

See one on Mary's machine. Could not get this to work with Vista/Office 2007

Country Club Manor

July, 2007 Newsletter

Edited by Lee Bakewell & Lisa Spott

WELCOME JENNIFER EHRHART!



Mary and Lee Give Jennifer Ehrhart a Warm Welcome

Jennifer says she truly loves working for and with the senior population and by now, you probably realize that for yourself. She says she loved her job at Realife Cooperative in West St. Paul and now “feels blessed” to be working at CCM. And so are we blessed for having you, Jennifer! Welcome Aboard!

After a long and exhaustive search, we knew it was all worth the wait when we found Jennifer! Here's a little bit about her you may not have known:

Jennifer was born in Fort Wayne, Indiana, then her family moved to Altoona Pennsylvania where her sister was born and then on to Cincinnati, Ohio where she gained a brother. The final family move was to Bloomington, Minnesota when she was 12.

There, she attended Jefferson Sr. High and then went on to Mankato State. Now she is living in Eagan with her wonderful husband and 15 year old daughter.

Before coming to CCM, Jennifer was the resident manager at Realife, a seniors' building right here in West St. Paul. Her husband, Mike, is a Recruiter/HR manager for ULINE (a shipping supply company) in Eagan.

Her daughter attends Eastview High School and just made the Dance Line for next year!

Jennifer and her family are very involved with their church (Hosanna!) in Lakeville. She and Mike also facilitate a couples' golf league during the summer.

Mike is an incredible golfer, it is said. And Jennifer? She “tries” is all she will allow. Maybe we can all find out for sure on July 9, CCM's annual golf outing!

ANNUAL CCM GOLF OUTING: MONDAY, JULY 9

Our annual golf outing will occur on July 9 (just this coming Monday) at Southview Country Club. Any resident, their friends, relatives, friends of their relatives, guests of friends of friends, X-neighbors, etc., all without limit! So few of our residents are able to play (or could but chose not to torture themselves anymore) that we have virtually unlimited reservations for that day. Here is your chance to play—or let someone you know play--this immaculate golf course for fun or profit! Cost is \$72 including half of a power cart. Let Jennifer know (451-2633) as soon as possible. No time for a signup sheet! Let's take advantage of our unique relationship with Southview Country Club!

THE 48 LAWS OF EXCELLENCE BY: DR. HENRY JEKYLL

Here are the next 10 laws of excellence.

LAW 41

Stand on the shoulders of giants.

Do not try to reinvent the wheel. Learn from others and then develop new directions with innovation and creativity. Always strive to be at the cutting edge. Do not slavishly follow anyone, and appreciate the fallible humanity of those you look up to. All the legends in your chosen field of excellence were nothing more than people, just like you. You are capable of more than them. Much more. Think of them as the people who cleared the path for you to blaze a trail further, brighter and higher than any who have come before.

LAW 42

Be mindful of the profoundly and consciously selfish.

Understand that some people who attack you will do so convincingly and well. They are threatened by the existence of excellence because they worship self-interest, manipulation and the control of others. You, and especially your success, represents a critical threat to the entire belief systems of these people, and they dare not face the darkness in their own hearts because, in truth, it terrifies them. If you come across such people, avoid them like the plague. Cut them completely out of your life. They will become a convergence point for dissident elements who wish to attack excellence itself. Do not play by their rules, do not get sucked into their games, and remember this - like vampires, they thrive on shadows and darkness. They cannot stand light of day. Do your work in the open, and they will be unable to move against you decisively without revealing their rotten nature.

LAW 43

Connect with the hearts and minds of others. Manipulation is dangerous and unnecessary.

If you openly coerce someone into helping you, they will nurse a grudge and wait for an opportunity to take you down. Even if they do not do this, they will spread poison behind your back, slipping stilettos of doubt between the ribs of those who can help you. If you manipulate someone into helping you out, the second they realize they are your pawn they will attack you with a vengeance many times as powerful as if you had openly coerced them. Moreover, they will spread the truth of your deceitful nature among your allies, and weaken your alliances. Coercion and manipulation are desperate fall-back options when everything else has already failed. As lifestyle choices, they are doomed to failure. Instead,

connect with someone's strengths. Do this by finding common cause among others who pursue excellence, and those who you inspire to pursue excellence. Do it also by forging true friendships among those you work with.

LAW 44

Your fear is your compass.

Do not build coping strategies to work your way around the things you fear the most. Face them head on. The fact is that fear is the root of every insecurity, every failure, every regret that you use to beat yourself up with when you are feeling low. Defeating it is not an optional extra. Fear is the critical, tragic flaw that has held you back, and you must overcome it. Overcoming fear does not mean becoming fearless. It means getting angry. Become furious at your fear. Go straight for it, straight for the throat. Savage it. Never let it get away with controlling you. It has nothing but your failure at heart. It is your enemy. It is your greatest foe. It is in many ways, your only true enemy. Fight it always, with righteous fury. Your fear is your compass. Whatever you are most afraid of right now is what you should be doing right now in order to be free.

LAW 45

Embrace change, but keep a sense of direction and reality.

The pursuit of excellence has internal and external aspects. Internally, fight your fear and fix your heart's desire as your ultimate goal. Externally, face your fear in reality day after day, and forge your heart's desire into something real and amazing with endurance, opportunism and courage. As you do this, make certain though that you keep yourself grounded. If you lose touch with reality, you will have failed. If you become lost in dreaming, you will have failed. Excellence is something that must be real, that must be realized, that must be pushed into actuality through force of will and decisive action. Reality is the ultimate testing ground for excellence. Excellence must be given form in reality for it to have any meaning. Honing yourself is a key facet of excellence, but do not get lost in sharpening a sword you never draw in battle. If you never wield your excellence in reality then you might as well not waste your time honing it at all. Wield it.

LAW 46

Excellence is not perfection; excellence is better.

Seeking perfection is self-defeating because perfection is static. This means firstly that, as a static concept, it has no existence in the real world. Secondly it means that a perfect thing is something that has been completed, and thus ended. If you seek to perfect yourself, you are really seeking to end yourself. To finish yourself. If you seek something long enough, you will achieve it. Excellence is dynamic, and as such it has no limits. If you seek excellence, you are seeking to reach a state of positive dynamism that is greater than anything yet seen. Excellence, unlike perfection, leaves infinite room for personality, style, panache and flair. As such, this quest is both endless, and endlessly worthwhile.

LAW 47

Remain grounded in reality but reach for the stars.

Each victory is nothing more than a waypoint. Excellence is never complete. Each victory is simply an opportunity to capitalize upon, and no victory, no matter how absolute, is ever the end of the story. It is only the end of the chapter, and it opens the doorway to the achievement of even greater things. Never stop. Not once. Until you are dead.

LAW 48

Excellence is your birthright - claim it.

Excellence is your birthright as a man. If unclaimed, it will forever elude you. If you turn your shale life to it's pursuit, the world will salute you for your courage, and you will open the door to the greatest future of which you are capable. Ultimately, the universe is a mirror. If you make excellence the core of your heart, excellence will find you and you will live an excellent life. It will, at times, be hard. It will, at times, be scary. But it will always, in some way, be excellent. As will you!

ANNUAL BBQ PICNIC--JULY 5TH FROM 5:30 PM - ?

We will supply hamburgers, turkey burgers, hot dogs, buns and a few beverages. Of course, we will have the plates, forks, and condiments.

Feel free to bring a dish to share if you want any sides.

This is the one event that you are allowed to invite your friends and family members.

ALSO, if you are close to "Choosing a New Neighbor," feel free to bring any such interested prospect along. Any new prospect gets a hamburger, a pop, beer, or wine . . . for free! What a great way to see CCM for the first time, right?!

Please be sure to sign up in either lobby. Hope to see you there!

REMINDERS:

MAINTENANCE:

Any maintenance emergency can be reported after hours by calling the office number, 651-451-2633 or, if no answer there, our digital pager at 612-640-1948. (Just punch in your phone number after the beep.) For health emergencies, PLEASE CALL 911.

Out of respect for our on-call staff, please report only those repair items that cannot wait until the next business day i.e., emergency items only. If you have any routine maintenance, 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." If you live in the 55 building you can pick up maintenance requests slips in the lobby and drop off the filled-out forms in the slot in the door located on the garage level by the elevator.

REMINDER:

Please return grocery carts to the area just inside the overhead garage doors. (We are trying to keep the area around the elevator doors neater.) Thanks for your cooperation!

GAME NIGHT

Bring a game, deck of cards, snack to pass, or just come and join the fun. Coffee will be served and a pop machine is available in the pool room. If you want something else to drink, feel free to bring it with you. Game night will be every Wednesday at 7:00 PM. Some games will be provided.

REMINDER: DARTS & INTERIM HEALTHCARE

Be sure to stop by the Club Room for the free blood pressure clinic. We would also hope to see more of you attend the Darts educational meetings. Darts has so much to offer for seniors. In fact, "It's more than a bus."

- 1st week of the month on Thursday at 3:00 p.m. is Ask a Nurse and blood pressure.
- 2nd week of the month on Wednesday from 1:00 - 3:00 p.m. a **service coordinator** will be on-site in the CCM office.

SOMETHING FUN TO DO

- **Saturday Morning Coffee and Donuts:** Three Saturday mornings a month, we have coffee and donuts in the club room from 9-11:00 am. Kevin Ericson usually caters this delightful event with occasional help from Don and Carol Standley. This is a great way to get to know your neighbors. You do not need to commit to 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.
- **Once a month we have Brunch instead of coffee and donuts.** On brunch Saturday we start after swimming at 11:30 and eat and visit until around 1:00. Everyone brings a dish to share and the food is always excellent. Watch the lobby board for the date!
- **POTLUCK/Birthday Party:** July's potluck will be held on Monday, July 30th in the Club Room.



Photos Taken 6/25/07

- **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.

Photos
taken May
22, 2007





- **Poker Club:** Every Monday at 1:00 PM in the club room. Please call Jim Long at 455-4893 for further information.

Photo Taken June 25, 2007. Looks like they need another player or two!

CCM AEROBICS

Please join us for CCM Aerobics held every Saturday morning at 10:00 AM and Monday afternoons at 1:00 PM. **There is no charge.** Come on down and visit your neighbor while losing a pound or two! All are welcome.

ON-CALL JULY, 2007

Note: We always try to answer the phone rather than let it go to a machine. So please respect our off hours and call only for items of an EMERGENCY nature. If you should get a recording for some reason, you can also dial our emergency beeper at 612-640-1948.

FAST FACTS COURTESY OF BLUE CROSS BLUE SHIELD

Protect Your Eyes Outdoors

When you think “sun protection,” you probably think about sunscreen. But next time you grab the sunscreen on your way outdoors, bring your sunglasses, too.

The sun’s ultraviolet (UV) rays can damage your eyes as well as your skin. This invisible light can put you at risk for developing cataracts and macular degeneration, the leading cause of vision loss in older Americans.

UV light can also burn the eye’s cornea, a problem called “snow blindness.” Its effects usually go away in a couple of days, but can lead to complications later in life. Any UV damage to the eyes adds up over time.

People with light-colored eyes and skin are at greater risk of eye damage. Some medications such as tetracycline, can make your eyes more sensitive to light.

Wear sunglasses.

Wear a wide-brimmed hat.

Take extra care when the sun is highest in the sky and when light is most intense.

Know that light reflects off water, sand, snow, and buildings.

SAD NEWS

We lost "one of our own," Margaret M. "Peggy" Quinn (#324) who died on June 26, 2007. She was 86. She will be greatly missed.