

**COUNTRY CLUB
MANOR**

JANUARY, 2005



MESSAGE FROM MARY BAKEWELL

Happy New Year to Everyone!

I trust everyone had a very Blessed and Merry Christmas. It was really fun this year with our first grandson. Of course, at ten months he was more interested in chewing on the paper or box, but once we had it opened he was very interested. Sean got a couple toys that were music related and he loves music and seems to dance in what ever position he is in at the time. He even woke up with a new tooth on Christmas day. I think I had just as much fun as he had. Everyone enjoyed watching him. I was even able to baby-sit one day because the babysitter wanted a day off. I really miss him when I am gone.

I really enjoyed the Christmas party and seeing so many of you at the party. The food was great again this year and I hope you all enjoyed the entertainment. We have asked him to return again next year so if you have any objection, please drop a note off at the office. You are all welcome for the gifts and the party. We appreciate you making Country Club Manor your home and it is just our way of saying thanks. Remember if you refer a friend be sure to give Stacey their name before they call us so you get credit for the referral. You will get a rent credit for each referral that rents a unit. Thank you for all the nice cards

and Thank You's. Thanks to Stacey and her helpers for setting up the tables and for helping with the clean up and putting the tables and chairs away at the end of the night. It was a pleasure with all the help.

I will try to stop over for a little while at the New Year's Eve party, but I will not be able to stay long. Have a Great time and Happy New Year to all.

Early in January Stacey will be delivering your CRP's. Please put them in a safe place as we will charge a fee of \$25.00 for any requests for a duplicate. Even though the state does not send out the tax rebate until August 15th of 2005, you do not have to wait until then to file. You might want to file right away so you do not forget or lose the form.

I am hoping to get the border up in the laundry rooms on second floor in both buildings, if I don't, please have patience and I will get it up in February when I come home then.

Till Next month,

Have a very Blessed New Year!

God Bless! Mary

THE NIGHT BEFORE CHRISTMAS

(I KNOW THIS IS A LITTLE LATE, BUT I
HAD TO SHARE IT WITH YOU)

Twas the night before Christmas,
He lived all alone,
In a one bedroom house made of plaster
and stone.
I had come down the chimney
With presents to give,
And to see just who in this home did
live.
I looked all about,
A strange sight I did see,
No tinsel, no presents, not even a tree.
No stocking by mantle, just boots filled
with sand,
On the wall hung pictures of far distant
lands.
With medals and badges,
Awards of all kinds,
A sober thought came through my mind.
For this house was different,
It was dark and dreary,
I found the home of a soldier, once I
could see clearly.
The soldier lay sleeping, silent & alone,
Curled up on the floor in this one
bedroom home.
The face was so gentle,
The room in such disorder,
Not how I pictured a United States
soldier.
Was this the hero of whom I'd just read?
Curled up on a poncho, the floor for a
bed.

I realized the families that I saw this
night,
Owed their lives to these soldiers who
were willing to fight.
Soon round the world,
The children would play,
And grownups would celebrate a bright
Christmas day.
They all enjoyed freedom,
Each month of the year,
Because of the soldiers
Like the one lying here.
I couldn't help wonder
How many lay alone,
On a cold Christmas Eve,
In a land far from home.
The very thought brought a tear to my
eye,
I dropped to my knees and started to cry.
The soldier awakened and I heard a
rough voice,
"Santa don't cry, this life is my choice,
I fight for freedom,
I don't ask for more,
My life is my God,
My country, my corps."
The soldier rolled over
And drifted to sleep,
I couldn't control it,
I continued to weep.
I kept watch for hours,
So silent and still
And we both shivered from the cold
night's chill.
I didn't want to leave
On that cold, dark night,
This guardian of honor
So willing to fight.

Then the soldier rolled over
With a voice soft and pure,
Whispered, "Carry on Santa, it's
Christmas Day, all is secure."
One look at my watch,
And I knew he was right,
Merry Christmas my friend,
And to all a good night.

**HERE'S SOME FUNNIES FROM
KIDS**

Never trust a dog to watch your food.
Patrick, age 10

When your dad is mad and asks you,
"Do I look stupid?" don't answer him.
Michael, 14

Never tell your mom her diet's not
working. Michael, 14

Never pee on an electric fence. Robert,
13

Don't squat with our spurs on. Noronha,
13

Don't pull your dad's finger when he
tells you to. Emily, 10

When your mom is mad at your dad,
don't let her brush your hair. Taylia, 11

Puppies still have bad breath - even after
eating a tic tac. Andrew, 9

Never hold a dust buster and a cat at the
same time. Kyoyo, 9

You can't hide a piece of broccoli in a
glass of milk. Kellie, 11

Markers are not good to use as lipstick.
Laren, 10

Never try to baptize a cat. Eileen, 8

LISA'S WORLD

Happy New Year to everyone at Country
Club Manor. I hope you all had a
wonderful Christmas and enjoyed family
and friends. We spent Christmas Eve at
my mom's house and Christmas Day
with the Spott family. Next year it will
be my turn to have the Spott family for
Christmas. The kids had just as much
fun as when they were little.
Unfortunately for us, their gifts cost ten
times as much now!

We went to Las Vegas for New Year's
Eve. What a wonderful little get away
for Dave and I. We stayed downtown at
Lady Luck. Nothing fancy but who
sleeps in Vegas anyway right? A friend
of ours that we graduated with 25 years
ago met us for a day. He lives in Palm
Springs, CA so it was just a 4 hour drive
to Vegas for him. We all had a great
time together.

Abby is anxiously awaiting spring break
in March. Her new boyfriend has

invited her to join him and his family on a one week trip to Ixtapa, Mexico. She also received a gift certificate from her boyfriend's parents to swim with the dolphins in Mexico. She is really excited and looking forward to her winter retreat.

Lindsey enjoyed her holiday vacation from high school and occupied her free time snowboarding at Afton Alps. She also joined the ski club at school and will enjoy trips to Afton every Thursday for the next couple of months.

The holiday party was a hit. Stacey did a great job getting the room (and the building) decorated and ready for the party. Hope you all had a great time and enjoyed the food and each other.

Have a great 2005!

Lisa

CCM JANUARY BIRTHDAYS

1/7 Joan Monge
1/12 Ann Kostner
1/13 Jenelle Ollerich
1/13 Betty Zontelli
1/14 Alice Craine
1/20 Patricia Wacker
1/21 Bernice LaPointe
1/22 Greg Owen
1/24 Tina Lloyd
1/28 Bernard Bidinger
1/30 Dale Linnemann
1/31 Joan Koob

HOUSEHOLD TIPS

CUT FLOWERS

Cut flowers can be made to last much longer than usual if you take certain steps to preserve them. So do not rush home or in from the garden and expect to arrange them at once.

Preparing Cut Flowers for Arrangements:

Use a pair of pruning shears or a sharp knife to cut each flower stem at a slanted angle. Split the ends of thick stems before starting to arrange them in the vase, so that they have the best chance of taking up moisture.

Remove from the stem all the leaves that would be beneath the waterline in the vase. Otherwise, they will decay and poison the water, causing the flowers to die quickly, and the water to become brown and brackish.

Add two aspirins to the water – this may prolong the life of the flowers. If you are arranging them in a clear vase, add 1 tbs of liquid bleach to each quart of water to stop the water from becoming cloudy.

REMINDERS:

MAINTENANCE:

Any maintenance emergency can be reported after hours by calling our digital pager at 612-640-1948. (Just punch in your number after the beep.)

If you have any maintenance needs, please fill out a maintenance request slip. (Maintenance requests can be found outside the office door. Written requests help assure repairs don't "fall through the cracks.")

GOING AWAY? Please notify the office if you plan to be gone for an extended period. If there is an emergency, we must have a contact person.

GARAGE STALLS. Please be reminded that if you wish to have a garage stall, you must meet with Stacey and fill out the proper paperwork. Stacey will need your license and vehicle information and will add your garage rent to your lease agreement. Garage stalls are \$45 per month. If you change vehicles, be sure to let Stacey know right away. Unauthorized vehicles in the garage will be towed at the owner's expense.

TRANSFER POLICY. Effective October 1, 2004, we will be charging a \$350 transfer fee for all transfers. This charge will be used for the administrative and turnover expenses. If

you are interested in transferring, please see Stacey and she can provide you a copy of our transfer policy.

BUILDING ENTRY. Please do not let anyone into the building that is not there to see you. This is for your safety and the safety of your fellow residents. Thank you!

WELCOME NEW RESIDENTS:

Michael and Patricia Grasafe #312

JANUARY BRAIN TEASER

Below are clues for ten words. Against each clue is an indication of the word's length, and also where the letter JAN occur in the word. See if you can work out what the complete words are. As an example, if the clue was "a spear for throwing" and the letter pattern was JA--N, you should be able to work out that the answer is JAVELIN.

- | | |
|------------|--|
| JAN---- | a doorkeeper |
| JA---N- | a shrub with very fragrant flowers |
| JA---N | professional Terminology |
| J----AN- | rejoicing |
| ---JAN | a hard-working person |
| JA--N-- | A variety of topaz, garnet or quartz |
| J-----AN | characteristic of the period of James I |
| ---JAN---- | an imaginary figure of great power |

--J--AN- a commanding
officer's assistant
---J--A---N union

SOMETHING FUN TO DO

- **Saturday Morning Coffee and Donuts:** Every Saturday morning we have coffee and donuts in the club room from 9-11:00 am. Kathy and Kevin Ericson cater this delightful event. This is a great way to get to know your neighbors. You do not need to commit every Saturday. If you can make it this Saturday, but have to miss the next three, that's no problem. This is not like a golf or bowling league where you must attend every week . . . or not at all! Please stop by when you get a chance and join in the fun.
- **TREASURE ISLAND CASINO TRIP:** Kathy Ericson is organizing a casino trip. The tentative date is January 10th leaving at 9:30 AM. If 30 people sign up, we can get our own bus. Juice and cookies will be served. Bring a friend if you wish. Everyone gets pulltabs when we get there. Come join the fun. Sign up by January 5th.
- **POTLUCK:** Don't forget potluck on Monday evening January 24th at 5:30 PM in the club room. Kathy and Kevin are (again) your gracious hosts.

Please encourage your friends and neighbors at Country Club Manor to join us. Another great way to meet other residents and taste some great food at the same time. Hope to see you there.



- **Bridge Club:** Every Tuesday at 7:00 PM to 9:30 PM in the club room - sign up in the lobby of either building. Call Gerry Brack at 455-8531 for further information.
- **Poker Club:** Every Monday at 1:00 PM in the club room. Please call Jim Long at 455-4893 for further information.

MEDICAL: MUSCLE PAIN, WAYS TO RELIEF

Muscle pain is a PAIN.

Here are some suggestions for relieving the pain.

TAKE IT EASY:

Every time you exercise, your muscles are injured. It takes 48 hours for muscles to heal from exercise. Soreness means damage, and you should stop exercising when you feel sore.

You don't have to be running a race or playing a tennis match to injure your muscles. Working in the yard, going for a walk, or simply sitting in an unfamiliar or awkward position can cause muscle problems.

How much rest you should give your muscles depends on the severity of the injury and the situation. A cramp may require only minutes of rest, a severe strain may need days or weeks.

PUT YOURSELF ON ICE:

It's still the first line of defense against swelling and should be used immediately after injury. It is recommended to use an ice pack or wrap ice in a towel or plastic bag and then apply it for 20 minutes at a time throughout the day.

Keep the ice off the affected area for at least as long as you keep it on.

GET WRAPPED UP IN YOURSELF:

Don't make a mummy out of that sore calf or strained ankle, but wrap it in an Ace bandage to keep the swelling down. Just be careful not to wrap too tightly or you could cause swelling below the injured area.

PUT YOUR FEET UP:

This is the advice if you've injured your foot or lower leg. Specifically, raise the injured body part higher than your heart to prevent blood from pooling and causing swelling.

FIRE UP:

After starting the ice, you may switch to heat for acute soreness or strain. Typically people like heat better; it's

more relaxing. The heat will dilate the blood vessels and promote healing.

Warm baths, whirlpools, and heating pads are all effective temporary pain relievers for soreness, strains, and cramps, but use discretion with heat treatments.

Just remember not to switch from ice to heat too soon, or the injured area may swell. And you don't have to switch over to heat at all unless you want to. You can stay with ice.

LAY ON SOME ASPIRIN-BASED CREAMS:

Sold over-the-counter, they're an alternative to the heat rubs. They're greaseless and less likely to irritate your skin, and you won't feel the heat sensation as you would with a lot of other rubs. They work like aspirin, reducing pain and inflammation.

STRETCH:

For cramps and spasms, gradually stretch the muscle out and you'll get the muscle to relax. Stretching exercises can take care of your soreness as it exists now, as well as prevent soreness in the future. Stretching is important because muscles injured during exercise shorten during the healing process. Unless the muscles are then lengthened, they will remain tight and more likely to be injured or torn.

GIVE YOUR MUSCLES A MASSAGE:

It would be nice to have a personal masseuse at your side at all times, and in a way, you do have one – yourself. Just rub gently, and as with exercise, stop if it hurts. You also might want to warm the sore area before massaging it.

ADD WARM CLOTHING:

If you're exercising in cold weather and feel yourself getting stiff and a little sore, warm up by adding more clothes. You may be able to halt muscle problems right there.

CHANGE POSITIONS:

Whether you're bent over a keyboard typing or bent over a bicycle pedaling, your wrists and forearms are vulnerable to cramping and soreness. The wrist and hands should be used in what is known as the neutral position. In this position, the wrist is bent neither forward, backward, inward, nor outward.

STAND UP:

It's simple, and perhaps that is all it will take to stop a cramp in the leg or foot.

REPEAT THE ACTIVITY THAT MADE YOU SORE THE VERY NEXT DAY:

Say what? Do the activity again the very next day. But do the activity with much less intensity – it will help work out some of the soreness.

DRINK UP:

Dehydration is often a big contributor to cramping. There is a strong need for liquids before, during and after physical activity.

CCM AEROBICS)

Please join us for CCM Aerobics held every Saturday morning at 10:00 AM and Monday evenings at 7:00 PM. There is no charge. Come on down and visit your neighbor while losing a pound or two! All are welcome.

A WOMAN SHOULD HAVE...

A WOMAN SHOULD HAVE...

One old love she can imagine going back to...

And one who reminds her how far she has come.

Enough money within her control to move out and rent a place of her own even if she never wants to or needs to.

Something perfect to wear if the employer or date of her dreams wants to see her in an hour.

A youth she's content to leave behind.

A past juicy enough that she's looking forward to retelling it in her old age.

A set of screwdrivers, cordless drill, and a black lace bra.

A WOMAN SHOULD HAVE...

One friend who always makes her laugh and one who lets her cry.

A good piece of furniture not previously owned by anyone else in her family.

Eight matching plates, wine glasses with stems, and a recipe for a meal that will make her guests feel honored.

A feeling of control over her destiny.

EVERY WOMAN SHOULD KNOW...

How to fall in love without losing herself.

How to quit a job, break up with a lover, and confront a friend without ruining the friendship.

When to try harder and when to walk away.

That she can't change the length of her calves, the width of her hips, or the nature of her parents.

That her childhood may not have been perfect... but it's over.

What she would and wouldn't do for love or more.

How to live alone, even if she doesn't like it.

EVERY WOMAN SHOULD KNOW...

Whom she can trust, whom she can't, and why she shouldn't take it personally.

Where to go, be it to her best friend's kitchen table or a charming inn in the woods, when her soul needs soothing.

What she can and can't accomplish in a day, a month and a year!

ON-CALL JANUARY, 2005

January 1 - 6

Stacey #109

January 7 - 13

Kevin Jr & Renee #301

January 14 - 20

Julie & Joe #128

January 21 - 27

George & Roberta #114

January 28 - 31

Stacey #109

ANSWER TO THE BRAIN TEASER

Janitor

Jasmine

Jargon

Jubilant

Trojan

Jacinth

Jacobean

Panjandrum

Adjutant

conjugation