

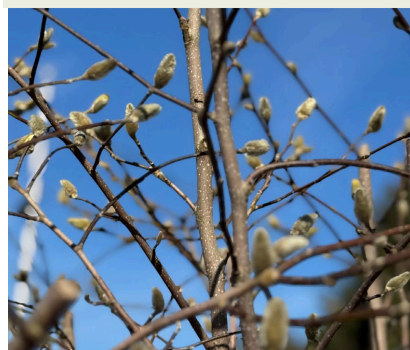
Recording Life as it Dances By
UNSHACKLED IN WOODBURN

Thursday, February 27, 2025

Spring Comes Out to Play



People, dogs, and squirrels all enjoying the Sun.



Here comes the buds!



Christina Grimm came to work with the roses and brought her own Sun protection.

Foodies Club presents....

MORNING BRUNCH

Wednesday, March 5 - 10:00 am
SEGCC Auditorium

<p>Menu</p> <p>Eggs Benedict Mimosas Homemade Cinnamon Rolls Fresh Fruit Yogurt & Granola Bar Coffee - Tea</p>	<p>Special Feature</p> <p>Art Show by Woodburn Center Art</p>
---	--

Cost: Donation to Love, INC for SEGCC Members
FOR RESERVATIONS: 541-325-6320



Morning Brunch

We are in the final countdown to our highly anticipated Foodies Event, which will take place on Wednesday, March 5, in the Auditorium at 10:00 am. This delightful gathering is not just a celebration of culinary delights; it will also serve as a vital fundraiser for Dorothy's meaningful initiative. All proceeds from this event will be donated to Love, Inc., an organization committed to providing essential support to those in our community who need a helping hand.

This new program is an evolution of last year's program, "Neighbors Helping Neighbors." Although that initiative successfully assisted around seven individuals and garnered some generous donations, it also revealed areas for improvement. Dorothy has put in tremendous effort to refine and revamp the program, ensuring it operates more smoothly. With this new structure, Love, Inc. will not only receive donations but also ensure that they are eligible for tax deductions for those who wish to take advantage of that option. Additionally, they will handle applications from individuals seeking assistance, conducting thorough vetting to ensure that the aid is directed to those who genuinely need it.

I deeply appreciate and commend Dorothy for her unwavering dedication and hard work on this project. It is for this reason that the Foodies Club is eager to contribute as much as possible. We are thrilled to host this Foodies Event as a fundraiser for her important cause. A special thank you also goes to our generous sponsor, Earthlight, for their support. We look forward to seeing you all there to savor delicious food and contribute to a meaningful cause!

Granola vs Muesli

What is the difference?

The primary distinction between muesli and granola lies in their preparation methods and flavor profiles. Both delicious breakfast options are crafted from a blend of wholesome grains, nutritious nuts, seeds, and naturally sweet dried fruits. However, muesli is served raw and unbaked, maintaining a more subtle, fresh taste, while granola undergoes a baking process. This baking incorporates sweeteners, such as honey or maple syrup, along with oil, which helps to bind the ingredients together and create that iconic crunchy texture.

Granola boasts a rich, nutty, and toasty flavor, enhanced by the caramelization that occurs during baking, giving it a warm and inviting taste. In contrast, muesli delivers a milder and nuttier flavor profile, allowing the individual ingredients to shine through.

We warmly invite you to join us for Brunch, where you can sample both muesli and granola to discover your personal favorite. Tonight, we're excited to share our homemade granola, freshly baked to perfection! Experience the delightful contrasts between these two delightful cereals and see which one captures your taste buds!

Yes, We will Have Gluten-Free Granola



Today, while exploring the aisles for supplies to prepare for the brunch, we stumbled upon a delightful find: 'Gluten Free' rolled oats. Intrigued by the discovery, we decided to whip up two batches—one using the classic rolled oats and the other with the gluten-free variety. To my surprise, when tasting each batch, I could hardly discern any difference!



Tree Down

Recently, I saw a mention in a Bugle Blast about a tree that had fallen on the golf course. The update mentioned a specific hole, but since I'm not very familiar with the layout of the course, that detail didn't really stick with me. Today, while driving by the course, I was surprised to see the fallen tree myself. A few other cars had also pulled over to take a look. Curious, I got out and took a photo, and I noticed a strong smell of tree sap in the air. Thinking back to the tree care work that's been done over the past year, it's clear that this has been an important issue for the golf course.

The Lighter Side

Loft

I played a round of golf with the local course pro to get some helpful tips.
After the first hole I turned to him for some advice and he said "loft".
After the next four holes I asked him again and all he said was "loft"
After we finished the round and I asked him why after each hole all he would ever tell me was "loft" ?
To which the pro relied "loft": "Lack Of Freaking Talent "

Gambling

When I go to casinos, the most ridiculous sign I see is the one that says..."If you have a gambling problem, call 1-800-GAMBLER."
So, I called them and said, "I have an ace and a six. The dealer has a seven. What should I do?"
They hung up.

Gotcha

When my three-year-old son opened the birthday gift from his grandmother, he discovered a water pistol. He squealed with delight.
I was not so pleased. I turned to Mom and said, "I'm surprised at you. Don't you remember how we used to drive you crazy with water guns?"
Her mom smiled and said, "Oh, yes, I remember !"



"We're looking for someone who checks all the boxes, not someone who sits in them."



We are excited to share our Foodies Event with the Woodburn Art Center. We are looking forward to an Art Show while we enjoy our Brunch.



Linda Chatfield

Connie Abell

Steve Veltman

I get lost in Oregon nature; it just takes my breath away! By painting from my own photos, I am able to get into every crevice and nuance and let my memory of the time and space take over.

Linda enjoys working and teaching in varied media, from oil and acrylic to pastel, watercolor and printmaking. Linda is fascinated with the topography of the human face as well as the myth and mystery found in the landscape.

I am a college trained illustrator (1970's) that chose not to try to make a living with my art- Instead I used my skills for my own leisure.

I retired at 63 and now paint full time. I'm a car guy and pop culture nut so my art reflects that. Andy Warhol and Roy Lichtenstein have been very influential.



In like a lion ...

March 2025

...out like a lamb