

Country Club Manor

April 2008 Newsletter Edited by Lee & Mary Bakewell

SAY "HELLO" TO OUR NEW NEIGHBORS!



Janice C. Lindala (above left) moved into Country Club Manor on March 1st. She resides in the apartment that used to be the Guest Apartment, #117. Janice retired from Sears at the age of 65. She also drove school bus for 15 years for District 197. Our hat's off to you for that! And if that wasn't challenging enough, she sometimes worked two jobs, including being a part-time cashier at several gas stations. Janice has 5 children, 10 grandchildren and 10 great grandchildren! Welcome to CCM Janice!

George and Barbara Pappas moved to CCM on March 15th residing in Apartment #329 in the 1955 building. George and Barbara are originally

from the Iron Range.) George was the drum major for Hibbing High School's "Sons of the Veterans of Foreign Wars" marching band. George spent WWII in England with the Eighth Air Force and led their marching band at Trafalgar Square again, as their drum major. George worked as a research technician and consultant for the Hanna Mining Company until his retirement. Barbara worked as a nurse in Nome, Alaska. They raised their family on a hobby farm outside of Hibbing in a community called Cherry (population 915). They have 4 children, 1 deceased, and 7 grand children. They became "Winter Texans" when their daughter and grand children moved to Harlingen, Texas. They enjoy reading, especially the bible, painting, walking, gardening, putting (miniature golf) and bocce ball.

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 leave a note for us. (Maintenance requests should always be in writing. This helps assure they don't "fall through the cracks.")

Controlled Entrance: When your apartment is buzzed, please use the intercom to make certain it's someone you know before buzzing in a stranger. Do not let anyone into the building after hours that are asking for the office. Please do not let anyone in the door that is not YOUR guest. Safety should be everyone's concern.

Visitors: We would also like to remind everyone that you are responsible for your visitors and their actions. Please be sure your visitors are not disturbing other residents' right to peace and quiet. We want to continue to maintain a quiet and pleasant building.

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.

Trash: Please remember to bag your garbage, before dropping down the chute. If your bag is TOO LARGE to fit down the chute, please take it down and deposit it directly in the garbage dumpster in the garage.

Pool: Please, NO swimming in the pool or using the Hot Tub during the hour long aerobics classes on Monday at 1 PM or Saturday at 10 AM. Those times are reserved for aerobics only. But you could join the class if you like! Reminder NO Children in the Pool without an adult in attendance and the resident they are visiting must be in attendance. Thanks for your co operation in this regard!

A MESSAGE FROM MARY

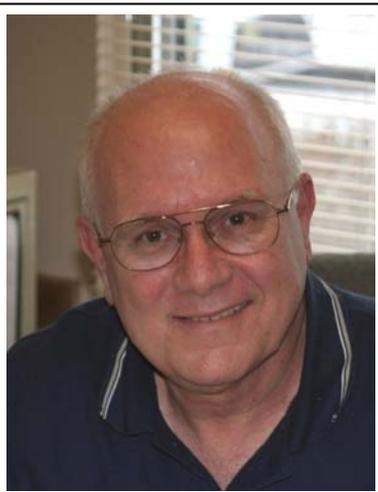
I trust you all had a very Blessed Easter and spent some time with your children and grandchildren. I sure enjoyed my family and I certainly ate too much. I was even able to have the grand children overnight on Saturday night, so I was able to hide Easter eggs and baskets for them. They sure enjoyed the little gifts and treats that the Easter Bunny left at Grandma's house for them.

Sorry I missed the St. Patrick's Day brunch. Lee and I spent one week in Mexico and did not get back in time to attend. I was able to relax and enjoy a little sun while there. I hear a great time was had by every one that attended and the food was jus superb. I guess we will just have to make a point of coming to the next one.

As I write this, I think spring is on it's way. At least a lot of snow is gone and the days are getting longer and warmer. I am really getting tired of winter. I sure am looking forward to spending sometime at the lake this summer just relaxing and enjoying the peace and quiet. I will still be at the building on Tuesdays and Thursday, so I hope to see you all around. Thanks George for making that all possible.

We do have an apartment or two coming up in the next couple months, so be sure to talk one of your friends into making CCManor their home and you will get \$200 off on your rent. Just be sure they mention your name or you give their number to George to get credit for the rental.

Till next month God Bless, *Mary*



A NOTE FROM GEORGE

March always seems so long, because we are waiting for spring possibly? This year it seems like it is 41 days. We got spoiled last year and we want the early spring all the time.

I hope everyone had a nice Easter. We went to our youngest daughter's in Cottage Grove. As usual I ate too much. Then again, that's what holidays are for, right?

April 23rd, Darts will be here again with another great program. The time will be from 1-3 pm and the theme will be container gardens for your balcony. A Master Gardener from Dakota County will be the host. I hope we will have a

good turnout for this program. Craig Dahlstrom is also a Master Gardener, so maybe if anyone has questions, he would be helpful. There is a nice article on the Dahlstrom's and Rief's in this newsletter. They do such a nice job in the corner of the 1955 building before entering the garage. They are two of our four couples who do the on-call caretaking. They do a great job when they are on-call. They are always volunteering to take the phones if I need to go somewhere or do something. I like to say thanks to all the caretakers.

Some of you maybe noticed a chess board set up in the Club Room. Well that is Gil Reyes and I playing. He taught me how to use letters and numbers to tell the opponent what your last move was. Sometimes we only make a couple moves a day. Gil is very good at the game of chess. I thought I had seen Garry Kasparov Boris Spassky, Anatoly Karpov) improve with his help.



have a great April and no April fool's jokes, please!

SOON it will be spring. Everyone

George

A WORD OF THANKS FOR



The porcelain dolls that people see as they enter or leave the "elevator room" at the garage level in the 1955 building belong to Judy Dahlstrom (#128). Often, Judy, with help from her neighbor and friend, Darlene Rief (#126) decorate the dolls to that season. Judy has been collecting dolls since she was 17-18 years old. She accumulated over **75** porcelain dolls, but had to downsize when she and husband Craig moved to CCM. She sold some on E-Bay and gave some to childrens' charities. Judy and Darlene enjoy decorating that corner and they hope that they brighten someone's day, if even just a little bit. Judy & Craig and Darlene & husband Jim are all caretakers here at CCM. Craig and Judy lived in Hudson, Wisconsin before making their home here at CCM. Craig retired from 3M and also is a master gardener. They have 2 sons and 2 grand children. Jim and Darlene moved to CCM from the east side of St. Paul. Jim retired from the State and Darlene from Gillette

Manufacturing. They have been married 53 years, have 3 children, 10 grandchildren and 3 great grandchildren. One grandson is in pre-med at St Thomas College and they are very proud of him.

Darlene returns the compliments by saying, "George is a fine property manager, Dan and Bill do a great job in maintenance,

with Dan hustling from one job to the next." She also feels Lee and Mary are great owners, always making improvements in and around the buildings and making CCM a better place for us all to live.

OUR CARETAKERS!

"CRUISING DOWN THE RIVER?"



It won't be "On a Sunday Afternoon," but River Heights Yacht Charters has seniors' cruises to down the river. About every other Wednesday during the summer they offer a cruise to Treasure Island. They depart at 9am. The scenic cruise takes 4 hours with a lunch on board the yacht. It holds 145 people. Once there, you can try your luck at gambling (or just people watch) for 4 hours after which, you will be bused backed to CCM. The cost is \$29.95. George made arrangements for Tamara Barlau to visit us in the Club Room here on April 8th at 1 pm to talk about the cruises and answer any questions.

D.A.R.T.S.

- 2nd week of the month on Wednesday from 1:00 - 3:00 p.m. Kathy Pansegrau, our **service coordinator** will be on-site in the CCM office. This month Kathy will be here on April 23rd for the program put on by Darts. If you do have a need, just give George your number and he will have her call you any other time.
- Deck Gardening will be presented on Wednesday April 23 starting at 1 PM. Come see how easy it would be to grow a few tomatoes or herbs right on your deck. I will have a few treats to make the program eatable.
- If anyone is interested in a shopping trip, please let either George or Mary Ellen know. Darts has so much to offer for seniors. In fact, "It's more than a bus."

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.
- "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!
- **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.
- **Movie Night:** Most Fridays (Watch the Bulletin Boards)
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, like most activities at Country Club Manor, it's all totally FREE!

Please join us for CCM Aerobics held every Saturday morning at 10:00 AM, and Monday afternoons at 1:00 PM 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."

➤ **Saturday Morning Coffee and Donuts:**

Every Saturday morning, we have coffee and donuts in the club room from 9-10:30 am. Kevin Ericson usually caters this delightful event with 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:**

April's potluck/birthday party will be held on Monday, April 28th in the Club Room starting at 5:30. I hope to see you there.

POSTAL TRUCK

Every Wednesday from 11:05 AM until 11:15 AM a postal truck is in front of the 45 building to handle all your postal requests.

FOR THE FUNNY BONE....

A recent retiree was given a set of golf clubs by his coworkers. Thinking he'd try the game, he asked the local pro for lessons, explaining that he knew nothing at all about the game. The pro showed him the stance and swing, then said, "Just hit the ball toward the flag on the first green."

The novice teed up and smacked the ball straight down the fairway and onto the green, where it stopped inches from the hole.

"Now what?" the fellow asked the speechless pro.

"Uh, you're suppose to hit the ball into the cup," the pro finally said once he was able to speak again.

"Oh, great," the beginner replied. "Now you tell me!"

Catherine, a registered nurse, was unhappy with her job, so she submitted her resignation. She was sure she'd have no trouble finding a new position because of the nursing shortage in her area. She emailed cover letters to dozens of potential employers and attached her resume to each one. Two weeks later, Catherine was dismayed and bewildered that she had not received even one request for an interview.

Finally she received a message from a prospective employer that explained the reason she hadn't heard from anyone else. It read: "your resume was not attached as stated. I do, however, want to thank you for the great vegetable lasagna recipe."

Just like a Man: On a flight to Florida, a child-development expert and educational psychologist was preparing his notes for a parent-education seminar.

Striking up a conversation, the elderly woman sitting next to him mentioned that she was returning from a two-week visit with her six children, eighteen grandchildren and ten great grandchildren. When she asked her neighbor what he did for a living, he told her, fully expecting her to question him for free professional advice.

Instead she sat back, picked up a magazine, and said, “Well, if there’s anything you want to know, just ask me.”

RECOMMENDATIONS FOR CANCER PREVENTION

1. Be as lean as possible without becoming underweight.
2. Be physically active for at least 30 minutes every day.
3. Avoid sugary drinks. Limit consumption of energy-dense foods (particularly processed foods high in added sugar, or low in fiber, or high in fat).
4. Eat more of a variety of vegetables, fruits, whole grains and legumes such as beans.
5. Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.
6. If consumes at all, limit alcoholic drinks to 2 for men and 1 for women a day.
7. Limit consumption of salty foods and foods processed with salt (sodium).
8. Don’t use supplements to protect against cancer.
9. It is best for mothers to breastfeed exclusively for up to 6 months and then add other liquids and foods.
10. After treatment, cancer survivors should follow the recommendations for cancer prevention.

And always remember – DO NOT SMOKE OR CHEW TOBACCO.

Choosing your own neighbors is easy! Just give George 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. When your friend joins our little community, you will receive two \$100 certificates of appreciation to use towards your rent.

APRIL BIRTHDAYS

4/1	Clare Morrisette	109
4/3	Sharon Ranalls	207
4/4	Sylvia Sanchez	303
4/4	James Rief	126
4/6	Bea Riley	231
4/7	Leslie Brodd	321

4/9	Rena Locke	307
4/10	Bill Grams	229
4/14	Darlene Rief	126
4/16	Eugene Skrukud	132
4/17	Don Standley	220
4/22	Dee Weimer	102

4/25	Shirley Ringhand	325
4/26	Jim Long	122
4/27	Kevin Ericson	107