

Country Club Manor

August, 2007 Newsletter

Edited by Lee Bakewell & Lisa Spott

SUMMER STAR PARTY!



Residents of CCM gather near the Ladies 6th Tee of the Golf Course to Enjoy One of CCM's Evening Star Parties. We had a pretty good turnout for our Star

Party on July 27. (Even more showed up after we broke out the wine!) Lee had a problem with the telescope but he also brought with him new, state-of-the-art image-stabilized binoculars. They are close to three times the power of normal binoculars and were able to resolve the moons of Jupiter. Hence, as planned, we were able to all see that only three moons were visible until 10:31 p.m. when one of us (the one with the most wine) could see the 4th! It was just such a pleasant evening that it was a pleasure to sit outside under the stars and visit with friends. We sincerely thank and acknowledge Southview Country Club for giving us permission to move our party a little way out from the lights of the building and out from under the many trees we have back there. Hope to see you all at the next one!

FROM THE DESK OF JENNIFER

Hi Everyone!

Well, here we are getting into the “dog days” of summer. Hope everyone stays cool and survives the heat wave!

I continue to thank you all for your help and kindness. I would also like to especially thank all of you that helped with the open house. This is a beautiful community with beautiful residents and is a pleasure to show.

Here is a cute little article I thought all you ladies would like. I'll find something for the gentlemen next month!

Jennifer

THIS SAYS IT ALL:

Time passes.

Life happens.

Distance separates.

Children grow up.

Jobs come and go.

Love waxes and wanes...

Hearts break.

Parents die.

Colleagues forget favors.

Careers end.

BUT...

Sisters are there no matter how much time and how many miles are between you.

A girlfriend is never farther away than you need her.

When you have to walk that lonesome valley and have to walk it by yourself, the women in your life will be on the valley's rim, cheering you on, praying for you, pulling for you, intervening on your behalf, and waiting with open arms at the valley's end.

Sometimes, they will even break the rules and walk beside you... or come in and carry you out.

Girlfriends, daughters, granddaughters, daughters-in-law, sisters, sisters-in-law, mothers, grandmothers, aunties, nieces, cousins, and extended family, all bless our life.

The world wouldn't be the same without women, and neither would I.

When we began this adventure called womanhood, we had no idea of the incredible joys or sorrows that lay ahead.

Nor did we know how much we would need each other. Every day, we need each other still.

THE WOODEN BOWL

I guarantee you will remember the story of the wooden bowl tomorrow, a week from now, a month from now, a year from now.

A frail old man went to live with his son, daughter-in-law, and four year old grandson. The old man's hands trembled, his eyesight was blurred, and his step faltered. The family ate together at the table.

But the elderly grandfather's shaky hands and failing sight made eating difficult. Peas rolled off his spoon onto the floor. When he grasped the glass, milk spilled on the tablecloth.

The son and daughter-in-law became irritated with the mess. "We must do something about father," said the son. "I've had enough of his spilled milk, noisy eating, and food on the floor."

So the husband and wife set a small table in the corner. There, Grandfather ate alone while the rest of the family enjoyed dinner. Since Grandfather had broken a dish or two, his food was served in a wooden bowl.

When the family glanced in Grandfather's direction, sometimes he had a tear in his eye as he sat alone. Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food.

The four year old watched it all in silence. One evening before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly, "What are you making?"

Just as sweetly, the boy responded, "Oh, I am making a little bowl for you and mama to eat your food in when I grow up." The four year old smiled and went back to work.

The words struck the parents so that they were speechless. Then tears started to stream down their cheeks. Though no word was spoken, both knew what must be done.

That evening the husband took Grandfather's hand and gently led him back to the family table. For the remainder of his days he ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth soiled.

CCM AUGUST BIRTHDAYS

8/3 Marge Bowers

8/4 Earl Brelje

8/7 Kermit Otto

8/13 Ralph Endres

8/16 Kathy Damico
8/18 Bob Zontelli
8/19 Ed VanCleave
8/22 Diane Arndt
8/23 Lois Sobon
8/27 Madge Pedersen
8/29 Bob Dwyer

REMINDERS:

MAINTENANCE:

Any *maintenance* EMERGENCY can be reported after hours by calling the office number, 651-451-2633. 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 maintenance 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. (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!

Please do not use the laundry room before 8 a.m. (as posted). In addition to the noise possibly disturbing other residents that early, the floors are mopped before 8 a.m. so that no one will slip on a wet floor.

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.

CCM'S MANY ACTIVITIES EVERY DAY OF THE WEEK

"THERE'S ALWAYS SOMETHING GOING ON"

➤ **Poker Club:** Every **Monday** Afternoon at 1:00 PM ,

in the Club Room. Please call Jim Long at 455-4893 for further information.

➤ **CCM AEROBICS: Every Monday Afternoon at 1:00 p.m. in the pool.**

➤ **Bridge**

Club:

Every

Tuesday

at 7:00

PM to

9:30 PM

in the club room.

Call Gerry Brack

at 455-8531 for

further

information.

➤ **Game**

Night:

Every



Wednesday at 7:00 P.M.

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. Some games will be provided.

➤ **Bingo Night: Every Thursday**
from 7—9 p.m.

You get 3 cards for a quarter.

Photo Taken 7/12/07

➤ **Movie Night: Every Friday**

Take in one of the many movies from Pat Wacker's (#201) DVD collection . . . or bring your own. Sit back and enjoy our home theater in the Club Room beginning at 7:00 p.m.



➤ **CCM AEROBICS:** Every **Saturday** at 10:00 a.m. (and Mondays at 1 p.m.)

Aerobics is a good way to exercise without putting the stress on bones and joints that walking and other exercise can do. Everyone agrees our leader, Jared Fuller, is the greatest instructor ever! Best of all, it's all totally FREE!

Please join us for CCM Aerobics held every Saturday morning at 10:00 AM, and Monday evenings at 7:00 as well! The only cost is that if you DON'T attend, your good health will suffer! So please come on down and visit your neighbor while losing a pound or two! Everyone is welcome.

➤ **Every Day of the Week is Puzzle Day**

If you've ever passed by the area between the east Club Room door and the entrance to the 45 building, you no doubt have witnessed our "perpetual puzzle." These is almost always a puzzle in progress. Anyone is welcome to stop by and give our regulars, Shirley (#219) and Bernice (#219), a helping hand with that one tough piece to find



Shirley and Bernice. They “Stand by Their Work!” (7/16/07)

Photos Taken 6/25/07

➤ 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.

➤ POTLUCK/Birthday Party:

August’s potluck will be held on Monday, August 27 in the Club Room. Photos below taken 6/25/07

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.

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.

THE BUILDER

An elderly carpenter was ready to retire. He told his employer-contractor of his plans to leave the house building business and live a more leisurely life with his wife enjoying his extended family. He would miss the paycheck, but he needed to retire. They could get by.

The contractor was sorry to see his good worker go and asked if he could build just one more house as a personal favor. The carpenter said yes, but in time it was easy to see that his heart was not in his work. He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end his career.

When the carpenter finished his work and the builder came to inspect the house, the contractor handed the front-door key to the carpenter. "This is your house," he said, "my gift to you."

What a shock! What a shame! If he had only known he was building his own house, he would have done it all so differently. Now he had to live in the home he had built none too well.

So it is with us. We build our lives in a distracted way, reacting rather than acting, willing to put up less than the best. At important points we do not give the job our best effort. Then with a shock we look at the situation we have created and find that we are now living in the house we have built. If we had realized, we would have done it differently.

Think of yourself as the carpenter. Think about your house. Each day you hammer a nail, place a board, or erect a wall. Build wisely. It is the only life you will ever build. Even if you live it for only one day more, that day deserves to be lived graciously and with dignity. The plaque on the wall says, "Life is a do-it-yourself project."

Who could say it more clearly? Your life today is the result of your attitudes and choices in the past. Your life tomorrow will be the result of your attitudes and the choices you make today.