

MESSAGE FROM MARY BAKEWELL

Hi Everyone,

I am so happy to hear that everyone that attended the St. Patrick's Day pot luck had a good time. Thanks Kathy and Kevin for hosting the event. I hope you were able to get to talk to Leslie and get to know her a little. I think she is going to fit in just great.

I trust you had a very Blessed and Happy Easter and had a nice time with your families. I have not even heard what my family did for Easter, I think last year they all went to the casino and had a nice dinner and no one had to cook. Not sure what they did this year. I hope you all enjoyed the pot luck this month. I will not be able to attend next month either, but I will be there in May.

I would like to remind everyone that if you have a friend that is looking for an apartment be sure to tell them about Country Club Manor and if they end up renting, there will be a reward for you. Just give us there name and number and we will do the rest. At this time we have one, two and three bedrooms available.

I am very happy that so many of you are happy about the fire doors being open now. I have gotten so many nice comments. Thanks, it was Lee's idea and I have told him how nice it is. I also

notice that a number of you now walk the halls and you don't have to fight the big heavy doors. I especially like it when I deliver supplies and I don't have to bang my cart into the doors. Hopefully, this summer we will have time to touch up the doors and get them looking great again.

Have a nice April and don't let the spring showers get you down. Remember they bring spring flowers.

Till next month have a great one and God Bless,

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.

WELCOME NEW RESIDENTS

#205 Walter & Beverly Gutzmer
#318 Jim & Mary Callander
#231 Bea Riley & Gordon Evgen
#321 Leslie Brodd

WORDS TO LIVE BY

Life is a great big canvas; throw all the paint on it you can.

It's never too late to be who you might have been.

Be kind, for everyone you meet is fighting a hard battle.

Character is doing what's right when nobody's looking.

I would not waste my life in friction when it could be turned into momentum.

The grass is not, in fact, always greener on the other side of the fence. Fences have nothing to do with it. The grass is greenest where it is watered.

A moment's insight is sometimes worth a life's experience.

Don't cry because it's over – smile because it happened.

I have found that if you love life, life will love you back.

A child's life is like a piece of paper on which every person leaves a mark.

Three things in human life are important: The first is to be kind. The second is to be kind. And the third is to be kind.

The game of life is the game of boomerangs. Our thoughts, deeds and words return to us sooner or later, with astounding accuracy.

Success isn't permanent, and failure isn't fatal.

The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself.

To me, old age is fifteen years older than I am.

We cannot direct the wind, but we can adjust the sails.

Worry is a misuse of the imagination.

LISA'S WORLD

Hi Everyone.

I'm so sorry I missed the St. Patrick's Day Party. I had every intention of coming but my schedule just wouldn't let me get there. I hear it was a lot of fun and plenty of great food. I sure hope my schedule allows me to make it to one of the upcoming parties. I'm still learning names and faces and the parties are a great way to put a face to the name.

Spring is here and the rain is falling. At least it isn't snow! Can't say that I will miss the white stuff.

Please be reminded to SLOW DOWN in the parking lot and be very cautious. Even though we have put the fence up, there is still a chance of kids walking through our lot. There is also a lot of residents who will start walking now that the weather is warming up. Obey the 10 MPH speed limit to avoid an accident. Thanks!

Thanks to all who turned in their form on the garage stalls and license plate numbers. We've entered all the information on the computer so we will know exactly who is supposed to be parking where. Be sure to turn in any change of vehicle or plate information to the office.

The kids enjoyed their springbreak in March. Abby went to Ixtapa, Mexico with her boyfriend and his family for a week. She swam with the dolphins, went parasailing, boogie boarding, and came back with a head full of braided hair. She really had a great time and enjoyed 85 degree weather the entire trip.

Lindsey went to the Wisconsin Dells for the weekend with a friend and her family. There is a huge indoor water park there and they swam for 3 days straight. Lindsey will get her driving permit this month. She isn't even 5 feet tall yet but she's old enough to drive!! She will have her permit for six months and try for her license in September when she turns 16. Wow - I feel old!

Thanks again to everyone for your patience during the transition of the resident manager position. Leslie is all moved in now and ready to help you in any way she can.

Hope you all had a Happy Easter.

Enjoy the month of April.

Lisa

CCM APRIL BIRTHDAYS

Sylvia Sanchez	4/4
Rena Locke	4/9
Janea Barott	4/14
Eugene Skrukud	4/16
Don Standley	4/17
Dee Weimar	4/22
James Long	4/26
Kevin Ericson	4/27

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!

POOL RULES:

Please be reminded that you are to accompany all guests using the pool. We have seen unattended children in the pool recently. Please tell your guests that babies must be wearing swimming diapers.

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.

APRIL BRAIN TEASER

Take the word SPARKLING. Take away any one letter so as to leave a new word. Take away any one letter from the new word so as to leave another new word. Continue to do this, letter by letter, until you finish up with just a

single letter. After removing a letter, you must not disturb the order of the remaining letters.

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 April 25th 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.

A TIP FROM MOTHER NATURE

FOODS THAT RELAX YOU

You probably know that foods rich in carbohydrates and fiber - and free of hydrogenated fat (the fat in fried foods, margarine, shortening), help you stay healthy. But, did you know the same foods also help your mind and body relax?

Steamed vegetables, fruits, whole-wheat bread, brown rice, polenta or oatmeal help you relax by providing your body with a source of energy that is steadily metabolized and continuously absorbed - and by stimulating the relaxing brain chemical serotonin.

When these foods are consumed with some protein, fish or chicken, they leave you feeling calm and focused.

FOOD MYTHS...

Refined sugar and alcohol seem to have a relaxing effect on the body. In fact, they often make you sleepy. But don't be fooled. After the initial ease of tension, the effects of alcohol wear off, leaving many people tense and angry.

The same is true of sugar. After an initial sugar “rush” the surge that leaves you feeling temporarily alert and clear-headed, many people feel exhausted.

They typically crave more sugar to get them going again, and a cycle of highs and lows becomes a way of life.

RELAXING FOODS...

To keep your energy in balance and feel tension-free, eat a variety of the following healthful foods...

BREAKFAST:

Start your day with a small piece of fish with dark rye bread... an organic egg on whole-grain toast...or oatmeal cooked with raisins and cinnamon and topped with toasted sunflower and pumpkin seeds.

The protein and carbohydrate combination will leave you feeling relaxed and focused - unlike a high-fat, high-sugar breakfast (a donut or muffin), which may create a need for caffeine and more sugar as the morning wears on.

In general, I don't recommend eating dairy products. Among other things, they tend to make some people feel heavy and congested.

LUNCHING OUT:

Have a sandwich on whole-wheat bread or pita, an English muffin or rye toast.

GREAT FILLERS:

Thinly sliced natural meats like turkey, chicken breast or roast beef, a dab of mustard or a bit of mayonnaise, and vegetables like lettuce, tomato, onion, grated carrots or sprouts.

Another good lunch option is soup, anything with dried beans or peas, such as split pea, lentil, yankee bean or black bean. Also good are hearty vegetable soups and chicken soup, served with bread and a salad.

If your goal is to be alert and energetic, have more protein and fewer carbohydrates for lunch.

GOOD CHOICE:

Broiled fish or grilled chicken and a side salad. Avoid dessert.

POOR CHOICE:

Pasta and green salad, it's likely to leave you feeling relaxed and ready for a siesta, not raring to go.

LUNCH AT HOME:

Mash avocado with a little salsa and eat it on whole-wheat pita bread. Mash canned salmon or sardines with some lemon juice, chopped onion and celery and spread on rye crackers.

ONE POTATO:

A great low-fat, relaxing side dish or snack is a baked yam or sweet potato.

DESSERT:

Something fruit-based, like sorbet. Avoid chocolate which contains caffeine and sugar.

FAVORITE SWEET

Craving Sweets - Try this Favorite:

BANANAS VERMONT

4 bananas, ripe but firm
1 tbsp. unsalted butter
1 tbsp. maple syrup
2 tbsp. water

Peel bananas, cut once in half across, then cut each piece in half again lengthwise. Melt the butter and pour into a 9 X 13 baking pan. Arrange the bananas in it, turning once to get a little butter on the other side. Mix water and maple syrup and drizzle over the bananas. Broil five minutes, or until bananas soften. Four pieces per person. Serves four.

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.

ON-CALL APRIL, 2005

April 1 - 7

Kevin Jr. & Renee #301

April 8 - 14

Julie & Joe #128

April 15 - 21

George & Roberta #114

April 22 - 28

Leslie Wilson #109

April 29 - 30

Kevin Jr. & Renee #301

TASTY RECIPE

LASAGNE

1 pound Italian sausage, bulk pork sausage, or ground beef
1 clove garlic, minced
1 tablespoon chopped parsley

1 tablespoon basil
1 ½ teaspoons salt
1 one pound can (2 cups) tomatoes
2 six ounce cans tomato paste
1 ten ounce package lasagna noodles
2 twelve ounce cartons (3 cups) large curd cream style cottage cheese
2 beaten eggs
1 teaspoon salt
½ teaspoon pepper
2 tablespoons chopped parsley
½ cup grated parmesan cheese
1 pound mozzarella cheese, sliced thin

Brown meat slowly; spoon off excess fat. Add next 6 ingredients to meat. Simmer, uncovered, till thick, about 30 minutes, stirring occasionally.

Cook noodles in boiling salted water till tender; drain; rinse in cold water. Combine cottage cheese with next 5 ingredients.

Place half the noodles in 13X9 baking dish; spread half the cottage cheese mixture over; add half the mozzarella cheese and half the meat mixture. Repeat layers.

Bake at 375 for 20 minutes. Let stand 10 to 15 minutes before cutting in squares. Makes 12 servings.

ANSWER TO BRAIN TEASER

Sparkling, sparking, sparing, spring, sprig, prig, pig, pi, I