



HISTORY MAKING

A groundbreaking 48 years ago turned a dense wooded area along the Siuslaw River into a special community known today as Greentrees Village

RVers traveling along the Oregon Coast in the 60s and early 70s loved to camp at a special place in Florence called the Coast Village Campground. It was so popular that when developer Ted R. Simmoneau started selling off lots in the late 60s, they were all gone two years ahead of his schedule.

Those who had missed the opportunity to buy property told Simmoneau he should build a place like Coast Village, but on a much larger and grander scale where residents could move in mobile homes for the present, or for retirement at a later date in a place that had a resort atmosphere.

Simmoneau saw the potential, and in a joint venture with the owner of Coast Real Estate and Bohemia Lumber Company, broke ground in 1972 for the first phase of Greentrees Century Park, Inc., a mobile home resort.

A year later, after overcoming many problems related to building on sand and dense coastal forest, the project was ready for sale to the public.

In June of 1973 it was almost like a land rush as families walked through brush and over ditches to select the lots of their choice. What the developers expected to be a three-year selling venture was sold out in the first year.

Among those first 1973 property buyers is Lorraine Brinkley (96), who still resides at Lot 207, where she and her late husband moved into Greentrees after their retirement in 1985.

Developers credited the use of the Coast Real Estate News, the “no- high pressure” sales policies of Coast Real Estate, plus well written advertisements in *Trailer Life Magazine*, as the secrets to this very successful sales campaign.

1973 also marked the “re-plot of 303,” better known by the local residents as Greentrees North. These fifty lots were sold to Surf



Property buyers look at lots in June 1973 during the first sales phase of Greentrees Century Park, which we know today as Greentrees Village.

Mobile Homes.

“This development has exceeded our fondest expectations,” said George F. Parsons, the first General Manager of Century Park, Inc. that was in a printed owners directory found in the files of Greentrees Village, LLC.

The above is an excerpt from “History of Greentrees,” to be released at the GTV Owners Annual Meeting in August. To contribute photos or historical information for possible inclusion, please contact Mary Hamilton at 434-996-9072.

KENNEDY’S KORNER

With the new daily influx of the news coming out for Coronavirus COVID-19 I am assessing the situation daily with regards to Greentrees Village residents and how that will affect us. How we respond now as a community in this small window of opportunity is vital.

The most important action every resident can take is to get at least one to three months of food and supplies to self quarantine if need be.

One very important aspect of community safety that I will be working on is communications in the case of a community wide quarantine.

I am actively looking for emergency district representatives from each district. This will allow us to put the proper lines of communications in place in the weeks to come.

Make sure to check the line of com-

munication we already have in place – Website, Newsletter, Signage, Facebook Page, etc...

If you would like to volunteer for as the emergency contact person for your district, please call Matt Kennedy (541) 997-8674

I would like to give a brief update on all three issues that I had mentioned in the March Newsletter below.

Water Line Infrastructure: I have received a couple of recommendations for underground engineers to contact from the City of Florence. This is moving along and will be considered very carefully moving forward to determine what the next steps should be for the coming years.

Spectrum Contract: This is moving along nicely and we are receiving updates from questions that the Spectrum ad hoc committee has requested. I expect Ron McCrary to have something to present to the Board of Directors no later than the

end of June.

On-Site Reserve Study: We will schedule a time soon to meet with Reserve Data Analyst out of Bellevue Washington.

Matthew Kennedy
 Greentrees Village
 General Manager



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COVID-19: Do Your Part

Preparedness is not only for a natural disaster but also for infectious diseases like numerous coronaviruses that exist in the world. Covid-19 is the latest version.

In 2009, Peace Harbor Hospital recommended that everyone get prepared for the "Pandemic Flu." That same preparedness applies today with the outbreak of SARS-CoV-2 (aka, COVID-19 or Coronavirus).

Excerpts from "Preparation is The Key to Protection" in *Health Today*, a Peace Harbor publication, says, "... if a pandemic illness occurs, social disruption may be wide spread...families and individuals should plan for the possibility that usual services may be disrupted, such as hospitals, health care facilities, banks, stores, restaurants, government offices and the post office."

The article recommend having a mini-

mum two-week supply of water on hand, and non-perishable foods such as ready-to-eat canned meats, fish, fruits, vegetables, beans and soups, protein bars, and food for your pets. A supply of vitamins is also recommended.

Along with the above, everyone should have the basic medical, health, and emergency supplies, plus "prescribed medical supplies" such as glucose and blood pressure monitoring equipment with back-up batteries.

Senior citizens need to have at least a two-week supply of personal medications on hand at all times, and have medicines for fever, such as acetaminophen or ibuprofen, anti-diarrheal medication, and alcohol-based (60-95%) hand sanitizer in their medicine cabinets.

The best way to lessen the chances of contracting COVID-19, or spreading it, as with all communicable diseases, is to use good personal hygiene.

Medical experts say to wash your hands often with soap and water for at least 20

seconds, and frequently use hand sanitizer when in public places.

Cover your mouth with a tissues when you cough or sneeze, and if a tissue is not available, cough into your elbow - not into your hands.

Stay away from others if they are sick as much as possible. If you are sick, stay home

Dr. Anthony Fauci, the director of the National Institutes of Health's National Institute of Allergy and Infectious Diseases, told the *Colorado Sun* newspaper in mid-March that it's quite possible that COVID-19 "will go beyond just a season, and come back and recycle next year. In that case, we hope to have a vaccine."

Vaccine or not, if you are prepared, your stress level about COVID-19 should be reduced knowing you are doing your part.

To find more information on how to prepare for a pandemic flu, visit www.pandemicflu.gov; or call 541-682-1380.

Contributed by Kristel Buechner, chair Greentrees Emergency Response Team

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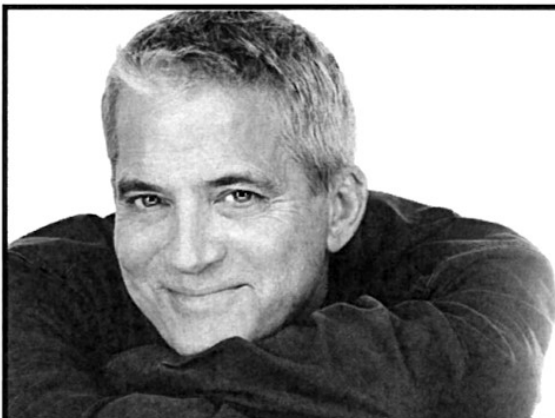
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GARDENING

RHODY'S & AZALEAS: Spring care and feeding tips

~Article courtesy OSU Extension Service

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

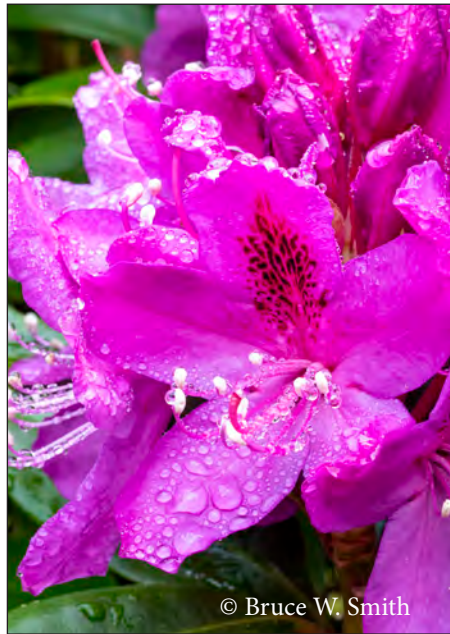
There are a number of things home gardeners can do to keep rhodies and azaleas long-lived and healthy, according to Jan McNeilan, retired horticulturist with Oregon State University Extension Service.

As with all health check-ups, start with a physical examination. Look for symptoms of nutrient deficiency, such as pale green or dwarfed leaves, which may indicate a lack of nitrogen. Yellow mottling along the leaf margins may indicate an excess of potassium.

If the leaves are smaller and darker green than normal and the tips are dead, your shrub may need phosphorus. Yellow or yellow-white (chlorotic) leaves may mean there is too much calcium, which can be leached from sidewalks and foundations.

When the soil pH is too high for acid loving rhodies, some nutrients are tied up in the soil and unavailable to the plant.

Be mindful of past weather conditions when looking at physical symptoms. Leaves can be discolored from hot sun or winter



© Bruce W. Smith

frost. Also, as the interior leaves of the plant are shaded out, they may turn yellow and drop off, which is a normal process called senescence.

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

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

Otherwise, rhododendrons require very little pruning unless branches are dead or injured. If you have older shrubs that have grown spindly, you can rejuvenate them by heavy pruning.

The best time to prune these plants is soon after flowering, so not to interfere with flower bud formation for the following year.

Rhododendrons and azaleas prefer slightly acid soils. Fertilizer is best applied soon after flowering in the spring. Organic fertilizers are a bit more costly, but are released slowly and need to be applied less frequently than chemical fertilizers.

Do not apply fertilizer after mid-July, or the plant may not be completely dormant by winter. Avoid the use of lime or alkaline fertilizers.

With shallow, fibrous root systems, rhododendrons and azaleas need ample water during the summer. Make sure to water them deeply.

If they are planted under wide-eave overhangs, they will need water throughout the entire year. Avoid hoeing or raking too deeply around the plants.

Use mulches such as sawdust, bark dust, peat moss, straw or other organic materials to inhibit weeds, provide more uniform soil temperatures and conserve moisture.

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



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Year to Date (1/1/19 through 12/31/19) **					
Area	New Listings	Closed Sales	Average Sale Price	Total Market Time to Closing	Average Sale Price - % Change
Coast Village	24	10	\$132,300	96	45.4
Greentrees	40	29	\$171,300	38	6.3
Florentine	36	30	\$296,400	53	19.6

**Data from December 2019 RMLS Market Action Publication



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Call your fellow Greentrees residents for your free property evaluation.

BUILDING ACCESS RAMPS

Residents who need an ramp installed for easier access inot their home should contact the Architectural Control Committee (ACC) to request a consultaion. One of the members can go over the requirements necessary to meet GTV, Federal, state and local building code regulations.

“There are specific construction requirements for installing a ‘wheel-chair ramp’ as opposed to an ‘access ramp,’”says ACC member R.B. Taylor. “We can help GTV residents in that decision-making process.”

Taylor says the Federal building code for wheelchair ramps is a slope of 1:12, or one foot in length for every inches of rise. A ramp needed to reach a porch that’s 24 inches above the ground would require 24 feet of ramp. Such ramps also have special railing and materials requirements.

Now, an access ramp’s build requirements are much more lenient (and less



expensive) according to Taylor.

One item related to cost that Taylor says is important to know is if you are a military veteran, the VA may cover the installation costs. So it’s always good to stop at the GTV office and fill out a form so the ACC can help out.

A good information source on ramps and funding can be found on the Internet at: www.ezaccess.com. ~ Bruce W. Smith

QUILTING GROUP

Have a love for sewing and quilting? Greentrees has a great Quilting Group that usually meets the 3rd Tuesday of each month in the Multi-purpose Room at the back of the Recreation Hall from 9:00am - 4:00pm.

PHOTO DISPLAY

We are starting a new display in the cabinet by the office where GTV residents can display one photo (no larger than in an 11x14-inch frame) for all to see. We may even make this a monthly contest. Photos will be changed each month. Bring your entry to the office to get it put in the display case, or call Lesley Brown @ 509-428-9352.



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If hand sanitizers are hard to find or too expensive, make your own. The CDC recommends that hand sanitizer should be between 60% to 90% alcohol to be effective. This recipe below, which makes one cup of hand sanitizer, ends up being 65% alcohol:

- 1/3 cup Aloe Vera Gel
- 2/3 cup 99% Isopropyl alcohol
- 8-10 drops Essential Oil (optional)

Mix alcohol and aloe vera gel together in a small bowl or measuring cup. Add the essential oil, if desired. Use a funnel to pour mixture into a bottle with a lid (a recycled liquid soap or hand sanitizer bottle works well).

HOMEMADE HAND SANITIZER

To Use: Apply the mixture on your hands and rub together until alcohol evaporates and hands are dry.

Thyme or clove essential oil has antimicrobial properties. Lavender or chamomile essential oil may help soothe your skin.



HAVE A [PICKLE]BALL!

Here at Greentrees we have an activity called "pickleball." Many residents don't know what the heck it is, so here's the skinny on a racket sport that's become popular for young and old alike.

Pickleball, a paddlesport, was invented in 1965 on Bainbridge Island, Washington, by three dads, Joel Pritchard, Bill Bell and Barney McCallum, whose kids were bored with their usual summer-time activities. (The game got its name because the Pritchards dog Pickles would always chase the ball.)

The game is played on an area half the size of a tennis court, with a 34-inch-tall net. It combines the elements of tennis, badminton and ping pong. Two or four players use solid paddles made of wood or composite materials to hit a perforated plastic ball similar to a whiffle ball over the net.

There's no need for running, jumping or overextending yourself, just try to hit the ball, and the serves are underhand (which is easier on the shoulder.)

The rules are easy to understand, and there are plenty of paddles supplied by Greentrees where we play year round, weather permitting. We try to play every Monday, Wednesday and Friday from 8:00-10:00am at the tennis court adjacent to the Recreation Hall.

The endorphins that are released with all types of exercise are useful in elevating self-esteem and combating depression. Playing pickleball is a great prescription to combat those issues.

~ Sue Skerlak





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THIS & THAT

CANCELLATIONS: Due to the threat of the Coronavirus, the following Greentrees activities are cancelled until further notice:

- Coffee Meet and Greet
- Potlucks
- Dinners
- Bingo
- Friendship Group
- Ladies Clothing Exchange

G.E.R.T. MEETINGS: Learn how to be ready in case of a natural disaster. Greentrees Emergency Response Team (G.E.R.T.) meets the **Thursday** after the monthly BOD meeting. Join us in the Multi-media room at the rear of the Recreation Hall.

BOCCE BALL: Join us! Great outdoor fun. We play the 1st & 3rd Saturday @ 11:00a.m. on the courts adjacent to the tennis courts by the Recreation Hall. Never played? Come and let us show you how it's done. It's a fun outdoor activity for all.

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

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

WEBSITE HELP: The webmaster of our association website is looking for someone who either knows Wordpress or would like to learn how to use it to maintain our website. If you are interested, please e-mail: katywetmore@gmail.com.

RHODY DAYS FLOAT: Those interested in helping build our May 17 Rhody Day parade float please call Mary Hamilton @ **434-996-9072**. Let's show them Greentrees is the best in show!

COMMENT BOX: Evaluate (good or bad) contractors and other GTV service providers you've used by filling out an index card and place it in our "Comment Box" on the cabinet beneath the library bulletin board.

NEW TO GTV: A hearty welcome to our new residents, Ed & Linda Payton, Lot #167; Janice and Robert Sanders from Sacramento, Lot #418; and Adriana Kelley (San Diego) & Larry Ardueser (La Pine, OR) at Lot #205.

BOARD of DIRECTORS MEETINGS: Our monthly BOD meeting is open to ALL Greentrees residents, property owners and renters. Meeting is the 2nd Tuesday of each month, @1:00pm in the Recreation Hall.

BLACK BEAN BROWNIES

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

- **15 oz. can Black Beans**
- **1 Box Brownie Mix**

Drain 15 oz. can of black beans, rinse with water. Put beans back in can, re-fill with water.

Now pour the beans and water into blender and mix until smooth. Add the pureed beans to a package of brownie mix. (I like to use basic Dollar Store Duncan Hines brownie mix.)

DO NOT add eggs or oil. You can add nuts if you like.

Grease 8x8-inch pan, pour in the brownie mixture, and cook according to the instructions on the packaged brownie mix.

I was pleasantly surprised that there was not a hint of bean taste; these brownies are creamy, dense and moist, similar to chocolate fudge.

Generally speaking, eating brownies is a decadent treat for those trying to watch their diets.

But when you can't resist, try Black Bean Brownies. They will add fiber and protein, but zero cholesterol. These treats also provide additional vitamins and minerals for a nutritious twist to everyone's favorite snack! ~Submitted by Sue Skerlak



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FROM THE PRESIDENT

A frequent topic of discussion in Greentrees is speeding and the use of various speed-limiting methods. There are those opposed to physical speed-limiting methods, and those in favor.

I am not taking a side in this note, but rather ask that we treat each other with respect. That we listen to speakers with an open mind and not take things personally nor attack people.

This approach to discussions applies in all cases whether a Greentrees issue or otherwise.

Property changes, such as speed-bumps, move first through the Property committee, then the Finance committee, and then the Board of Directors to act or push back to a committee for further review, or take no action.

I, the Board, and its committees take this and all issues seriously, and move through a deliberate process allowing time for discussion, investigation, and comment.

When a complaint is filed, here's how the process generally works.

A complaint form is filled out (located in the Greentrees Library next to the Conference Room). Please include your name, lot number, and telephone number



in case General Manager, Matt Kennedy, has questions. However, the form can be anonymous and slipped in the office slot. Matt investigates and involves the appropriate people in a timely manner.

The Board of Directors are your representatives and available for you as well. But keep in mind that going through your representative might lead to a miscommunication on your issue.

We are fortunate to live in such a beautiful location with great weather (most of the time). Consider getting out and walking around the park-like setting we live in. It's a great way to meet people and get a bit of exercise. If you walk a pet, please clean up after it. No one wants to see/smell/step in it.

Last, but certainly not least, a huge "Thank you!" to the many volunteers here in Greentrees. Without you, this would not be as enjoyable to reside in.

~Steve Lyon, GTV BOD President

OUT & ABOUT

Health concerns related to COVID-19 have caused many previously scheduled events in GTV, around town, and around the state to be cancelled or postponed.

So, whatever event or gathering you have on your calendar, double-check with the office to make sure it's still being held.

If you can't get out-and-about, or hang with a close friends, maybe this is the time to dust off the Yahtzee, Monopoly, Clue, Sorry!, Dominos, Battleship, Bermuda Triangle, and other board games many of us enjoyed "back in the day."

Dice games such as "10,000," Pig, Mexico, Going To Chicago, and Balut are also a lot of fun for two or more players. Rules for them are easily found on the Internet.

At some point in time, all will get back to normal. Then we can get out and about, enjoying what life brings day by day. ~Bruce W. Smith/Editor

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WHO KNEW!

Anyone attending the Greentrees music concerts in the past three year will recognize Larry Costa. His voice and banjo playing are a delight to the ears.

Ask him who his favorite music artist is and he's quick to respond it's famed banjo player Pete Seeger.

"The first time I heard him play the banjo, I was about 17. Seeger was my inspiration," says the 78-year-old musician. "That's when my mom bought me a Silvertone banjo from Sears. From then on I was hooked on playing the banjo."

"When I was in the Army (1965-1966), I was in Korea. I was in the right place at the right time because the banjo player for the 7th Infantry Division's Bayonet Chorale ensemble had just finished his tour of duty. They needed someone to replace him that could sing and play banjo." So Larry spent two years entertaining the troops in the combat zone.

Larry says after he got out of the Army, he married and "put down the banjo for 40 years while I raised four daughters and worked. It was only after I retired that I picked up the banjo once again."

Today, he continues jamming with local Florence musicians and playing in three different music groups.

But his "secret" life is rescuing and repairing what he calls "orphaned and crippled" stringed instruments, the majority of which he finds while surfing on eBay, or at garage sales and thrift stores.

He buys banjos, guitars, mandolins,

ukuleles, and the occasional zither or dulcimer.

His underground business/hobby kicked off about 12 years ago when he and his wife, Bonnie, bought an Astoria music store's inventory for \$3,000, when it was going out-of-business.

The inventory included 80 banjo necks, enough parts to build a half dozen banjos, and a stand-up bass among other instruments.

In the past 10 years he's more than tripled his investment, and now regularly sells the instruments he's lovingly fixed on eBay.

Larry doesn't consider himself a professional *Luthier*, which is an expert who repairs, refurbishes, and has the serious woodworking skills to build wooden stringed instruments from scratch.

"I consider myself an amateur luthier; I don't sand, polish, stain, or do the serious wood work that a true luthier would undertake. I buy instruments that I know I can do basic repairs and re-sell."

It takes Larry anywhere from an hour to a week to make the repairs working from his home in Greentrees.

He's also quite skilled at making his own classic cigar-box banjos. His latest creation sports a box with a label on the back from a cigar company in Jamaica. The neck is one of the last from the Astoria purchase.

Pete Seeger would have smiled at having a fellow musician and die-hard banjo lover help keep the tradition alive and



Larry Costa's favorite work bench is in his living room.

The BANJO DOCTOR

Larry Costa takes "orphaned and crippled" stringed instruments and gives them new life and new homes

By Bruce W. Smith

well across our nation.

As for Larry Costa's greatest satisfaction in the work he does, it's pretty simple: "Repairing a broken banjo so it sounds good. When I pick it up, play it, and it sounds good," he says, "I'm really happy."

Ride the Rhody Express!

\$1 or 1 ticket per one-way trip.
\$2 or 2 tickets for all day



Picks up in front of the Greentrees Clubhouse

BIRD WATCH

Seashore bird watchers should see an interesting visitor this month and on into June. It's the Marbled godwit (*Limosa fedoa*) according to the Oregon Department of Fish & Game (ODFW.)

ODFW describes them as large, long-legged waders distinguished from similar species in a flight by flashing rufous underwings and dark brown primaries. Its feet extend beyond tail tip in flight.

Flocks generally consist of fewer than 50 birds on the Oregon coast. Juveniles migrate south several weeks later than most adults.

ODFW says the Marbled godwit is a regular spring and fall migrant on the Oregon coast. Spring migration commences in early April and extends through early June on the coast. (Photo by Keith Kohl/ODFW)



Marbled godwit

COMPUTER CLUB

April Workshops Announced

At our special meeting in early February, the group decided to continue with the [unchartered] club on our regular 1st and 3rd Wednesdays, 11:10 – 12:10, in the Multi-purpose Room located at the rear of the Recreation Hall.

This month our April (1st & 15th) meetings are workshops where we'll address your computer-related issues. Bring device(s) that you may be having trouble with, or simply want to use in class. to get help, share tips and cool things you know to help others.

NOTE: If there is a change in any of our workshops, we will post that information on the clubhouse bulletin board and send an email to those on our mailing list.

For those who don't know about our computer lab, we recently retired our XP and Linux computers, and replaced them with Windows 7 and Windows 10 computers along with a printer.

It is also setup to connect laptops and tablets to the internet to maximize connectivity across all platforms, and enhance our GTV residents' learning experience.



© Bruce W. Smith

The lab is locked, so to use it you must sign out a key from the office. Neither the computers nor printer are for personal use; they are only for group training or educational purposes.

For instance, a few friends or group can get together to learn about working in spreadsheets, or editing photos. No personal printing allowed. (The computers in the coffee room are for personal use.)

Everyone is invited to come to our computer club meetings. If you have ideas for classes, can lead a class (we're quite informal), have questions or comments, please e-mail gtv.gtcc@gmail.com. ~Pat Miller

SMART HIRES

Licensed & bonded contractors give home owners peace of mind

When you need to hire someone to make big repairs on your home, it's prudent to make sure they are "licensed" and "bonded."

This doesn't always guarantee the work will be perfect. But you'll have some level of assurance the job will be done correctly, and with some financial protection on your part.

A *licensed* contractor is usually required to have worker's compensation insurance, which covers their work-related injuries, taking the burden off your homeowner's insurance.

Otherwise, if an unlicensed contractor gets hurt while doing work on your property, you could be subject to a lawsuit.

When a contractor is *bonded*, it means they have purchased a "surety" bond - an insurance policy that protects a property owner by providing a certain amount of liability protection should an injury happen on the job.

A surety bond also provides compensation to a property owner if the contractor fails to complete a job as required or contracted.

Protect yourself. Hiring those who are licensed and bonded helps you do just that. ~Bruce W. Smith

Notice! Event Cancellations
Potlucks, holiday dinners, bingo, and other typical Greentrees' "group" gatherings for April have been put on hold until further notice. Call the office or check the GTV website and library bulletin board for updates.

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YOUR HEALTH



GTV residents Kris Fitzgerald (front), Krisiti Tilcher (middle), and Melody Miller-Ennis walking GTV early one morning earlier this spring.

A WALK in the PARK

One of the many things we love about our gated Greentrees community is it's a safe, friendly place to live. Driving around GTV doesn't take very long. But on foot the steps and miles

add up to a pretty healthy outing, which a number of residents take advantage of nearly every day.

For example, if you started walking from the clubhouse toward the main entrance, turned right on 1st Street North, and continued on past Triangle Park to the top of the hill that enters Greentrees North, you'd have walked more than a ¼-mile and climbed the equivalent of two flights of stairs.

Continue around GTV North, back down the hill, take a left at Triangle Park on North Street, all the way around to the dead-end cul-de-sac and back to 5th Street North, you've added another 1/2-mile to your walk.

Continuing along 5th Street North, past Center Road, and along the southern "outer loop" of GTV North/East as it changes to South Street adds another 1/2-mile.

By the time you've hoofed it to 1st Street South and back to the clubhouse, you'll have walked about 1.9 miles, and climbed the equivalent of three flights of stairs in the process. Pace doesn't matter. Walking isn't a race. It's exercise.

Peace Harbor health specialists say the 55-over crowd get a lot of health benefits from walking:

•**Helps the heart:** Getting your heart rate up daily leads to a reduction in the risk for high blood pressure and high cholesterol, and even coronary heart

disease.

•**Lowers blood sugar:** Taking a 15-minute walk after eating reduces the after-eating spike in blood sugar some seniors can experience.

•**Reduces pain:** Studies have shown walking helps reduce some pain due to chronic conditions like arthritis. Walking even just three times a week for around 20 minutes can help strengthen abdominal and back muscles to decrease chronic back pain.

•**Promotes friendships:** Walking is an easy way for seniors to meet up with others, whether you join a walking group with friends or simply engage with neighbors while out on your daily walk.

•**Good for the mind:** A daily walk helps release endorphins and creates a sense of well-being, reduce anxiety and boost your mood.

So lace up the shoes and take a walk around our beautiful community.

If a stroll around the North/East outer loop isn't enough exercise for the day – or you want to change things up a bit – walk over to Greentrees West and do a lap.

The river views are great, and the hills on that side of our fair community are sure to give a good cardio workout.

Oh, and there are convenient park benches all along our streets so you can take a break and smell the roses.

~Bruce W. Smith

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Maintain An Active Social Life

Research has shown seniors who maintain an active social life, and have close relationships with family and friends, have decreased incidence of dementia and score higher on intelligence tests.

Studies conducted by the Drexel University School of Public Health in Philadelphia finds seniors who lived in areas with more satisfying social connections had significantly higher physical mobility scores.

One study conducted by Bryan James, from Rush Alzheimer's Disease Center in Chicago discovered that the rate of cognitive deterioration in people with good social contacts was more than 70 percent less than those with poor or limited social interaction.

Sometimes the coastal climate can keep us from enjoying the many outdoor activities Florence has to offer. However, there's no need to allow that to hinder you from the diversity of Greentrees indoor clubs such as card games, bingo, exercise class, knitting, quilting, sewing class or French club. Get a friend to play ping pong or pool, take a swim in our lovely heated pool or soak in the hot tub.

And when the sunny weather is upon us, why not try bocce ball, pickleball or tennis. Call a couple friends and take a walk on the beach. There are plenty of things to do. Just get out and have a social life! ~ Sue Skerlak



FOOD FOR THOUGHT

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

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

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

The Village Voice

A publication of Greentrees Village, Inc.

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Special Thanks: Brenda Kessler & The Folding Crew

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Next Editorial Deadline: MAY 15th

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GREENTREES ACTIVITIES FOR APRIL 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Water Aerobics M - F @ 8:00 am All Residents Welcome!	NOTICE! Potlucks, dinners, bingo, and many other Greentrees' gatherings listed here have been put on hold because of COVID-19. Check the GTV website and bulletin board for current schedules...					
5	6 Pickle Ball 8:30 - 10:30 am Exercise Class 10:00 am Radio Test 1:00 pm French Club 1:00 pm	7 Coffee Meet & Greet 9:00 am Property Comm. 10:00 Activity Comm. 1:00 pm Bridge 1:00 pm	8 POOL CLOSED Pickle Ball 8:30 - 10:30 am Exercise Class 10:00 am	9 Greentrees Sewing Club 9:00 am - 1:00 pm Friendship Club 9:30 am - 12:30 pm Finance Comm. 10:00 am	10 Pickle Ball 8:30 - 10:30 am Exercise Class 10:00 am	11 Bocce Ball 11:15 am Rhody Parade Meeting 9:00 am Bingo doors open @ 5:00 pm ; Bingo starts @ 6:00 pm
12	13 Pickle Ball 8:30 - 10:30 am Exercise Class 10:00 am French Club 1:00 pm	14 BOD Meeting 1:00 pm Card Exchange 1:00 pm Bridge 1:00 pm	15 Pickle Ball 8:30 - 10:30 am Exercise Class 10:00 am Computer Club 11:10 am - 12:10 pm	16 Greentrees Sewing Club 9:00 am - 1:00 pm Friendship Club 9:30 am - 12:30 pm GERT Meeting 1:00	17 Pickle Ball 8:30 - 10:30 am Exercise Class 10:00 am	18 Bocce Ball 11:15 am Bingo doors open @ 5:00 pm ; Bingo starts @ 6:00 pm
19	20 Pickle Ball 8:30 - 10:30 am Exercise Class 10:00 am French Club 1:00 pm	21 Quilting Group 9:00 am - 4:00 pm Bridge 1:00 pm	22 Pickle Ball 8:30 - 10:30 am Exercise Class 10:00 am	23 Friendship Club 9:30 am - 12:30 pm	24 Pickle Ball 8:30 - 10:30 am Exercise Class 10:00 am Pot Luck 6:00 pm (District 4)	25 Bocce Ball 11:15 am Women's Clothing Swap 1:00 - 3:00 pm (Rec. Hall) Bingo 6:00 pm
26	27 Pickle Ball 8:30 - 10:30 am Exercise Class 10:00 am French Club 1:00 pm	28 Luncheon Out 11:30 am Ichiban Bridge 1:00 pm Flying Needles & Hooks 3 - 5 pm	29 Pickle Ball 8:30 - 10:30 am Exercise Class 10:00 am	30 Friendship Club 9:30 am - 12:30 pm Book Club 2:00 pm	FYI Generator will be tested and running every Tues. @ 9:00 am (Recreation Hall)	