

Bayshore e-Bulletin

October 2009

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THE PRESIDENT'S CORNER

Gary Cummins

Hello members of Bayshore

It is fall already and I don't know where the summer went! As you can see from the minutes of the Board meetings and the reports in the Breeze, the Board members have been very busy on their various committees. As you know, there was a great deal of work done on the pool and septic system this spring and summer, but the pool work paid off in terms of saving money. Last year Bayshore spent approximately \$14,000. to heat the pool while our costs this year were only approximately \$5,000. This savings is primarily due to more efficient pool heaters. Even though the pool opened late, this was a good season. Much of the credit goes to our pool attendants for their great job this summer. I would also like to thank the members of the Community Affairs Committee for hosting a great end of season pool party potluck dinner for 40 of our members, the pool attendants and their guests. I would also like to take this opportunity to thank our Office Manager for her efforts during this busy summer and to recognize the excellent work of our caretakers in maintaining the pool, the clubhouse, and the grounds. They are certainly helping our facility look the very best it can.

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Director Wanted

The Bayshore director position
for division 5 is vacant.

Contact Bayshore office if
interested in serving.

2009 Bayshore Pool Party
September 27th



Food, fun, and friends! See
page 7 for details.

Thank you to Larry Dahlke
for providing photo above
and on page 7.

In a few years Bayshore will celebrate its 50th anniversary. Bayshore is a very different community today than it was in the early 1960s. Today there are over 1000 lots in Bayshore. Over 600 of them have buildings on them. A little over 60% of Bayshore properties are owned by members who do not live here full time. Only approximately 38% of Bayshore properties are owned by people who live here full time. We are fortunate to have Board Directors and Committee members who are not full time residents. Those of us who live here full time need to make sure the needs of our absentee owners are taken into consideration in managing Bayshore affairs. So I encourage those of you who do not live here full time to let the Board Directors know what you expect from the Board and our Committees. Email us with your ideas, concerns, and suggestions. I hope our absentee owners will plan a visit here to coincide with a Board meeting, the Annual Meeting or a scheduled Bayshore event. In this day of instantaneous communications, we are all only a click away from each other so everyone can participate even if you can't be here in person.

My wife and I will be spending the Thanksgiving and Christmas holidays with family in Yuma, Arizona this year. Our Vice President will conduct any meetings in my absence. As always, our employees and our various committees will continue to handle Bayshore matters under their responsibility. Happy Holidays!

FaceBook Engineer Wanted!

Do you love everything about Bayshore and want to share it with others?

Your Communications Committee is looking for someone who is knowledgeable about Bayshore, our activities, Waldport and the central coast to establish and maintain a presence on FaceBook.

This page could be a quick and easy contact point for members to keep up with activities, announcements, last minute events that we cannot distribute to members in time. It could also help us promote our community and could be a first contact point for those looking to make the central coast their new or retirement location.

Members can share their photo albums, take a quick poll or ??? If you use FaceBook on a regular basis...and are familiar with its features, we would like to hear from you!

Contact the Bayshore Office at baybeach@peak.org or Linda sleeveslave@hotmail.com, Larry benddahlke@yahoo.com, or Bob bobmowrer@comcast.net

Thank You!!!

The following members have donated either money or items to the club since June 2009:

- Bass, Donald and Patricia
- Bogumil, Dorothy
- Browning, Wallace and Joyce
- Cammack, Nathan and Marilyn
- Coakley, Twila
- Deeming, John
- Gardener, Dan
- Grimes, Christopher/Barbara Brenner
- Haines, Lloyd and Mary
- Lester, Eric and Cassie
- Maher, Tom
- Miller, Kit and Rich
- Pinto, Diana
- Reseland, Jeffery
- Sease, Diane
- Swift, Judith

Director Resigns

Kempton Hewitt, district 5, resigned from his directors position due to conflicts with the BOD schedule and other activities.

Scrabble Club

Sandie Eckerson

The Scrabble Club meets on Mondays at 4 PM and has many openings for more members! We have "lost" some members due to relocations and illnesses. We are a friendly group and very casual with our game. We like to assist each other with words and point-accruing to better everyone's playing! Hope to see you join us!

HOW TO STAY HEALTHY AND WELL WITH PROPER NUTRITION AND EXERCISE

By Rose Cummins

About 10 years ago one out of every three American adults was overweight and about 75% of Americans were physically inactive. We know these numbers are higher today, especially when you add overweight and sedentary children to the list. Sedentary lifestyles and poor dietary habits have contributed to, among other things, increased incidences of type II diabetes, hypertension, stroke, cardiovascular disease, respiratory disease, some cancers, and injuries sustained from falls. It is not easy to lose weight in today's world. We have machines to do all the things that used to be done manually and we now have lots of new toys that keep us in our chairs. And then there are all those tempting food ads full of beautiful thin people consuming burgers, fries, soda, cakes, cookies, and alcohol. Given this scenario, are we doomed? Maybe not doomed, but it presents some real challenges.

Research has shown that few people succeed in losing weight through diet alone or physical activity alone. Many people who exercise tend to consume more calories than they should to be able to lose weight. And then there are those people who start a fad diet and after a while they give up and gain the weight back. And don't forget those people who starve themselves and lose a lot of weight but in the process lose too much muscle mass. These people are referred to as "skinny fat" people who are basically unhealthy. Just what is a person to do to successfully shed unneeded pounds and improve their health? What if we traded some of the hours we spend sitting in front of the computer or the television for some time engaged in a physical activity we enjoy? What if we, at the same time, tweak some of our grocery shopping habits and stop watching those tempting food ads? Well, that just might work. Ok, so where should we start?

Let's start with choosing one or more physical activities to introduce into our life. Physical activities that contribute to weight loss come in two categories: 1) aerobic activities, and 2) weight bearing activities. Aerobic activities improve the cardiovascular system and include, but are not limited to, walking, jogging, biking, hiking, dancing, skating, skiing, swimming, and a variety of group fitness classes. These activities include movements primarily of the large muscles of the lower body. Aerobic activities strengthen our heart and over time can build stamina. Participating in dance and/or certain types of fitness classes can also improve our balance, our memories and keep us socially active. Weight bearing activities involve movements of all muscle groups using resistance from weight machines, free weights, rubber tubing, bands, or our own body weight. These activities can strengthen our muscles and bones over time. Both types of activities can also improve our flexibility and change the shape of our bodies when they are performed consistently over a period of time. Usually we can find at least one of these activities we would enjoy introducing into our lives. Our choice may depend on whether we like to do things alone or with others or whether we want to pay for an activity or not. However, before making any big changes to our lifestyle, we should discuss our plans with our doctor to make sure he/she gives us their blessing.

Secondly, in addition to physical activity, we need to develop healthy eating habits that we can keep for the rest of our lives. The food we put into our bodies each day in a large part, affects our health and our weight. If a car doesn't run well if it sits too long and is filled with bad gasoline, then how can we expect our bodies to operate at peak performance if they sit too long and are filled with unhealthy food? Remember how as children we would rather play than eat? Now, for many of us, our lives revolve around the meals we eat. We often plan our social life around meals instead of some activity or event. Remember, if we want or need to lose weight to achieve good health, we can't do it through diet alone or activity alone. The secret to success is healthy diet + appropriate activity = healthy lifestyle. As we introduce one or more physical activities into our life, we need to educate ourselves about choosing healthy food so we can start tweaking our diet.

continued page 3--Fitness

Fitness from page 3

So, if we want to judge our lifestyles in terms of whether they promote health and fitness, let's ask ourselves the following questions:

1) Do we spend more time during our waking hours (a) sitting or (b) up and doing things, and 2) (a) Do we live to eat or (b) do we eat to live? If we honestly answered "a" to these questions, we need to learn more about getting active and eating right. If you answered (b), then you are well on your way or have already achieved a healthy lifestyle.

Let us know if you would like more health and fitness articles in Future Breeze publications.

Rose Cummins, a member of Bayshore, is certified by the American Council on Exercise as a Group Fitness Instructor and Formerly as a Lifestyle/Weight Management Consultant. She is the former owner of Olympic Personal Fitness in Sequim, WA and South Beach Fitness, llc in South Beach, Oregon
Rcummins1948@gmail.com

In addition to fitness advice provided above, Gary and Rose Cummins provided much of the exercise equipment in the clubhouse: leg curl/press machine; Universal cable weight machine; chin-up/tricep dip machine; glute/thigh machine; rowing ergometer; Nordic Trac treadmill; and weights/dumbbells. Try it--you will like it!

Thanks again to Rose and Gary for the equipment.

Publisher

We Want To Hear From You!

The Communications Committee consists of Larry Dahlke, Bob Mowrer, and Linda Wagner and we would like your input. We want the newsletter to be more for and about members and will ask you for input for each issue.

If you have a question ask us and we will do our best to answer it.

Questions could be on our committees and activities: do I need a Mah Jongg game to play with the group? Why did the Road District not pave my street last summer? How do I find out who owns the lot with the trees blocking my view and get them to cut them?

Questions could be on our life in Bayshore: How do I get rid of scotch broom? Does anyone collect antique cars (or . . .) and want to get together and perhaps start a Bayshore Activity? Where can I get the best Pizza on the central coast?

Or perhaps you have a suggestion to make life in Bayshore better that you want published or just listed to. Or a letter you want to share with others.

If you have ideas for better communication among Bayshore members regarding the newsletter, the web page or anything else please contact us by replying to our e-mail address at the Bayshore office baybeach@peak.org or Linda sleeveslave@hotmail.com, or Larry benddahlke@yahoo.com, or Bob bobmowrer@comcast.net.

Possible Swine Flu Prevention

The Message below is from Dr. Vinay Goyal (Intensivist and Thyroid specialist) having clinical experience of more than 20 years and was forwarded to us by members Diana and Tim Martin, Division 1.

Thanks to media hype about H1N1, several people who trust me have either approached or called me for advice. The hype in the media about the utility of face masks and N95 respirators as a tool for general protection against H1N1 can't be deplored enough. Yesterday, a friend who listened wanted me to write down briefly what I advised so that he could tell others in similar words. Hence this short e-mail to friends whom I have advised recently (and others whom I haven't yet). Please realize that this is not an official advisory, especially the one about face masks or N95.

Most N95 respirators are designed to filter 95% particulates of 0.3μ , while the size of H1N1 virus is about 0.1μ . Hence, dependence on N95 to protect against H1N1 is like protecting against rain with an umbrella made of mosquito net.

Tamiflu does not kill but prevents H1N1 from further proliferation till the virus limits itself in about 1-2 weeks (its natural cycle). H1N1, like other Influenza A viruses, only infects the upper respiratory tract and proliferates (only) there. The only portals of entry are the nostrils and mouth/ throat. In a global epidemic of this nature, it's almost impossible not coming into contact with H1N1 in spite of all precautions. Contact with H1N1 is not so much of a problem as proliferation is.

While you are still healthy and not showing any symptoms of H1N1 infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps, not fully highlighted in most official communications, can be practiced (instead of focusing on how to stock N95 or Tamiflu):

1. Frequent hand-washing (well highlighted in all official communications).
2. "Hands-off-the-face" approach. Resist all temptations to touch any part of the face (unless you want to eat, bathe or slap). * Don't you love this one?

Planning Committee

Kate Miller

Neil, Don and I have been meeting every week looking at the plans and ideas that you all have sent. We have been able to tour the properties that have construction requests and have met some of you. It has been a great experience for us all and we welcome meeting the members and seeing the improvements that they are making to their homes. We have found this to be a pleasurable and valuable part of the process.

Our most recent approvals have been

- Wood storage shed at 2713 NW Parker
- Paint color change at 2014 Bayshore Loop
- Deck replacement at 509 Oceania Drive
- Room extension at 1909 Coracle
- Paint color at 1705 NW Carter
- Lattice enclosure for cats at 1106 NW Bayshore Drive
- New home approval at 1009 NW Salal

We visited the property at 13 Oceania and have noted some progress, the garage door is up and the skirting is completed.

We would like to remind you that the exterior of all homes needs completed within 6 months of the start of construction. You can apply for extensions due to weather or other extenuating circumstances but they are usually brief.

We received letters back from the neighboring properties of the last home approval and were happy to note that 90% were in favor of the plans and some even made note of looking forward to seeing this nice quality home being built in their neighborhood.

October 2009

Director Profile

Gary Cummins

Gary graduated from the University of California, Berkeley in 1963 with a B.S. in Wildlife Conservation.

He earned a Masters Degree in Resource Planning from the Colorado State University School of Forestry.

1995 - Present - Certified Personal Trainer with the American Council on Exercise.

From 1964-1968 Gary served in the U.S. Air Force as an Intelligence Officer.

During 1972-1984, Gary served in the Air Force National Guard in Colorado and Nevada.

Gary worked for the U.S. Federal Government for 30 years, including military service and careers with the U.S. Forest Service and the Department of the Interior in Colorado, Texas, California, and Washington, D.C.

1998 - 2004 Owner/Operator of Olympic Personal Fitness, Sequim, Washington.

2006 - 2008 - Assistant Manager, South Beach Fitness, Sequim, WA.

Gary has volunteered his service on several Boards of Directors/Commissioners including:

- 1972 - Plan Jeffco Board in Jefferson, Colorado
- 1993 - 1995 - U.S. Department of the Interior Federal Credit Union Board of Directors, Washington, DC
- 2000 - 2001 - Clallam County Parks and Recreation District Board of Commissioners, Sequim, Washington
- 2000-2004 - Woodland Heights Homeowners Association Board of Directors, Sequim, WA (served as President 2003)
- 2008- Present - Board of Elders, Newport Presbyterian Church
- 2008 - Present - Bayshore Board of Directors

Gary has lived in Bayshore full time since 2004 and enjoys life on the Oregon Coast.

There are still many projects happening and we are looking forward to the completion of some of the new homes we are seeing. We toured the one in Division 2 last night while we were in the neighborhood. It is a nice large home and will accommodate a growing family.

We appreciate all that have kept their properties tidy and are hoping that others will see the value and follow suit. The entrance to Bayshore has been cleaned up by a group of volunteers and is a great example on how we can work together to improve our surroundings. It is our hope that the spirit of these types of events can begin to foster an atmosphere of neighborliness. It is with the kindness of each other that we can see real enhancement of not only the outside of our homes but also the thoughtfulness of our neighbors.

PS We are still in need of committee members. If you are interested please call me at 563-3569 or come and visit. The meetings are on Tuesdays at 5:00pm in the Bayshore office.

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Letters From Bayshore Members

An Open Letter to Bayshore Membership

Kevin MacPhee

Thank you to our new board for working hard for our community. Obviously a lot of time and effort has gone into their decision making. The following comments are intended to keep the membership in the communication loop.

First, regarding membership participation at board meetings: Most members who attend board meetings on a regular basis are well aware of the difference between board and membership meetings. This board is trying hard to enforce the difference by allowing members to speak only at the end of the meeting with few exceptions. While this is allowed by law it is somewhat problematic for the membership. Precedent has long been established in Bayshore that has allowed members to make orderly brief comments during discussion BEFORE the vote.

Some board members and committee chairs have stated that they want Bayshore to be a friendlier place in which to live. In my opinion, it would be a friendly gesture to allow members to make comments before the vote is taken. Example: At the last board meeting a member seasoned in issues involving the pool wished to make a comment during a discussion relating to the pool but was told that she had to wait until the end of the meeting to make her comment. I would imagine this discouraged her from bothering to participate since she left before the "member comment time" which was several hours later.

In an attempt to further enforce the difference between board meetings and membership meetings our new board has put an emphasis on board seating arrangements. The newest seating arrangement has board members facing each other rather than the audience. We explained to the board that it was difficult to hear them when their heads were turned away from the audience. They offered to use microphones in the future which will be helpful but, in my opinion, the point they wish to make has been made. Now why not turn the tables at an angle so that the audience can see and hear what is going on and the board members can still see each other. Again, it would be a friendly gesture.

Secondly, our new president announced that he will be away from Bayshore for an indefinite period of time. The arrangement, as explained by the president, is that the vice president will preside in his absence. The problem I have with this arrangement is that the vice president, to my knowledge, does not reside in Bayshore full time. I have experience first hand that matters do come up that require immediate attention. In addition, one of the tasks of the president is the supervision of employees. I do not understand how this can be accomplished in the proposed set up.

Thirdly, one of the agenda items was "Transitions" of the planning committee. Some of the transitions or changes that were proposed included a new mission statement for the planning committee. This statement apparently included a change in the duties of the planning committee. It is commendable that the board voted not to proceed with these changes without giving further thought to the subject. A desire to work within our governing documents was demonstrated which many of us in the audience appreciated.

-----from page 4--NIHI

3. Gargle twice a day with warm salt water (use Listerine if you don't trust salt). *H1N1 takes 2-3 days after initial infection in the throat/ nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive and powerful preventative method.
4. Similar to 3 above, *clean your nostrils at least once every day with warm salt water. *Not everybody may be good at Jala Neti or Sutra Neti (very good Yoga asanas to clean nasal cavities), but *blowing the nose hard once a day and swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down viral population.
5. Boost your natural immunity with foods that are rich in Vitamin C (Amla and other citrus fruits). *If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.
6. Drink as much of warm liquids as you can. *Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.

All these are simple ways to prevent, within means of most households, and certainly much less painful than to wait in long queues outside public hospitals.

Happy breathing!

Bayshore Pool Party--September 27 2009



From left to right: Directors Neil Hare, Larry Dahlke, Pool Attendant Nick Browning, Director Jim Harlan, Attendant Jennifer Stobie, Directors Gary Cummins, and Kempton Hewitt.

The Bayshore Community Affairs (CA) Committee hosted its first end of summer pool party potluck dinner on Sunday, September 27, 2009, at the Clubhouse. Forty plus members, including five Bayshore Directors, four new Bayshore residents and several guests attended the party. Some of the attendees live out of town and came just to attend this event. Everyone had a great time meeting neighbors and new friends and eating great food. The group took this opportunity to thank this year's pool attendants for their help in making this a great pool season, despite the delayed pool opening and the problems with the heaters and the septic system. The members of the CA Committee would like to thank everyone who participated in this fun event.



Community Affairs Committee

The Community Affairs Committee (CA) is an outgrowth of the social committee. In order to describe the purpose of this expanded Committee, the members developed the following mission statement.

To support the Board of Directors and the members of Bayshore by creating opportunities to help foster a friendly, social, healthy, safe, & visually pleasing Bayshore community.

To continue their efforts to help Bayshore be a visually pleasing committee, the CA Committee lead a volunteer effort to finish cleaning up the Bayshore entrance on Saturday, October 10th. (pictures on page 8).

The CA Committee is still developing its calendar of events. We are planning a movie night sometime in November and the Committee will host another New Years Eve potluck party on December 31 starting at 6:00pm at the Clubhouse. Stay tuned to the Breeze for announcements of

continued page 8--CA

Community Affairs Members

Rose Cummins, Chair
Kempton Hewitt
Dorothy Bogumil
Naoma Clark
Inge Daechel*
Marcie Douglas
Gary Simpson*
Bev Simpson*

September 10th Cleanup and More for Community Affairs Rose Cummins

On a glorious Saturday morning, 10/10 at 10:00 am, fourteen volunteer Bayshore members, including four Bayshore Directors and several new full time Bayshore residents, showed up to continue cleaning up the property at the entrance to Bayshore Estates. This event was sponsored by Bayshore's



Community Affairs Committee with the assistance of members of the Physical Assets Committee. While the ladies weeded the planter at the entrance and tackled the numerous blackberry vines that infiltrated plantings and ground covers, the men removed dead or dying trees and shrubs and gave the lot overlooking Mokmak a very needed haircut. As a result of all of this hard

work, a greater view of Mokmak Lake emerged and everyone paused for a few moments to take it in. The group also discovered four or five mature rhododendrons, several azalea plants, and a number of huckleberry bushes bearing tasty fruit. All of these wonderful things had been hidden by other overgrown plants. After 5 hours of work, the tired and hungry volunteers met at the clubhouse for pizza, drinks, and ice cream provided by the Community Affairs Committee. Although everyone was tired and dirty, they all agreed the effort was worth it.

In the spring, there will be another event to continue beautifying the entrance. This will coincide with the full Bayshore Spring Cleanup. The Community Affairs Committee and the Physical Assets Committee hope to eventually create a small park overlooking Mokmak Lake and a nature trail down to the lake so folks can view birds and other wildlife on the lake.



The Community Affairs Committee would like to thank Bayshore Director Michael Schlosser for providing and operating equipment needed to clean up and haul debris. Thanks also to Director Jim Harlan and his wife for the use of their gardening and landscaping tools and to our caretaker Jesse Thomas for the use of his chain saw.

And of course thanks to all who volunteered to help in this project.

The next event of the Community Affairs Committee will be a Movie Night at the clubhouse on Friday, November 6 at 6:30 pm. The movie will



be announced at a later date. A variety of popcorn will be provided by the CA Committee members. Members should bring their own drinks.

And don't forget to plan to attend the Bayshore New Years Eve Party. Watch the Breeze for details about this event.

Welcome New Bayshore Members:

- Herbert and Deborah Chereck
- Bruno and Darci Francia
- Michael and Nancy Kinsella
- Frederick and Debbie Liepitz
- Russell Lindberg
- Rich and Kit Miller
- Charles and Marijo Platt
- Donald Reidlinger
- Linda Roggenburg
- Craig and Rebekah Thornton
- William and Carolyn Turner

from page 7--CA

future fun events.

During the fall and winter months, the CA Committee will be developing short and long range plans that will identify projects and events to address all of the elements of their mission statement. The Committee members invite the members of Bayshore to pass along any ideas and suggestions they may have to Rose Cummins at rcummins1948@gmail.com.

CLUBHOUSE ACTIVITIES

Aquasizers (summer)	.Mo-Fr	.9:00-10 am
Exercise Group	.M, W, Fr	.9:00-10 am
Knitting Group	.Monday	.1:00-4:00 pm
Sew Perfect	.Monday	.10:00 am-1:00 pm
Scrabble Club	.Monday	.4:00-5:30 pm
Mah-Jongg	.Tuesday	.12:30 - 4:00 pm
Planning Committee	.Tuesday	.5:00 pm
Bridge Club	.Wednesday	.11:00 am
Line Dancing	.Wednesday	.12:30 am-3:30 pm
Quilting Group	.Friday	.10:00 am-4:00 pm
Bayshore Road District	.2nd Tuesday	.7:00 pm
Photography Club	.3rd Tuesday	.7:00 pm
Bayshore Women's Club	.1st Thursday	.1:00-3:00 pm
Fireside Literary Club	.2nd Thursday	.3:00-5:00 pm
Fly Fishing	.3rd Thursday	.5:30 pm
Inspirational Movies	.1st Friday	.6:00 pm

CONTACT INFORMATION

Bayshore Board of Directors

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Member	Kate Miller	563-3569	bondmill@peak.org	2
Member	Neil Hare	563-6019	nhare@intergate.com	3
---	---open---			5
Member	Mike Schlosser	563-8150	spruceridge@peak.org	3
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