

COAST VILLAGE REPORTER

October 2020

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

VOLUME 27 ISSUE 10

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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

CVPOC President's Message

October 2020

As I write this it is raining solid and it is expected to for the remainder of the day. I'm sure that we have some Indian Summer days still ahead of us, but I suspect we'll start seeing more Canada geese flying south. And, along with them, our migrating friends and neighbors who head for warmer climates this time of year. A lot of things in our lives move around a predictable pattern and soon enough our migrating neighbors and friends will be pulling back into their lots and sharing stories with those of us who have come to love the rain.

Another thing I've noticed that has a pattern, though the time frame is not as predictable, is the ebb and flow of community. I'm defining "community" as a level of activity and participation where neighbors are actively making their collective world better. There is a positive energy that makes get-togethers seem natural, along with a patience with each other's differences to make accepting them a bit easier if not enjoying them. What makes a place go from a collection of homes to a community seems to be impossible to predict, as does the series of events that make it ebb from a community back into just another collection of homes. In the times where I got to see the trigger that caused a neighborhood to become a community, the commonality was a realization that the neighbors had forgotten what had caused the ebbing to begin the last time they remember the feeling of being in a community. The triggers that awoke that realization have never been the same.

COVID-19 knocked the wind out of a lot of activities here in Coast Village that kept that feeling of community alive. It's been too long since I've been able to lose my shirt in a friendly game of poker or show off my strategic bingo prowess in the Rose Room. While the board of directors meetings never made for the most interesting way to spend a Saturday morning, there were usually a few who made it (some say it was the donuts and coffee that was the real attraction). COVID also took our annual meeting, which was part community

NOTICES

- ♦ **Facility Hours:** Hours for the laundry room 24-7 with code, Clubhouse bathrooms—24-7. Clubhouse are 8:00—10:00 p.m., mailroom is 8 am-10:00 pm.
- ♦ Satellite Bath with code only.
- ♦ **BOARD MEMBER MEETING: October 17, 2020—social distancing will be observed. Clubhouse—10:00 a.m. Workshop Rose Room 3:00 p.m. Friday, October 16th.**

Pool: Pool is open. Sauna is now open. Please use disinfectant in the Sauna when you are done. Disinfectant is available in the club house.

President's message cont.

town hall and part bar-b-que picnic. We, along with most HOAs, have not figured out how to hold an annual members meeting while still maintaining the needed safety measures.

Large organized get-togethers may be out of the picture for now, but it doesn't mean that we can't still meet in the middle of the street, maintain our safe distance from each other, and share the news, our concerns and joys. I was able to have a nice conversation with a couple of neighbors just the other day. I was glad that I didn't have anything pressing my time, as we got to chat and enjoy each others' company. As the conversation was reaching a natural end, he shared with me that he had cancer and was going to start treatments that next day. I'm glad that I had that time with him and his spouse, as I found out when I stopped by again that he had passed. It is sad when we lose our neighbors, but it is the interactions with them that are the basis for building community within a group of homes.

My hope is that everyone in Coast Village has the opportunity to experience the feeling of community while they are here. Sometimes it comes in the form of a chat on the neighbor's porch or in the middle of the road. Sometimes it's at a formal gathering--when we get to do that again. Be open to opportunities. We make our collective world better by these personal interactions between neighbors.

Jay Guettler



TREASURER'S REPORT September 2020

OPERATIONS:

\$39,804.71

RESERVE:

\$119,363.35

Petty Cash: \$200

Total: \$159,362.06

Motion for transfer of \$ \$3,875.00 Road Repair

The Year End Accounting is completed. We finished the year after depreciation and bad debt with a loss of \$14,862.00. This was not unexpected. We are managing costs well. There have been increased expense that is on-going because of increased costs of disinfectant and overtime due to the extensive cleaning that is done 7 days per week due to Covid. We are also experiencing greater than normal trash removal costs due to all items now being delivered to the Lane County dump. Our garbage costs have almost doubled. This is something that will have to be addressed for the next year's budget.

To give some perspective, other HOA's are also seeing increased costs during this time. One of the other HOA's have raised their monthly fees to almost \$250.00 per month. Their budget for payroll is \$84,000.00 over ours with 5 full time employees and one part-time seasonal employee. Their insurance costs are \$16,500.00 per year above ours.

All A/P are current

Dory Hethcote
Treasurer CVBOD

Park Operations Manager
September 19, 2020

Road: Norm Wells completed the Road Surface and we included a section on Driftwood. The Driftwood portion was 725.00 additional. I was happy with the outcome and the price.

Water: The water bill increased \$795.00 for August. We had a small water leak, an increase in water usage as is usual and a water hose left on for several days by accident.

The water project has slowed due to the smoke issues. The next section of water change-outs may require a change in road direction and detour on Outer Drive.

A request has been given to me to put a one-way sign on the exit of Horseshoe Bend. After discussing this with the BOD at the September meeting it was decided to not "add" any more signage but we will refresh the one way arrow at the street exit.

Fence: Maintenance has refinished and painted the metal exit gate on the East side. The gate was extremely rusted. We are painting it with a different type of paint that will hopefully hold up better than what was used previously.

The pool was closed during the heavy smoke issue Florence experienced. We had considerable ash falling into the pool which changed the PH of the water. I closed the pool until the ash issue resolved and we could maintain the chemical balance. The pool is being well used. Based on our sign-in sheet (and not everyone signs in as they should,) in the last 32 days we have had 214 swimmers or an average of 6.69 per day.

Spruce Street sidewalk. The lifting sidewalk is being repaired this week. We have jackhammered out the sidewalk, will be removing a large tap root and replacing the concrete.

On September 17, 2020 we had a lot start a "large" bonfire and I called the police to ticket the lot resident. I notified the owner and advised there would be a fine. Currently I have a no-burn ban in place for Coast Village until October 1st. I will extend it if we do not receive abundant rain by that date.

Letters were sent to two owners regarding unlicensed vehicles. A letter was sent for parking on other's lots without permission.

A tree fell on Castaway Cove and I called in Josh Johnson for removal. The fee was charged to the lot owner.

There are two trees on Outer Drive after the bend towards the exit on the Spruce Street side, those trees need to be removed. They are dead and leaning. I will schedule the removal probably in November before the winter storms.

Our rental lot has an area of missing greenbelt. We will plant two medium size Rhodes' in that spot when the weather becomes a little wetter. October is a good time to plant bushes.

Our street markers are scheduled to be repainted before the rain starts. Several arrows indicating one way are wearing and the post office parking lines need to be redone.

We have had several instances recently of dogs defecating in the post office. We need to be sure to monitor our pets if you take them inside the common buildings. If it continues, we will ban animals from inside.

We are now allowing some gathering in the clubhouse with guests from outside Coast Village. Mask requirement remains in place. We are receiving reports of a number of people going into the post office without a mask, a reminder will be placed in the newsletter and when it's reported promptly we go to the area and advise owners they need to wear their mask when entering our buildings.

We continue to disinfect 7 days per week. We were leaving Clorox wipes out for people to wipe down the computer, etc. when they used it or the exercise equipment. Unfortunately the wipes were taken every time so I am no longer putting those out. We are still purchasing inexpensive masks that are available if someone comes in and does not have a mask.

Currently there are only 4 unsold properties in Coast Village to my knowledge. Property values are holding.

Recently there has been a black van parking in the CV parking lot after dark. The license number is 270JZG. If you see this van parked after dark please notify the Park Operations Manager so I can check to make sure they are not homeless just camping in our parking lot!

Carlla Vandevyver

COVID 19

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. **Coping with stress in a healthy way will make you, the people you care about, and your community stronger.**

Stress during an infectious disease outbreak can sometimes cause the following:

- Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.

Increased use of [tobacco](#), and/or [alcohol and other substances](#).

Healthy ways to cope with stress

Know [what to do if you are sick](#) and are concerned about COVID-19. Contact a health professional before you start any self-treatment for COVID-19.

- **Know where and how to get treatment** and other support services and resources, including counseling or therapy (in person or through telehealth services).

Take care of your emotional health. [Taking care of your emotional health](#) will help you think clearly and react to the urgent needs to protect yourself and your family.

- **Take breaks from watching, reading, or listening to news stories**, including those on social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.**
 - Take deep breaths, stretch, or [meditate external icon](#).
 - [Try to eat healthy, well-balanced meals](#).

[Exercise regularly](#).

[Get plenty of sleep](#).

Avoid excessive [alcohol and drug use](#).

Hello neighbors!

Our Indian Creek campground opened at the end of August, so our days as Interpretive hosts ended and we got the chance to do what we originally actually signed up for! Yesterday, while Kim was in the office a 2000 pound (approximately) bison came lumbering by. It was walking right toward Michelle, she had to get out of the way. Our dogs love to go to the office. It's a log cabin with a wood stove.

We finished at Yellowstone this morning, crying as we left. Ok, Kim did the crying (as always). It was an amazing experience. So, now we are back on the road finding free campsites and slowly making our way south.

Right now we're in Columbus, Montana. We went to a farmers market today and tomorrow we may golf. We'll be heading through South Dakota, Colorado and part of Texas on our way to Tucson.

We'll be sure to fill you in on any adventure we find along the way.

We miss you all! Every single one of you, whether you like it or not! Ha! Ha!



Love, Kim and Michelle



FOR SALE



For Sale: 2018 Phoenix 36 ft. 5th Wheel

“Like new” condition, 3 slide-outs, includes TV, Fireplace, appliances and all furniture.

\$37,000.00 or best offer; call Sam @209-327-7337

Can be viewed at Lot 13

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



SATELLITE BATHROOM**THE CODE HAS CHANGED!****CALL CARLLA FOR THE NEW CODE.****PLEASE DO NOT DISPOSE OF YOUR FACEMASKS ON THE GROUND! OUR STAFF HAVE PICKED UP SEVERAL. THEY ARE A DANGER TO ANIMALS AND OUR STAFF SHOULD NOT HAVE TO PICK UP YOUR DIRTY FACEMASK!**

AFFORDABLE HOUSECLEANING: 541-991-3208 or 707-980-1477

Katie: cattmarks@yahoo.com



by appointment at
Oregon Integrated Health
1441 – 7th Street Suite B
Florence
(503) 972-0235

TRADITIONAL CHINESE MEDICINE
Pamela Zilavy, L.Ac.
~ whole body health care in your community ~

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

TELEPHONE FOR SERVICES

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

STILL UNDER CONSTRUCTION:

Numerous residents have asked me where we are on our water construction project. The multi-year project to make repairs to the aging water lines beneath the streets of Coast Village is continuing to move slowly forward and we hope to complete the project before the heavy rains begin.. The work is nearly finished. The water line repairs are necessary to replace 35-year-old metal collars (Saddles) that connect the sections of water mains laid deep beneath the streets and feed water through smaller lines to the lots. "Over the decades the metal collars have deteriorated to the point they are losing their integrity. Many of the ancillary water lines were splitting causing leaks. None of the water lines had tracer lines on them and were difficult to find. Making the necessary repairs, and installing water meters to monitor water use, has been an on-going project for the last year and a half. Getting the work completed is important and it has been costly although we been able to do the work at a cost well below what other HOA's who are doing similar work are having to pay. That said, it's slow, expensive work. We still have a few months to go to get the work completed on the East side. At this point we have probably about 41 lots to complete with new collars and meters installed. Work is slated to continue throughout the winter, weather permitting. On the positive side, we have seen a huge reduction in water costs as well as an increase in water pressure for the lots that have been completed. Part of our delay recently has been as a result of the smoke issues and we are now in an area of the park where the water main is not easily found so additional hours digging to find the line makes it more difficult.

Going forward you will see some changes in road direction and some minor areas where navigation will be a bit limited. We will try and resolve these kinds of changes quickly so there is minimal impact to Lot owners.

Thank you for your patience.

Association Communication: While we have limited physical attendance space at our meetings you can still communicate with the Board/ Association. You can either fill out an Action Request located in this newsletter or email the Operations Manager. Action request forms are always available located just outside the office door in the clubhouse. If the decision or request cannot be handled administratively, it will be copied to the Board for discussion at a future Work Session. Then, if needed, it will be voted on at a future Board Meeting. We ask that any request for discussion at a Work Session or Board Meeting be submitted at least a week prior to the meeting with enough information for the Board to base a decision on.



ACTION REQUEST FORM
ATTENTION:

_____ OPERATIONS MANAGER
_____ OFFICE
_____ MAINTENANCE
_____ BOARD OF DIRECTORS
_____ OTHER
_____ REQUEST FOR COMPLAINT FORM

DATE: _____ TIME: _____ LOCATION: _____

Nature of problem: (Problem in clubhouse or common areas.) Rule violations such as negligent driving, running a stop sign, animal off leash.

If vehicle violation:

License: _____ Make: _____ Color: _____

Description or Name/address of driver if known.

Please Print Your Name & Lot Number

Contact: _____ Date: _____

Signature: _____

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



Who to call for:

- Water leaks on your property & home: POM—360-521-8428 or Office 541-997-3312
- Water leaks near the road or common area: POM or office
- Fire: 911
- Injury or non-responsive person: 911
- Trespassers: 911
- Loose dog or threatening dog: Police 541-997-3515
- Wildlife (bear, cougar, coyote) notify POM
- Dog barking incessantly for hours, early or late disrupting sleep: Code Enforcement: 541-999-1714 and also notify the Office.
- Music or disruptive parties after 10 pm: 911
- Cars that don't stop at stop sign (take a picture if you can): POM
- Wellness check: Police 541-997-3515

If you think your question is not a true crisis, please wait until morning and notify the POM or Office.

If you have questions about removing brush, trees, foliage please check with the office. You may be referred to the ARC but the office may be able to address your concern.

Questions about building an addition, garage, shed, fence: You will be referred to the ARC.



**WATCH YOUR MAILBOX FOR THE YEAR
END FINANCIAL STATEMENT. WE ARE
MAILING OUT THIS YEAR BECAUSE THERE
WAS NO ANNUAL MEETING.**

**QUESTIONS: CONTACT THE PARK OPERA-
TIONS MANAGER**

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

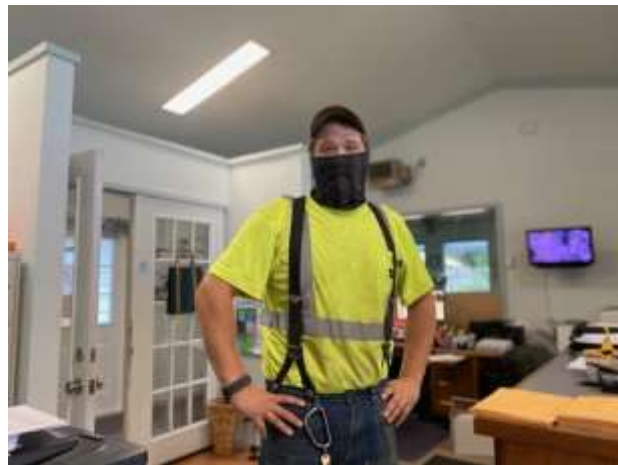
COMMUNITY CORNER



This month's featured employee is Mikhail Renner.

Mikhail has been working with us now since August of 2016.

Mikhail is our Maintenance Lead and does a great job for Coast Village. He is reliable and I know I can count on him!



Noise Disturbance Violation:

Quiet hours are from 10 PM to 7 AM. Every effort shall be made to avoid disturbing residents with construction noise, loud talking, high radio or television volume, and other loud sounds. Contractor's hours are from 7:00 AM-6:00 PM unless emergency repairs are required.

Please remember noise carries and many who live in travel trailers can hear everything from their neighbor's lot. Be considerate and mindful so other people are not disturbed late at night.

The New Me: My face in the mirror isn't wrinkled or drawn, the house isn't dirty, the cobwebs are gone, my garden looks lovely, so does my lawn. I think I might never put my glasses back on!

OCTOBER 2020

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 Water Shut Off 8 am to 1pm	3
4	5 Garbage 9 am	6 Brush 9 am	7 No Coffee Klatch thru COVID-19	8	9 Water Shut Off 8 am to 1pm	10
11	12 Garbage 9 am	13 Brush 9 am	14 No Coffee Klatch thru COVID-19	15	16 Water Shut Off 8 am to 1pm Board workshop 3:00 pm	17 Board Meeting 10:00 a.m. Rose Room
18	19 Garbage 9 am	20 Brush 9 am	21 No Coffee Klatch thru COVID-19	22	23 Water Shut Off 8 am to 1pm	24
25	26 Garbage 9 am	27 Brush 9 am	28 No Coffee Klatch thru COVID-19	29	30 Water Shut Off 8 am to 1pm	31



Here's to celebrations! Happy Birthday!

Ron Martin	October 2nd
Vicki Dunaway	October 20th
Vincent Mauk	October 27th
Lola Crippin	October 31st



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

Sue Foss & Faran Wampole	October 9th
Jerry & Becky Lowe	October 12th

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.



COAST VILLAGE BOARD OF DIRECTORS

Ila Mae Robinson, Director



Donna Ruud
Secretary



Glenn Singley, Director



Jay Guettler,
President



Dory Hethcote,
Treasurer

Paul Deemer
Director



Diana Wolf-Newman,
Vice President

Board
of
Directors



POOL HOURS - there's a change!

HOURS ARE 9:00 A.M.—8:00 P.M.

KEEP SOCIAL DISTANCING
LIMIT OF 10 PEOPLE IN THE POOL
WATER AEROBICS TUESDAY AND THURSDAY 10:00—12:00

MUST HAVE AN ADULT IF UNDER 16 YEARS OF AGE
LIMIT OF 10 PEOPLE IN THE POOL

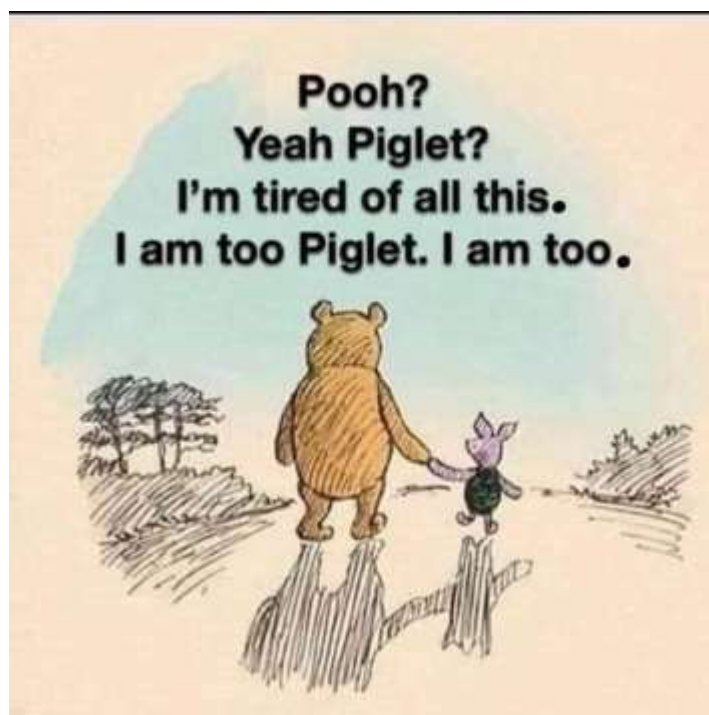
LAP SWIM
MON—FRIDAY
12:00—1:00

NOTE:

ALL YOUNG CHILDREN ARE EXPECTED TO WEAR A SWIM DIAPER IF NOT POT-TY TRAINED.

**A MASK IS REQUIRED AT POOLSIDE IF YOU ARE NOT GETTING IN THE WATER.
PLEASE CLEAN UP AFTER YOURSELF, PUT POOL EQUIPMENT AWAY WHEN YOU
ARE DONE SWIMMING.**

DO NOT LEAVE CONTAINERS ON THE TABLES POOL-SIDE.



IN THE KITCHEN

DILL PICKLE AND POTATO SOUP

(Even if you don't like pickles you will love this soup)

Ingredients:

- 1/2 cup butter (unsalted is best if you are watching your salt)
- 1 medium yellow onion quartered
- 2 carrots peeled, cut into two-inch pieces
- 2 ribs celery cut into two-inch pieces
- 2 garlic cloves smashed
- 2.5 lbs. russet potatoes peeled and roughly chopped
- 8 cups chicken broth
- 1 bay leaf
- 1 cup dill pickles chopped
- 1 tbsp. pickle juice to start, may add more to taste
- 1 cup heavy cream
- 1 tbsp. fresh or dried dill

Pulse onions, carrots, celery and garlic in food processor until the pieces are less than 1/2 inch and rinse with cold water.

Melt butter in heavy bottom stockpot. Add onion, carrot, celery, garlic mixture and allow to cook, stirring only to prevent burning, until slightly golden brown (about 5 minutes) Add potatoes, broth, bay leaf, pickles and pickle juice. Bring to a boil and then reduce heat maintain a simmer. Cook until potatoes are tender, about 30 minutes, remove bay leaf.

Use an Immersion blender to partial blend while still maintaining some chunks. Stir in cream and fresh dill. Taste and add additional pickle juice and/or salt if needed.

Serve with a crusty bread and enjoy!



Meet Ben Davidson. Ben is working for us part time to assist with our grounds.

If you see Ben around, say hello.

We are lucky to have such great staff!

We have great people working for us!



The cooler, damper weather is upon us...

Fall is a great time to fertilize your plants!

The Greenbelt Preservation & Advisory Committee would like to offer all lot owners a **FREE BAG OF FERTILIZER**. Please drop by the office and pick up your free bag today!



Fall is a great time for planting!

The Greenbelt Preservation and Advisory Committee would also like to remind lot owners that we offer a financial incentive for those who wish to purchase plants for their greenbelts.

Lot owners may be reimbursed for 50% of the cost of plants, up to \$100 per year. This means if you spend \$200, turn in the receipt and we will reimburse you \$100 back. Qualifying plants are those native, low maintenance, drought resistant plants on the City of Florence plant list, for example rhododendrons or azaleas. The office has a list of plants or you can also find the list on the CV website.

ARC Notes

October, 2020

Mose Starkie, Chairperson

Greetings once again Coast Villagers!

I hope you and yours have all weathered this strange and trying summer. Between the coronavirus, fires, smoke and politics I for one am going to be glad to see the end of 2020. Our families have all mostly survived and I hope that this finds you all well also.

September has been a busy month for the ARC, what with the good weather for most of the month and the snowbirds getting ready to depart for the land of the sun.

We have approved:

- two requests for new park models
- several shed additions and repairs
- a porch roof extension combined with a fence
- a Ramada
- a deck/stair repair

We also denied a request for a fence and gate encroaching on a greenbelt

The ARC investigated two complaints of greenbelt cutting, finding one to be originating in the greenbelt, however encroaching on a residence roof and the other one we were unable to make a determination, to be evaluated at a later date.

We did two consultations for fence placement.

I would like to congratulate people on the greenbelt awareness that has been shown. There has not seemed to be as many violations of the greenbelt as in the past as most residents have sought to ensure preservation of our precious greenbelt spaces. Thank you!

A new development that I think will be very helpful is that the Greenbelt Preservation and Advisory Committee (GPAC) has proposed that they become more involved in any greenbelt issues. Currently they feel that they have become just a welcoming committee, and they would like to be an active part of the greenbelt health and maintenance process. We on the ARC welcome this and look forward to working with the GPAC.

If you have questions about the greenbelts you may contact any one on the ARC as well as the GPAC and we will gladly advise you. Contact information may be found on the CV website.

With the coming of fall and the (blessed) rain projects have slowed down and I expect the trend to once again slow down over the winter as the weather keeps us indoors more.

Please remember as you spend more time indoors the need to maintain social distance and the importance of wearing a mask. Personally, I hate having to wear one but the potential consequences of not doing so are life threatening, if not life ending. Our family has lost members to the virus and we certainly don't want to see any more fatalities.

Stay safe, stay happy, and stay involved in life. We can and will survive all of this.



INVASIVE SPECIES

Once again we are seeing several varieties of plants in our greenbelts/ on our lots that Coast Village asks that you view your lot and if you have the following items growing please remove them. If you need assistance to remove them please notify the office and we will arrange some help on removal.

The plants are:

Scotch Bloom

English Ivy

Butterfly Bush

PLEASE BE SURE AND CHECK YOUR OUTDOOR FAUCETS FOR DRIPS. LEAKY FAUCETS CAN CREATE A HUGE AMOUNT OF WATER LOSS OVER TIME.



A Friendly Reminder When walking your dog on Coast Village property please keep your pet on a leash at all times. Coast Village has the same leash rules as the City of Florence.

Dogs must be on a leash, not just in your control. If you see a dog running loose in Florence or Coast Village, you can call Dan Frazier, the Code Enforcement Officer for the City of Florence at 541-902-2180. Officer Frazier will come out and attempt to catch the dog and return it to it's rightful owner. He may also issue warnings and citations to residents who do not comply with the city leash laws. Fines can be as much as \$150.00

Even though we have plenty of pet stations with waste bags there has been an increase in dog waste being left on the streets. Please use the waste bags, please pick up your dog waste and please do not let your dog out unattended to go to the bathroom.



The Coast Village Garden Committee is pleased to announce that there is a garden bed available now for someone who wants to start a fall/winter garden. If you take it over now, you may continue gardening in that bed next season. It needs some TLC, so it wouldn't hurt to weed it and start building the soil for next year, even if you decide not to garden over winter. There is an amazing rosemary bush in that bed!

For more information or to claim the bed, please contact Vicki at ladybug7@charter.net.



In memory of "Fancy" loving
her for 17 years, gone for two,
Always in my heart.



Happiness

The joy of a good dog!



TO MAKE YOU SMILE

When Uncle Charlie died of old age, Bill was bequeathed his uncle's prized Amazon parrot...

This parrot was fully grown -- with a bad attitude and a worse vocabulary. Every other word was an expletive. Those that weren't expletives were, to say the very least, extremely rude.

Bill tried hard to change the bird's attitude and was constantly saying polite words, playing soft music--anything he could think of to try and set a good example... Nothing worked.

Exasperated, he yelled at the bird. But the bird just got louder. Then he shook the parrot. But the bird just got more angry and more rude.

Finally, in a moment of desperation, Bill put the parrot in the freezer.

For a few moments he heard the bird squawking, kicking, and screaming... Then, suddenly, all was quiet. Bill was frightened that he might have hurt his dead uncle's prized parrot and quickly opened the freezer door.

The parrot calmly stepped out onto Bill's extended arm and said, "I am truly sorry that I might have offended you with my language and action and I humbly ask your forgiveness. I will now, from this day forth, endeavor to correct my behavior so that such an ill-perceived outburst never again occurs."

Bill was completely astonished at the bird's change in attitude and was about to ask what had caused such a dramatic change when the parrot continued, "May I ask what the chicken did?"





Our bear is back
and checking
things out!
Hmmm why is
someone staying
on that lot? I was
going to take a
nap!

Remember to put
your garbage out only
on Monday morning.

We had garbage
strewn about on
Monday from trash
being set out on
Sunday night.



EVENTS

Coming Events Chowder Trail

Florence's annual Wine & Chowder Trail, and Great Glass Float Giveaway, is postponed; but from its empty sample cups bubbles-up a tasty, revised Florence Chowder Trail that spans the entire month of October.

Florence is home to the most amazing chowders—clam, crab, other seafood—we can't *not* celebrate them, so we created the Florence Chowder Trail Month.

Throughout October, come by the Chamber's Visitor Center, 290 Highway 101 in Florence, or visit FlorenceChamber.com to get your passport/chowder ballot. Then come sample and vote for your favorites throughout October. Participating chowder-makers will offer a cup of their finest for only \$3. Details will soon be available under the events tab at FlorenceChamber.com.

Glass Float Giveaway

We've also created a variation on the annual Great Glass Float Giveaway in which shoppers visit merchants around town to spot the many opulent objects d'art placed in plain sight. Upon spotting the gorgeous glass globes you receive a stamp on your map and submit it to the Chamber for a chance to win one. The more you spot, the better your chances of winning.

The deadline for submitting chowder ballots and glass float findings at the Chamber's office is October 30.

More Fun Events

The annual Circles in the Sand beach carving demonstration by renowned sand labyrinth artist Denny Dyke returns October 17 to the beach at Driftwood Shores Resort and Conference Center. "Shop Small Saturday," traditionally held two days after Thanksgiving, will become a month-long event for November, and "I'll Be Home for Christmas" will be our theme for events in December.

How About A Near-cation?

As travel restrictions have eased and your craving to get away from it all needs fulfilling, come to Florence Oregon's Coastal Playground, where social distancing comes naturally on our beaches, lakes, dunes, and forests! Many have found that a family or couple's retreat within a few hours drive is just what they're looking for. Of course, when you do feel ready to travel, travel with your face coverings, hand sanitizer, and heartfelt cooperative perspective toward our small businesses. They're working hard to exceed your expectations in safe and innovative ways. We look forward to seeing you soon.



Why Women Smile

After smiling brilliantly for nearly four decades, I now find myself trying to quit. Or, at the very least, seeking to lower the wattage a bit.

Not everyone I know is keen on this. My smile has gleamed like a cheap plastic night-light so long and so reliably that certain friends and relatives worry that my mood will darken the moment my smile dims. "Gee," one says, "I associate you with your smile. It's the essence of you. I should think you'd want to smile more!" But the people who love me best agree that my smile—which springs forth no matter where I am or how I feel—hasn't been serving me well. Said my husband recently, "Your smiling face and unthreatening demeanor make people like you in a fuzzy way, but that doesn't seem to be what you're after these days."

Smiles are not the small and innocuous things they appear to be: Too many of us smile in lieu of showing what's really on our minds. Indeed, the success of the women's movement might be measured by the sincerity—and lack of it—in our smiles. Despite all the work we American women have done to get and maintain full legal control of our bodies, not to mention our destinies, we still don't seem to be fully in charge of a couple of small muscle groups in our faces.

We smile so often and so promiscuously—when we're angry, when we're tense, when we're with children, when we're being photographed, when we're interviewing for a job, when we're meeting candidates to employ—that the Smiling Woman has become a peculiarly American archetype. This isn't entirely a bad thing, of course. A smile lightens the load, diffuses unpleasantness, redistributes nervous tension. Women doctors smile more than their male counterparts, studies show, and are better liked by their patients.

Oscar Wilde's old saw that "a woman's face is her work of fiction" is often quoted to remind us that what's on the surface may have little connection to what we're feeling. What is it in our culture that keeps our smiles on automatic pilot? The behavior seems to be an equal blend of nature and nurture. Research has demonstrated that since females often mature earlier than males and are less irritable, girls smile more than boys from the very beginning. But by adolescence, the differences in the smiling rates of boys and girls are so robust that it's clear the culture has done more than its share of the dirty work. Just think of the mothers who painstakingly embroidered the words ENTER SMILING on little samplers, and then hung their handiwork on doors by golden chains. Translation: "Your real emotions aren't welcome here."

Clearly, our instincts are another factor. Our smiles have their roots in the greetings of monkeys, who pull their lips up and back to show their fear of attack, as well as their reluctance to vie for a position of dominance. And like the opossum caught in the light by the clattering garbage cans, we, too, flash toothy grimaces when we make major mistakes. By declaring ourselves non-threatening, our smiles provide an extremely versatile means of protection.

Our earliest baby smiles are involuntary reflexes having only the vaguest connection to contentment or comfort. In short, we're genetically wired to pull on our parents' heartstrings. As Desmond Morris explains in *Baby watching*, this is our way of attaching ourselves to our caretakers, as truly as baby chimps clench their mothers' fur. Even as babies we're capable of projecting onto others (in this case, our parents) the feelings we know we need to get back in return.

How To Practice Gratitude

1. Regularly Give Thanks

In order to partake in all of the positive benefits of being thankful, you have to first be grateful. Set aside time each day or week to express what you are thankful for. You can express self-gratitude by repeating a mantra to yourself or looking in the mirror and saying out loud the things you appreciate about yourself and your life. You can say something as simple as “I am blessed.” Or you can go into more detail about something you’re specifically grateful for.

2. Keep A Gratitude Journal

Do you like to write? Express self-gratitude and thanks for your life by setting aside time each week to jot down a few sentences of what you are thankful for. Emmon’s and McCullough’s 2003 study found that people who regularly wrote down what they were grateful for expressed greater optimism about their lives after just two months. They were also 25 percent happier than those who didn’t write about things that they were grateful for.

3. Express Yourself

Don’t be afraid to tell others that you are grateful for them or something that they have done. Write a handwritten thank-you note or send a quick note of thanks via email. In his book entitled *365 Thank Yous: The Year a Simple Act of Daily Gratitude Changed My Life*, author John Kralik explains how writing a thank you note every day for an entire year completely changed his life. At a time when he was at his lowest—he was overweight, his law firm was failing, and he was struggling through a second failed marriage—Kralik was able to transform his perspective and his life by giving thanks. At the end of the year, he lost weight, his business was prospering, and he was in a better place with friends and family.

4. Meditate

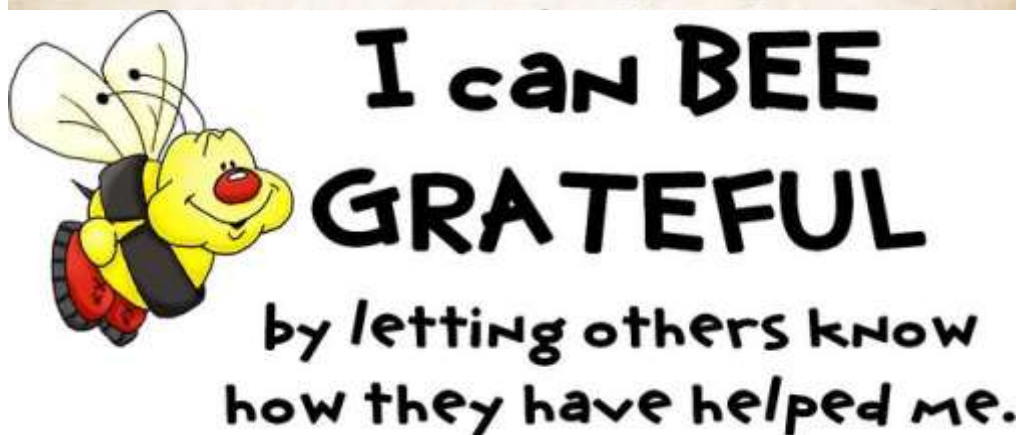
By meditating, you are able to be present and in the moment. What better time to give thanks? Focus on something you’re grateful for each time you meditate and spend your time thinking about how thankful you are for that thing or

person, etc.

5. Try A Gratitude Exercise

In addition to the aforementioned activities, there are many other exercises you can do to promote being grateful. You can say a prayer each day in which you give thanks after you wake up and before you go to bed. Take a walk or spend time in nature. During this time, you can spend time reflecting on the things in your life that you are grateful for.

Will you spend more time practicing gratitude? Whether you choose to write in a gratitude journal or send a letter to a friend expressing thanks, you can easily reap all of the positive benefits that the act of being grateful has to offer.



SAFETY

We live in a pretty secure area but we need to be diligent about our security. There are things we can do to better protect ourselves, for instance, lock your car when you park it, even in our gated communities. It takes about one minute to rifle through your glove box and center console. If you have a trunk release button inside your car, add another minute to have that cleaned out too.

If you need medical help there are some things you need to be aware of. If you call 911 from your cell phone, we are unable to get your location from that. Even if your GPS is enabled, we do not have the equipment to locate it. The 911 operators will first ask you where are you located, then ask you what your emergency is. If the call is disconnected, that gives the dispatcher the location to have an officer respond to. Once medical help arrives, they need to gain access. If you have a lockbox, hide a key, etc.; medical needs to know that information, and they need to know it NOW!

What can you do? If you would mail the following information to; Dispatch at the Police Department, 900 Greenwood Street, Florence, OR 97439 we can enter it into our dispatch center and have that information available when we need it. We will need; your name, phone number, address, and entry information. Entry information should have codes for lockbox, location of lockbox, hide-a-rock, etc. If a neighbor or relative has a key, we need to have that name, phone number and address. Also give us the name, phone number and address of a person to contact if there is an emergency. We will need to know of any medical issues that you may have. This will give you the best response time possible in normal circumstances.

One last thing about your location, we need to be able to find you. We highly recommend that you have the Fire Department provide you with their red address signs with the reflective numbers. There is a form to fill out at the fire station at 2625 Highway 101 (541 997- 3212), this is a free service and the Fire Department will come to your house and install the sign. They will install the sign in the best place for emergency responders to see it. When you call for help we all want to get the help to you as soon as possible. If you provide the above information and call for help, dispatch will be able to tell emergency responders your address and entry information while they are in route and be ready to help immediately, rather than trying to find you and then try to gain entry. We all want an emergency response to go as fast as possible. Lastly, the Florence Police Department provides a free safety and security inspection service for your homes. If you would like more information and/or have questions, please contact

The Greenbelts in Coast Village make our Community the wonderful place it is to live, please care for your greenbelt so we can continue to have this natural beauty to enjoy.

This is a copy of the Greenbelt Requirement Document that all Coast Village owners signed if they purchased their lot after August 29, 2016:

Coast Village Greenbelts



The city of Florence zoning describes Coast Village...

"...it is a unique residential community that allows a blend of recreational vehicles and conventional single-family homes, surrounded by greenbelt buffers between each lot to maintain a park-like setting."

Greenbelts are required on the sides and rear of each property extending 5 feet in from the property line. This area may be used for nothing other than greenbelts.

If you have questions or concerns regarding removal of any vegetation, contact the Coast Village office at 541-997-3312. They will direct a member of the Greenbelt Committee to contact you. Failure to verify vegetation concerns before removal may result in significant fines. The Greenbelt Committee is here to assist all lot owners with any greenbelt concerns.

Greenbelts are required under Coast Village CC&Rs Article 10.2.A

Property Address _____

Buyer Signature _____

_____ Date

Buyer Signature _____

_____ Date

Coast Village Authorized Signature _____

_____ Date

Native Rhododendron Care:

One of the more spectacular North American native shrubs is the Pacific rhododendron (*Rhododendron macrophyllum*). Other names for the plant include California rosebay and coast rhododendron. Using Pacific rhododendron plants as part of natural landscaping provides eye-popping blooms combined with ease of care. These wild plants are very adaptable and versatile. Keep reading for tips on how to grow a Pacific rhododendron in your garden.

TO YOUR HEALTH~

Dear fellow Coast Villagers I was going to write about something uplifting but felt it was an important issue to know about in this community with our older population. Don't forget your flu shots, remember to wear your masks, get out into the sunshine for a bit each day...Dory

6 THINGS YOU MAY NOT KNOW ABOUT A STROKE—BUT YOU NEED TO-Barbara Brody (Silver Sneakers February 2020)

In the United States, someone has a stroke every 40 seconds per the CDC. Often fatal, but also the leading cause of disability among adults, which can significantly impact our ability to preserve our mobility, speech and overall quality of life as we age.

Fortunately, if you get help quickly and recognize what is happening, you are much less likely to experience long-term complications that will change your quality of life!! This means quickly realizing a stroke is happening, which isn't always easy. Studies have found that only 38 percent of people per the survey recognized they had symptoms and knew to call for help.

SIX KEY FACTS THAT MIGHT SAVE YOUR OR YOUR LOVED ONE'S LIFE.

#1:Your risk increases with age, but can happen at any age.

Nearly 33 percent of people who have strokes are between ages 20 and 64. Other risk factors are the same as those that raise your risk of having a heart attack like high blood pressure or abnormal cardiac rhythm like atrial fibrillation (among others).

80% of strokes are preventable per the American Stroke Association, but you need to be mindful of your diet, exercise, stop smoking, watch your weight and have regular health checks to follow your blood pressure and other risk factors.

#2:Women are at greater risk than men!!!!

Both sexes are vulnerable, but more women than men will have a stroke. Stroke in women kills more women each year than breast cancer. If you are a woman with a history of high blood pressure when pregnant or suffered from migraines you may be at a higher risk and talk with your health care giver about this.

#3:There are two main types of stroke and they call for totally different treatments.

Most strokes are **Ischemic**, which happens when a blood clot, plaque, or a fatty Deposit (fat emboli) breaks off and blocks an artery to the brain preventing blood flow to the brain. If you recognize your symptoms early and get help a drug that busts up the clot and restores blood flow can be administered (tPA tissue plasminogen activators).

The second type of stroke **Hemorrhagic** happens when a blood vessel bursts and leaks blood into the brain (people on anti-coagulants or have high blood pressure are more at risk for this). This is a less common type of stroke than Ischemic variety but are more deadly. The remedy varies based on how big the bleed is and where it's located.

#4: You only have 90 minutes to get treatment!

When you have a stroke, your brain is deprived of oxygen and other vital nutrients. The result is we can lose two million brain cells every minute and need to have intervention ASAP.

If you have the **Ischemic** type of stroke you generally need to receive a tPA (clot busting) within 3 hours of the symptom onset, but patients who are treated within 90 minutes do significantly better. Many people delay calling 911 and minimize their symptoms thinking they will be better soon or they don't recognize the symptoms.

#5: Think FAST to spot key signs of stroke.

Learn and memorize the key stroke symptoms—FAST—and place on your fridge.

***Face**—might feel numb or look asymmetrical on one side, more pronounced when you smile or try to wink.

***Arm**—one might be weaker or droopy, non-responsive. So raise your arms to check.

***Speech**—it might be garbled, or you may have difficulty expressing your thoughts or difficulty understanding what others are saying.

***Time**—it is imperative to call right away as soon as you have any of the above symptoms.

Sometimes the signs are very subtle as you might feel a bit weak, dizziness or balance problem. It is not always a dramatic change so pay attention to those less dramatic signs. Dismissing or minimizing your symptoms puts you at great risk. Sudden dizziness, headache, numbness, change in ability to walk or speak are all symptoms that need immediate attention.

#6: It's possible to have a stroke and not know it...

A stroke's impact depends on which part of the brain is being deprived of blood, oxygen, and other nutrients and for how long. It's not uncommon to have a mini stroke—known as a **transient ischemic attack (TIA)** and have no idea until you have a

CT scan for something else. But that does not mean it is harmless and these TIA's can damage an area of the brain that's not crucial for everyday functioning, but is vital to know about it and in order to prevent a bigger stroke find out the cause of the TIA's. Symptoms of these TIA's are similar to regular strokes, but the clot is smaller and quickly breaks up on its own symptoms might only last a few minutes until the blood flow is restored.

Again seek rapid medical care and if the symptoms only last 15 minutes and then resolve it is vital to report as it could be a sign of more serious disease that is life threatening.

So remember:

***Prevention**, prevention-regular health care checkups, exercise, keep blood pressure controlled, eat a diet rich in vegetables, fresh fruit, whole foods, watch salt intake.

***Rapid response** to your symptoms

***Don't isolate** or minimize your symptom-let someone know

***Get a medical device** that enables you to call for help with a touch of a button

***The apple watch** has an application that if you should fall it will ask if you need assistance and if you don't answer it tracks where you are and notifies emergency response

Stroke – there's treatment if you act FAST.



Basic Disaster Supplies Kit

To assemble your kit store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit could include the following recommended items:

[Water](#) (one gallon per person per day for at least three days, for drinking and sanitation)

[Food](#) (at least a three-day supply of non-perishable food)

- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)

Plastic sheeting and duct tape (to [shelter in place](#))

- Moist towelettes, garbage bags and plastic ties (for personal sanitation)

Wrench or pliers (to [turn off utilities](#))

- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery

Additional Emergency Supplies

Consider adding the following items to your emergency supply kit based on your individual needs:

[Cloth face coverings](#) (for everyone ages 2 and above), soap, hand sanitizer, disinfecting wipes to disinfect surfaces

[Prescription medications](#)

- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil

Books, games, puzzles or other activities for children