

**COUNTRY CLUB  
MANOR**

**MARCH, 2005**



**ST. PATRICK'S DAY!**

**MESSAGE FROM MARY BAKEWELL**

Happy St. Patrick's Day to every one. I hope you all enjoy the party that Kevin and Kathy have planned. I will not be able to attend, but hope to be able to send the new Resident Manager in my place. Yes we are replacing Stacey with someone living onsite. We will have a person in place and moved in by April 1. Lisa and I thank you for your patience during this transitional period.. We give a huge Thank You to George and Roberta for filling in since Stacey left. And yes, George is going to continue on with maintaining the pool and hot tub.

I would like to remind everyone that when your lease expires it automatically converts to a month to month lease with a 60 day notice to vacate. If you want a year lease please contact the office and we will provide a new lease at NO increase in rent.

After being on call this past weekend and being in the building so much in the last two weeks, I would also like to remind those that use the hot tub to please put the cover back on when you are done. Leaving the cover off causes the heat to escape and requires the heater to stay on for excessive amounts of time. That is what caused our last heater to burn out because the last cover was broken by some one standing on it and it

took so long to replace. Thanks for your cooperation in this matter.

It was very nice seeing some more of you at Pot luck in February. I introduced Dan (our new maintenance man) to those in attendance and he enjoyed meeting everyone there. He enjoyed all the food and says he will bring his favorite recipe to Pot luck the end of the month. Thanks for all your comments for and against the new open fire doors. I do understand the reason a few of you gave for not liking them open, but I do think the ease of moving about the building is very important. It should really help reduce the damage to the doors. If the smoke smell from a different section really bothers you, feel free to close the door off to reduce the smell. Just keep in mind some one else may open it again when moving a cart full of groceries through the building.

Our grandson turned one on February 23 and he is a little boy already. I cannot believe how fast he has grown and how the time flew by. His mom and dad did a DVD of his first year of Life and it is really special.

Have a Very Blessed and Holy Easter and God Bless to you and your family.

Have a great month and give a nice Welcome to our new resident Manager the end of the month when she moves in.

Mary

**YOU CAN CHOOSE YOUR OWN  
NEIGHBORS!**

Choosing your own neighbors is easy! Just give the Country Club Manor office the name and number of someone you think might be looking for a nice apartment. That's all there is to it. Or you can give the office number (451-2633) to your friend. In the latter case, please make sure they mention your name early in their conversation with the office.

When your friends signs a lease and moves into Country Club Manor, you will receive two \$100 certificates of appreciation to use towards your rent.

Our hat's off to all of you who have already helped us out and please feel free to send a few more of your friends our way! You'll help them find a nice place to live while helping CCM attract "pre-qualified" residents.

**ST. PATRICK'S DAY PARTY**

Please join Kevin and Kathy for a potluck supper on St. Patrick's Day, Thursday, March 17<sup>th</sup> at 5:30 in the Club Room. We ask you to bring a dish to pass. Coffee, pop, beer and wine will be served. Come and celebrate with your

friends and neighbors. Hope to see many of you there!

We will still have our monthly potluck on March 28<sup>th</sup>.

**TREASURE ISLAND CASINO TRIP**

Treasure Island Casino Trip:  
Tuesday, March 15th. Pick up at 9:45 by the 1945 lobby. Cost is \$2.00 per person. Receive \$5.00 cash coupon, \$3.00 off food coupon, and a roll of nickels. Sign up sheets in both lobbies. Call Kathy at 651-451-6828 with any questions.

Everyone is welcome! Come join the fun!

**LISA'S WORLD**

Hi Everyone! I hope you had a great month of February and enjoyed your pot luck and Valentine's Day.

Mary was home for part of February and part of March. We got a lot accomplished but there is just never enough time before she's back on the plane. She brought me home a beautiful bracelet from the Virgin Islands. I'll have to show it off when I see you.

Thanks to all of you for bearing with me since Stacey and Sarel left. I am doing the best I can and hope you understand

## CCM MARCH BIRTHDAYS

that sometimes there is just not enough hours in the day to get back to you immediately. It won't be long and we will have things running smoothly.

The kids are doing great. Abby is learning more and more about massage and has been practicing on me. Can't say I mind that!! Lindsey made the B honor roll at school so we were very proud of that accomplishment. Freshman year of high school is really tough. They have so many required courses and so much homework. We're really happy she is doing so well.

A big THANK YOU to George and Roberta for all their extra work during that past month. They have been a tremendous help to me and I couldn't have done it without them! Thanks again!

I know many of you have already met Dan our new maintenance man. Isn't he doing fantastic?!! He is a great guy and very knowledgeable. I think you will all be happy with his work.

Hope you all have a happy March and enjoy the upcoming parties at Country Club Manor.

Lisa

Betty Shol	3/2	
Rita Lloyd	3/5	
Renee Norman		3/8
Gordon Plorin	3/9	
Kathy Mehle	3/11	
Nancy Olson	3/11	
Irving Sobon	3/17	
Harlan Hermann	3/19	
Frances Koob	3/19	
Mary Galligan	3/20	
David Luhrs	3/20	
Cheryl Reinsburg	3/21	
Kathy Ericson	3/23	
Becca Hennaman	3/28	

## 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 the manager and fill out the proper paperwork. The manager 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 us know right away. Unauthorized vehicles in the garage will be towed at the owner's expense.

**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!

**SNOW REMOVAL:**

Please be reminded that if you park your vehicle outside and it snows, it must be moved for snow removal. If vehicles are not moved in a timely manner and the plows cannot clear the lot, the vehicles will be towed at the vehicle owner's expense. Remember to register your license number with the office. If we do not recognize a license number and it is not on our list of residents, we will tow the vehicle. Our lot is for our residents and their guests only. If your guest is staying overnight, be sure to leave a note in the office with the license number so we do not accidentally tow one of your guest's cars.

**DRESS:**

Please be reminded of your house rules which state you must be dressed appropriately in clothing and shoes (NO sleepwear, housecoats, socks or bedroom slippers) when outside your apartment. Thank you!

**GARAGE COURTESY:**

If you are entering the underground garage and a resident is trying to exit the garage, please back out and let the resident exit. It is far too tight and hard to maneuver a vehicle backwards in the garage to let someone get in. Thanks for your cooperation.

<b>WORDS OF WISDOM</b>
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Tough times never last. Tough people do.

What amuses a man is a good gauge of his character.

A genius is a person who aims at something no one else can see... and hits it.

One of the greatest gifts a man can give his children is to love their mother.

You must look into people as well as at them.

When your work speaks for itself, don't interrupt.

You can preach a better sermon with your life than with your lips.

If you have a hill to climb, waiting won't make it smaller.

How can love be blind when so many people make spectacles of themselves?

Most folks are just about as happy as they've made up their minds to be.

Instead of putting others in their place, we should put ourselves in their place.

The smallest good deed is better than the greatest good intention.

The person who knows everything has a lot to learn.

Too many people are ready to carry the stool when the piano needs to be moved.

The human brain is like a freight car - guaranteed to have a certain capacity, but sometimes running empty.

Dollars always do better when they're accompanied by some sense.

### MARCH BRAIN TEASER

None of the half dozen sentences below makes sense, but they can be made to make sense if you know how. In each sentence, every word of four or more letters can be rearranged to give some

other word. Leave all the words in their present order, and that's it! For example, given "Outside suited can diver one to diapers" should be transformed to "Tedious duties can drive one to despair." How many of the sentences can you make sense of?

- a. The finished respect unhats the Roman ache thing.
- b. Nerve filter whit garnets basset.
- c. Ingenue quinate leaders models lead in spiracle.
- d. A pierce if prefect slits all the tenderizing.
- e. A donator can sauce marginal rustles hewn it this a wont.
- f. In gleaner tearing corks are the threads nose.

### 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.

- **POTLUCK:** Don't forget potluck on Monday evening March 28th 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.

### THE CAT:

A cat died and went to Heaven. God met the animal at the pearly gates and said, "You have been a good cat all of these years. Anything you want is yours for the asking." The cat thought for a moment and then said, "All my life I lived on a farm and slept on hard, wooden floors... I would like a real fluffy pillow to sleep on."

God said, "Say no more." Instantly, the cat had a huge fluffy pillow.

A few days later, 12 mice were simultaneously killed in an accident and they all went up to Heaven together. God met the mice at the gates of Heaven, with the exact same offer that He made to the cat.

The mice said, "Well, we have had to run all of our lives... from cats, dogs, and even from people with brooms. If we could just have some little roller-skates, we would never have to run again."

God answered, "It is done." All the mice had beautiful little roller-skates.

About a week later, God decided to check on the cat. He found her asleep on her fluffy pillow. God gently awakened the cat and asked, "Is everything okay? How have you been doing? Are you happy?"

The cat replied, "Oh, everything is wonderful... I've never been so happy in my life! My pillow is always fluffy and those little "meals-on-wheels" that you have been sending over are delicious."

## HELPFUL HINTS

### CITRUS FRUIT:

Storing citrus fruit at room temperature will double the amount of juice you can extract from it. Alternatively, submerge the fruit in hot water for 15 minutes before squeezing. Use dried citrus peel for a pleasant scent in rooms, or scatter it in drawers to keep clothes fresh.

Extract a small amount of lemon juice through a hole made with a skewer. Then wrap the lemon in aluminum foil, and refrigerate.

### Oranges and Lemons:

Citrus juice: Oranges and lemons will yield maximum juice if you heat them in a microwave before squeezing.

Peeling oranges: Before you peel an orange, place it in a bowl of boiling water for about five minutes. The peel will then lift off easily.

Storing lemons: A cut lemon will not dry out if you smear the surface with egg white. Lemons freeze well, so you can store any unused portions in the freezer. If you use only small pieces of lemon (or lime) at a time, cut the fruit in quarters and keep in the freezer in a plastic bag.

## A TIP FROM MOTHER NATURE

### GINGER

#### FOR UPSET STOMACH...and MORE

If you're like most Americans, the closest you get to ginger is an occasional glass of ginger ale.

But in many parts of Asia ginger is highly valued as a medicine. It's part of daily life for billions of people - as a safe, effective home remedy for a variety of ailments, including stomach upset, the common cold and poor circulation.

Powdered ginger - in the spice section at the supermarket - is potent enough. But fresh ginger is even more potent... and organic fresh ginger more potent still. How do you use it?

#### Stomach upset:

A ginger tea made with one-third teaspoon of powdered ginger (or one teaspoon of grated ginger) in a cup of hot water with a squeeze of lemon provides fast relief for motion sickness, nausea, vomiting and simple indigestion.

You can also buy ginger capsules or tablets at health food stores. Take two 500 milligram capsules.

Ginger calms the stomach, stopping the sensation of nausea, and speeds the digestive process.

Common cold:

Take two cups of ginger tea (or two 500 mg capsules) three times a day.

Poor Circulation:

For cold hands and/or feet, take one cup of ginger tea (or a 500 mg capsule) once a day, preferably in the morning. You won't see results quickly - it's more of a preventative measure than a cure.

## MEDICAL

### BODY ODOR - WAYS TO FEEL FRESH AND CLEAN.

Some scientists believe that body odor, like the appendix, is a vestige of our evolution. That is, the smells we give off from certain areas of our bodies - primarily our armpits and groin, may have once served to advertise our sexuality. Whatever purpose was served by body odor then, to many Americans, it's plain objectionable now.

There are quite a few ways to take on body odor and come up smelling like a rose.

#### SCRUB-A-DUB-DUB:

The most basic way to hold body odor at bay is to scrub yourself with soap and water, particularly in those areas of the body that are most likely to smell, such as armpits and groin. Body odor is most often caused by a combination of

perspiration and bacteria. Scrubbing with soap and water will wash both culprits away.

The best type of soap for a body odor problem is a deodorant soap because it will hinder the return of bacteria. How often you need to scrub will depend on your individual body chemistry, your activities, your mood, and the time of year.

#### WASH MORE THAN YOUR BODY:

You can wash till your skin puckers like a prune, but you'll still smell bad if your clothes aren't clean. It depends on you as an individual. A daily change should suffice for most.

#### CHOOSE NATURAL FABRICS:

Natural fabrics such as cotton absorb perspiration better than synthetic materials. The absorbed sweat is then free to evaporate from the fabric.

#### PLAY DOCTOR:

Sometimes, if you perspire a lot and have a tendency to smell bad, regular old deodorant soap may not be good enough. In this case, try an antibacterial surgical scrub, sold over the counter in most pharmacies.

#### ANTIPERSPIRANTS ATTACK BEST:

Commercial deodorants are effective at masking underarm odor in most people. They leave chemicals on the skin that kill off odor-causing bacteria. But if you

have a body odor problem, you may need an antiperspirant. They reduce the amount of perspiration the body produces. Many commercial antiperspirants combine antiperspirant with deodorant. But deodorants alone cannot control perspiration.

#### DON'T GET IRRITATED:

If you can't use commercial deodorants or antiperspirants without developing a rash, you might try a topical antibiotic cream, sold in any drugstore. It does the same thing as deodorants do, without any irritating perfumes.

#### WATCH WHAT YOU EAT:

Extracts of proteins and oils from certain foods and spices remain in your body's excretions and secretions for hours after eating them and can impact an odor. Fish, cumin, curry, and garlic lead the list.

#### KEEP CALM:

Getting excited, anxious or nervous will make you perspire more.

#### TRY THE OLD DOG TRICK:

You've tried everything, and nothing seems to work? Maybe you haven't tried everything. An old folk remedy for a dog that's been skunked is to deodorize the poor pup with tomato juice. And guess what? It works for humans, too. Just pour a couple of cups in with your bath water and sit for 15 minutes.

### 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.

### ON-CALL MARCH, 2005

#### March 1 - 3

Mary Bakewell  
651-451-9770

#### March 4 - 10

Kevin Jr & Renee #301

#### March 11 - 17

Julie & Joe #128

#### March 18 - 24

George & Roberta #114

#### March 25 - 31

George and Roberta #210

### ANSWER TO BRAIN TEASER

- A. The fiendish spectre haunts the manor each night.
- B. Never trifle with strange beasts.
- C. Genuine antique dealers seldom deal in replicas.
- D. A recipe if perfect lists all the ingredients.
- E. A tornado can cause alarming results when it hits a town.
- F. In general, granite rocks are the hardest ones.