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# NEWS



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Vi Coburn

(U-3) Ray Clarke

Treasurer: John Baker

SPECIAL COMMITTEES CHAIRMAN: Fred Diana

NOTE: Please contact any of the above for any assistance or information regarding our Association.

#### COMMENT ON BUSINESS NOTICES

To be fair to all businesses who have paid for Ads in this Bulletin, it is the opinion of the News Staff not to accept any reference to a business as a news item.

#### WE WELCOME THE FOLLOWING NEW MEMBERS

Gene & Dolores Stibel, 8 Owen Dr., Unit 1 Clarence & Ruth Norfolk, 42 Nell Way, Unit 2 Charles J. O'Rourke, 22 Vermont, Unit 2 John & Alda Auten, 66 Weeping Willow, U-3 Andrew & Sophia Hanzalik, 55 Weeping Willow, Unit 3

#### ANNOUNCEMENT FROM YOUR TREASURER

Please DO NOT wait for a bill before paying your dues. Bills are only sent to those members who are at least \$4.00 delinquent. A good way to keep up to date is to attend ALL meetings, at which time you can keep your dues current. Not only pay your dues, but also keep abreast of all that is happening through the efforts of your Association. Thank You. John Baker

Treasurer

#### CHAPEL FUND NEAR GOAL

With the latest generous contribution from the Citizens National Bank, the Umatilla State Bank, and the Ro-Mac Lumber Co., the Chapel Fund is very close to the \$10,000 goal. A Chapel Fund luncheon was held at the Clubhouse on Monday. November 26, at 12:00 noon.



YOUR INQUIRING REPORTER

The question this month is - "What can the residents of U.B.G. do to make Christmas more 'Christmasy' here in the Park"?

JOSHUA PORTER: -- "It would help make things more Christmasy if folks would decorate their homes a bit. It would help them get in the Christmas spirit by doing it".

JEANNE VAN ALLEN: -- "A social get-together at the Clubhouse -- this would be particularly good for those who spend Christmas alone here in O.B.G. Singing carols always revives the Holiday spirit".

EVA IHRIG: -- "It would be nice if Management would sponsor a Christmas party at the Clubhouse in appreciation for all the folks who bought homes here. A representative of Management should be there. This would help create better relations and feelings in the Park".

ESTHER JARVIS: -- "Exterior decorations on your house and yard will add greatly to the Christmas atmosphere. Also, there could be a planned tour to see the decorated homes and sing Carols. This certainly would help spread the Christmas spirit throughout the Park".

winnie Hirst:-- "We need more togetherness. Instead of sitting home alone on Christmas day, we could all go to the Clubhouse during the afternoon and visit, OR we could call on our neighbors and wish them a Merry Christmas. We could all try to make our homes more attractive for the Christmas season. Decorations help lift the morale and promotes the Yuletide spirit".

MERRY CHRISTMAS TO ALL AND TO ALL A HAPPY NEW YEAR!
FROM YOUR NEWS STAFF



ASSOCIATION ASSISTS FRUSTRATED PURCHASER

Through the efforts of our President, Virgil Coburn, a purchaser who was being forced to buy a home he didn't order in Unit 3 was rescued from his financial dilemma.

A Mr. & Mrs. Stig Hansson of Houston, Texas, bought a lot in Unit 3 and ordered a home to be placed on it. They made a substantial down payment. When the house arrived, it was not the one they ordered so they asked Management to refund their money. They were told - "NO WAY".

The Hanssons didn't know anybody here; they didn't know who to turn to for help. Someone mentioned the Association and gave them the name of our President. Upon contacting Virgil and telling him their story, he in turn got in touch with Mr. Arnett, the Association Attorney, and made an appointment for the Hannsons to meet with him. As a result, Mr. Arnett was able to influence Management to refund the payment made by Mr. Hannson.

Upon returning to Texas, they wrote Viola and Virgil Coburn a very nice letter. Here it is in part - quote - "We have now received most of our money back from our Floride adventure - thanks to you both and that understanding lawyer, Mr. John Arnett in Ocala. We wish you to know how happy we are".

Congratulations to the Coburns and Mr. Arnett for the wonderful help extended to the Hanssons. (P.S. This was at no expense to the Association. Mr. Arnett's fee was paid by Mr. Hannson)

... H.D. ...

\* \* \* \* \* \* \* \* \*

A LITTLE CHILD

"A little child, A shining star.
A stable rude, the door ajar.
Yet in that place, So crude, forlorn,
The Hope of all, The World was born."

#### DIABETES MELLITUS - PART III

It is a well-known fact "Once a diabetic, always a diabetic". However, one can live, love, and be happy if he is in possession of accurate up-to-date medical information and the subsequent complications resulting from lack of information, misinformation, or total disregard of appropriate therapy.

The diabetic must become a careful observer of his physical condition. Each body part should be checked for any change in appearance such as swelling, redness, numbness, and bleeding. Changes in vision, coordination, and ability to walk should be noted. The diabetic should avoid tight clothes or shoes, and the use of any external medication not recommended by the doctor.

Late-onset diabetes can often be controlled by dietary restruction of carbohydrates (starches). Some individuals will require oral drug therapy (Orinase, Diabinase, etc.) while severe cases may require insulin injections.

Diabetic coma and insulin shock are two important acute complications of diabetic management. Diabetic coma results in high blood sugar levels, which if untreated, is a grave emergency frequently requiring hospitalization. This condition may be precipitated by infections, injuries, stress, or negligence in insulin therapy.

Insulin shock can occur in connection with an overdose of insulin or oral hypoglycemic agents that lowers the blood sugar level below normal. It can also be precipitated by taking insulin or the oral drugs but neglecting to eat; and by unusual or increased exercise or activity. It must be recognized quickly since severe complications and even death can ensue if left untreated.

All diabetics as well as their families should be able to differentiate between these two acute conditions. With diabetic coma, the individual has usually experienced several days of not feeling good, or has had a recent infection, or upset stomach. He is apt to have dry skin and a dry tongue. Sugar is always found in the urine. On the other hand, insulin shock has a sudden onset; the person has usually been in good health, his skin and tongue are moist, and there is no sugar in the urine. Skipping a meal or unusual overexertion may also trigger the onset of shock.

7

Diabetics should carry a source of glucose with them at all times. Orange juice, candy, or carbonated beverages are a quick source of sugar that may be used in the event of an insulin shock. The diabetic should pay careful attention to insulin dose, avoid omitting meals and drinking alcohol, and carefully monitor urine glucose

So, Mr. or Mrs. Diabetic, know your condition and

continue to "live, love, laugh, and be happy".

... ROSEMARY B. KURTZ, Ed.D., R.N. ..

#### HEART ATTACK -- KNOW WHAT TO DO

Would you know what to do if a friend or a relative had a heart attack? Can you spot the symptoms in time to call for help? Here are a few tips:

Pain in one form or another almost always accompanies a heart attack. This pain can be a mild ache to a pain of unbearable severity. Some people describe it like a vise on the chest. Others say it feels like indigestion. The pain may be continuous or it may subside, but don't ignore it.

The following are some symptoms which can alert you to a possible heart attack. While none of the symptoms below is conclusive proof of a heart attack, the more of them present the more likely that the patient is actually

having an attack:

DIFFICULTY BREATHING, PALPITATIONS, NAUSEA, VOMITING, COLD SWEAT, PALENESS, WEAKNESS, ANXIETY.

You can be of most help if you begin now to prepare. First, know in advance the nearest hospital equipped to handle heart attack emergencies and have their number handy. Second, know CPR. Third, have the number of the emergency medical services with you at all times. In some areas this is the Fire Department; in others the Ambulance Service.

If you are present when a heart attack occurs, first be calm. Call an ambulance immediately, don't wait to see if the victim gets worse. If they are not needed, you can always cancel the call. Keep the victim quiet while you are waiting for help to come.

For more information on CPR or handling emergencies, contact your local Heart Association or Red Cross.

... H.D. ...

- MYTH -- Mobile Homes depreciate fast like automobiles.
- FACT -- Not true. Mobile Homes are identical to site-built homes in that they appreciate in value when properly located, maintained, and cared for (as concluded by Real Estate Consulting Firm of Cochrane & Chase Co. for the Western Manufactured Housing Institute).
- MYTH -- Lenders perceive mobile home mortgages as HIGH RISKS.
- FACT -- Not true. Studies of loans of several lenders over several years refute this. One University Federal Savings & Loan made 778 mobile home loans between 1973 and 1978 and losses totaled only \$2,500 (as published in St. Petersburg Times). Also, Federally insured Savings & Loan Associations are now able to make loans of up to 90% of total cost of new and used mobile homes (old limit was 85%). Maximum terms of maturity are now extended to 20 years (old limit ranged between 12 and 15 years) (as published in Dynamic News).
- MYTH -- Mobile homes are not as safe as conventional homes in a hurricane.
- FACT -- It has been proven that a good mobile home properly tied down and anchored is reasonably safe. After our experience with Hurricane David on September 3rd, followed by Frederic, not one properly anchored structure in the State was reported damaged; although in one area where David lingered with 90 to 100 mile per hour winds extensive damage was done to a Condominium, Shopping Center, and conventional homes (as related in a story from Mobile Home and RV News).

DID YOU KNOW --

This is the 20th issue of the News Bulletin. The first one was printed in May, 1978. It was written completely by Ray and Anita Longchamps. It was Ray's brain child. He went out and contacted a number of businesses and obtained some ads. He drew the 'Logo' and came up with the cover design and the format to follow. The Officers secured the rest of the ads and the Bulletin Staff, headed by George Drummond, came into being. The Staff changes in January of each year, along with the new Officers. Our present editor is Harold Dodd.

The Bulletin pays for itself through the ads. It also helps to pay for Association bills and lawyer fees. This source of money is a great help to the Association as the membership dues are too small to cover big items. Everyone in the Park gets a free issue every month.

The Bulletin is the means by which all residents in the Park can be informed of important news and facts pertaining to the Association. All the items printed in the Bulletin are checked carefully to ascertain that they are true facts and not merely rumors.

The Bulletin is also a very good directory for all residents. When one needs an electrician. Insurance Co.. Bank, car repair or most any service, consult the Bulletin. They help support us, so let's all help to support them.

The Bulletin Staff would welcome any suggestions on how to improve it. Any items of interest to all are very welcome. The fertile brain of our present editor, Harold Dodd. is always at work to make each issue better than the last

... B.D. ...

#### \* \* \* \* \* \* \* \* \* CHRISTMAS WISHES

May there come to you this Christmas an abundance of the precious things of life ... Health, Happiness and enduring Friendships. This year let Christmas kindle in your heart the hope and peace it brought to all men long ago.

As we go into the New Year, resolve to work together and help wherever the need may be. Then O.B.G. will be better and more pleasant for everyone.

HAPPY NEW YEAR. GOD BLESS YOU.

... D.T.

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#### ELECTION OF OFFICERS DECEMBER 18

The annual election of officers for the O.B.G. Property Owners' Association will be held at the next meeting on Tuesday, December 11, at 7:00 P.M. in the Weirsdale Presbyterian Church hall.

There are presently some nominees on the slate of candidates but more are needed. There are some very capable people who are members of the Association who should volunteer their services, particularly in Unit 3. They would have a much better opportunity to have their ideas put into operation by being an officer rather than being on the side lines.

\* \* \* \* \* \* \* \* \*

#### CHRISTMAS SPIRIT

Take some tinsel, shiny balls, Angels - two or three Hang them on a shapely spruce, That's a Christmas tree!

Take some generous, loving thoughts Sing so all may hear it, Wreathe your door, rejoice in heart, That's the Christmas spirit

\* \* \* \* \* \* \* \* \*

#### HAPPY NEW YEAR

From your last year select the love And kindly, friendly deeds; Throw out the disappointments And the burrs and tangleweeds And only keep the best that grew, For next year's garden seeds

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