, and retro style drumming to harmoniously create their own unique, classy and fun sound!

Pre-Concert talk at 6:15 p.m.

## Wallflowers and Wine "Holiday Bouquet"

### **Calendar Date:**

Friday, November 22, 2019 - 6:30pm



**Pour a glass and grab a brush. Artist John Leasure will once again bring his artistic talent and wit to the stage at the FEC where he will guide you in painting your own version of "Holiday Bouquet" during this ever-popular social art class on Friday, November 22nd, at 6:30 p.m.**

**Admission of \$45 gets you all your supplies (paint, brushes, canvas) AND a souvenir glass, with your choice of beer or wine. Get your tickets online at [eventcenter.org](http://eventcenter.org), stop by the box office, or give us a call 541-997-1994.**

# Coast Village Bingo Night

Bingo will be held on Thursday, November 7th, 2019 at 6:30 p.m.  
Bring your money :)



## Texas Hold 'Em Poker night

Thursday, November 21st, 2019 at 6:30 pm. The Poker game will be in the Rose Room. Please bring your own \$5.00 in correct change; ones or a \$5 dollar bill.

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.

Having fun at poker night in the club house

AND THE WINNER IS!!!!!! "1ST PLACE ELSIE!!"

Thursday's winner!



Lot's of fun at our poker games—come out and join the fun!!!!

# RESPECT

- Do not throw your filled dog waste bags on the street. Please dispose of them properly.
  - If you see trash on the street, please pick it up. Our staff try and keep up with it but sometimes we miss.
  - There will be an "Everything" to the dump day on December 2nd
  - FREE—A BEAUTIFUL WALKING STICK—COME TO THE OFFICE
  - SLOW DOWN!!! Once again people are speeding and running stop signs.
  - PLEASE, do not throw your cigarette butts in the road. They are unsightly and horrible for the environment.
- 

## FROM THE GARDEN

ALL GARDEN BOXES ARE NOW RESERVED FOR SPRING. FOR THOSE OF YOU PLANTING, PLEASE REMEMBER TO WEED—SO YOUR WEEDS DON'T SPREAD—WATER, SO YOUR PLANTS WILL GROW.

SEE YOU IN THE SPRING!!!





Contest!!!!

First person that can guess  
who one of these people are  
(Blast from the past)

Wins a prize!

Bring in an old photo and  
you can be in next month's  
"Guess who this is" con-  
test.



GUESS WHO THIS IS!!!!

Two candidates this time!!!! Come to the office and make your  
guess—1st one wins the prize!!!

If you have an old picture—be part of the game! Bring your photo  
in and we will add it next month.

Our winner last month—Elsie McKean!!!!



## COMMUNITY

**Enjoying fishing—great catch Marianna!!!!**



**Life is great in  
Florence Oregon**



# Coast Village Activities

## November 2019

We will be having a Thanksgiving and a Christmas Potluck. The **Thanksgiving Potluck** will be held on **Saturday, November 23rd**, 2019 at 2:00 pm to 4 pm. We will be visiting and setting up the food until 3pm; and then will start serving food at 3pm. After eating, we can then draw for the raffle winners. If you don't want to cook, and bring a dish to share; we ask that you make a \$5 donation to help fund the Activities Committee.

### Coffee & Donuts

The Activity Committee is still hosting the Wednesday mornings Coffee and Donut get together at 10 am in the Rose Room. Come and join us if you are available. All residents are invited.

### Odd Thursday Game Night

Elsie and Rachelle are still hosting game night as a joint effort. Bingo will be held on Thursday, November 7, 2019 at 6:30 pm, bring your coins. Poker game will be held on Thursday, November 21, 2019 at 6:30 pm, bring your coins. Any other questions about game nights, please call the office.



### Chair Yoga

Chair Yoga classes haven't started yet, but will start for the winter months on November 7th. If you have any suggestions for other low impact exercises or games for the group, please bring your suggestions to the office.

You can reserve the Rose Room for Private Parties if there are no previous reservations.

Thanks for your continued support.

Nancy Brock  
Activities Chairperson  
(541) 997-3312



## FOR SALE



**Purchased January 2018.**

**Asking \$1000. Will Deliver.**

**480-612-3413 (Rachelle) or  
602-625-0962 (Roger)**



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Purchased Sept.2018**

**has power seat height option**

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