

Country Club Manor

October, 2007 Newsletter

Edited by Lee & Mary Bakewell

SAY "HELLO" TO YOUR NEW NEIGHBORS!



In the past four months or so, we have been lucky enough to have added some great "55 or better" residents to Country Club Manor. Left to right: Jerry Pavlak (#226), Richard Sandstrom (#313), Marlene and Clare Morrisette (#109). Not shown is Mary Jo Seger (#215) who also moved in last month.

Jerry Pavlak was raised on a farm in Minnesota. She has five brothers and one sister. Her late husband was Judge Raymond L. Pavlak, who was first Representative from Dakota County in 1965 and served until 1974. She and (Ann, Mary, Beth, Theresa; and Paul). Jerry chose Country Club Manor as usual reasons plus the fact that several friends from her old stomping

elected as State Ray had 5 children: her home for all the grounds in South St. Paul, also live here and recommended she make her home here.

Richard Sandstrom came to us straight from Las Vegas but his family is mostly still up in the Lindstrom area (N. of Forest Lake). Prior to moving to Vegas, he lived in South St. Paul. He lived there with his wife for 24 years and after her death, he moved out West. He has one child a girl who has given him two grandchildren 1 boy and 1 girl. He is retired from Aflac Insurance and is an avid golfer. He told our "reporter" he is looking forward to playing Southview at the Country Club Manor outing next summer but it won't for the first time!

Marlene and Clare Morrisette came to us from Bidwells in South St. Paul. Before living there they resided on Maria on the East Side of St. Paul. They were there for five years and, before that, lived in North Branch for 20 years in a home that they built themselves. They have been married for 48 years! (Who among us can claim that?) They have four boys and two girls.

Mary Jo Segar came to us all the way from Hot Springs, Arkansas where she lived for nineteen years. She is returning to her birth state because she grew up in Hibbing, Minnesota. She is a widow, having lost her husband just seven years ago. She has lived in 11 of our states. She has two brothers, two sister-in-laws, 5 nieces and nephews and 11 great nieces and nephews. Mary Jo says she loves it here! Well, we love having you here too!

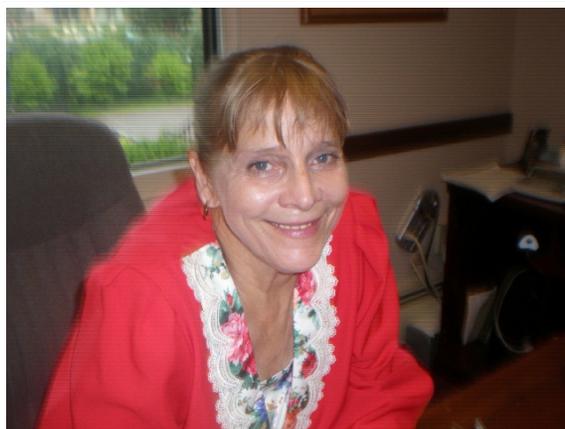
"Welcome Aboard" all of you!

HAPPY HALLOWEEN EVERYONE!



Yes, we are going to have a Halloween Party this year. We will have the party on October 31, Halloween evening, starting at 6:00 PM Bring a snack to share and we will again have a witch's brew, a little wine and some beer. If we have a great costume, we may even have a prize or two. George and Roberta probably will not be able to attend so you may not have so much competition as last year. See you there!

George and Roberta did such incredibly difficult to fill. I on me. I tried all the tricks I get my paper and pencils out maintenance. It was two the test at the end of the froze. I was sure I was and tell Lee and Mary that and decided to give it the old test and there were a dozen a certified pool maintenance person. I'm still not George but I do know a lot more than I did before the classes and I'm trying and learning every day. I still call George now and then. And in fact after coffee and donuts on Saturday, I coaxed him over to the pool to give me a few more pointers. I didn't know George and Roberta like you all did but believe me when I tell you I miss them as much as you do. That's all for now. Have a great month and I'll talk to you again in November. Vickie



VICKIE'S CORNER

Happy Halloween to everyone and I trust I will see you at the party on the 31st.

a great job here at Country Club Manor that the shoes they left were was managing the pool only a few weeks when things started to go sour knew but the pool just wasn't right. The only thing for me to do was and go back to school. I attended Horizon Pools seminar for pool long and grueling days of chemicals and equations. When I was given second day, I took a quick glance at the first two or three questions and going to have to go back to Country Club Manor with my head down although their money was well spent, I had failed. I took a deep breath Girl Scout try and it paid off. It took just under three hours to finish the or more still writing when I turned it in. BUT . . . I passed!! I am now

PS: A watch was found in the garage of the 1945 building. If you lost one, stop in the office or call me to identify so we can return it to the rightful owner.

TIME FOR A TRIP?

WELCOME ABOARD!! ARE YOU READY TO HAVE SOME FUN?

Don't forget Sunshine Travel Company has trips planned for Oct. 19-22, Oct 18-23, Oct. 22-26. Check out the bulletin boards for details. It should be a great time with travel, shows and wonderful touring opportunities. If you can't go on this one, be sure to contact them and tell them which trip you would be interested in. If you don't see anything you would like, give them a call and see if they would be interested in planning a trip. If they have enough interest they will plan a trip any where.

Here is a list of a few trips that they offer.

- Banff - Lake Louise
- Lake Superior Fall Foliage
- Branson Christmas
- Mackinac Island
- Branson (Fall)
- Branson (Spring)
- New Orleans
- Nova Scotia -New England

- Door County
- Ottawa -Montreal - Toronto
- Holland Tulip Festival
- Pella Tulip Festival
- House on the Rock
- Winnipeg Folklorama
- Washington, D.C.

YOU CAN CHOOSE YOUR OWN NEIGHBORS!

We are renting apartments as people leave but we would rather have YOU choose your own neighbors rather than us!

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.

If you have a friend who would like to take a look, just have them call the Country Club Manor office and we'd be happy to set up a showing with them. When your friend 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.

We have a very nice 2 and 3 BR available at the moment.

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 between the cracks!"

Snow Removal:

Winter is right around the corner and we must all remember to move our vehicle after the driveway and east and west parking lots have been cleared, to the east or west side lots, so the parking area in front of the building can be cleared. Once the main driveway section of the lot has been done, they will come back later in the

day sometime between noon and 3 PM to plow the balance of the parking area of the lot.

Safety Inspections:

We did not do safety inspections this summer but you can help by taking a few simple steps yourselves. Please check out your smoke detectors and look around your apartment for frayed extension cords and appliance cords. Be sure to look behind furniture and appliances for any problem cords. They could all be a possible fire hazard and should be checked once a year at least. If you check your smoke detector and it is not working, please be sure to report it immediately, so we can replace it now. Of course, there is no charge for this.

If you must plug several electrical devices into a single outlet, use a power strip with a built in fuse, rather than an extension cord.

If you use a crock pot be sure to plug it in and let it run for 15 minutes, then feel its power cord. If the cord is very warm to the touch, the appliance is not safe to use and should not be left unattended, so please do not use it when leaving your home or before going to bed at night.

The heat has been turned on or will be by the time you get this, so you are reminded you to close your windows before turning your heat on in your apartment. As a safety issue, all AC's will be turned off on the roof, so we do not problems this winter when the snow starts to fly. Thanks for using your heat wisely!

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.

DARTS 

Education

Out and About

Come to the Club Room **Wednesday, October 24 from 1 to 3 p.m.** for the fourth quarter DARTS Day! We'll have a slide presentation on DARTS services and opportunities, and we'll also take a look at upcoming fall and winter events—and how to get to them! You'll meet Lynn Nasvik, our Information and Assistance Specialist at DARTS who steers you to the resources you need when you call. Lynn will also share volunteer

opportunities with you—a great way to do something interesting for someone who needs help, be it a child or a senior. And of course, you’ll hear about those buses.

In addition, you’ll receive a list of special the many possibilities that can add to your socializing after the program. Come join



events around our area for which you might enjoy a group outing. Come learn about lifestyle. Mary’s quality refreshments always appear magically in time for us!

CCM OCTOBER BIRTHDAYS

10/1 Pat Grasafe
 10/6 Jeroline Pavlak
 10/10 Jack Ranalis
 10/11 Helen Smith
 10/11 Norman Sell
 10/13 Michael Grasafe
 10/14 Beverly Gutsmer

10/17 Delores Stewart
 10/21 Joleen
 10/24 Jim Mehler
 10/26 John Leonard
 10/31 Loucille Newcomb

Schindel-

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”**

in



➤ **Poker Club:** Every **Monday** Afternoon at 1:00 PM , 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 (and Saturday at 10 a.m.)**



➤ **Our aerobics leader, Jared Fuller, and his “class.”**
 ➤ **Photos Taken Sept. 22**

- **“Happy Hour”:** Every Tuesday 4 to almost 6. Bring your own wine or whatever. You should not need a designated driver unless you can’t walk!



- **Bridge Club:** Every **Tuesday** at 7:00 PM to 9:30 PM
in the club



- **Game**
Bring a game, served and a feel free to

- **Bingo**
You get 3 cards for a quarter.

room. Call Gerry Brack at 455-8531 for further information.

Night: Every **Wednesday** at 7:00 P.M.
deck of cards, snack to pass, or just come and join the fun. Coffee will be pop machine is available in the pool room. If you want something else to drink, bring it with you. Some games will be provided.

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



or

➤ **Movie Night: Most Fridays (Watch the Bulletin Boards)**
Take in one of the many movies from Pat Wacker’s (#201) DVD collection . . . 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. (as well as 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.

➤ **Saturday Morning Coffee and Donuts:**

Every Saturday morning, 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.

This month we will have our first Saturday morning brunch for the winter on Saturday, October 20 at 11:30 AM. Hope to see many of you there. Don't forget we don't have coffee and donuts that day, you can sleep in a little or take your favorite grandchild to basketball practice or a game first.

➤ **POTLUCK/Birthday Party:**

October's potluck/birthday party will be held on Monday, October 29 in the Club Room.