

# Country Club Manor

## August 2004 Newsletter



### YOU CAN CHOSE YOUR OWN NEIGHBORS



**Stacey presents Diane Ardnt with two “\$100  
Certificates of Appreciation.”**

Diane Ardnt #209 takes dialysis three times/week. Often she is there at the

same time Shirley Samuelson comes in. Shirley mentioned she and her husband had to drive from Hastings up to W. St. Paul to take her treatments and wished she had a place closer.

“Why don’t you consider Country Club Manor? We really like it there,” Diane said. Diane gave her Stacey’s phone number and sure enough, Verner and Shirley did come by, looked at #327, and filled out an application. That’s all it took; just two sentences. Stacey and LMI did the rest. Next month, Fred and Diane will be including two “\$100 certificates” with their rent in lieu of two hundred dollar bills! Guess which was easier to obtain.

## BUILDING IMPROVEMENTS

Upon receiving her certificates, Diane exclaimed, “You know, there are two more couples I think I can get over here!” Even without the \$200 in certificates, Fred and Diane liked the idea of being able to “choose their own neighbors.” And so did Stacey, Lee, Mary, and Lisa which makes the YCCYON program here at Country Club Manor, truly a “win-win-win” situation!

But the Arndt’s weren’t the only ones “winning” through choosing their own neighbors. You may recall Don and Carol Standley, #220, referred Jim and Kathy Mehle, #316. Also Alice Stewart from #234 referred Terry Skrukrud, who moved into #132 as her neighbor. Plus Sylvia and Tina, #303, gave us a referral as well. Our hat’s off to all of you for helping your friends find a nice place to live while helping CCM attract “pre-qualified” residents.

Choosing Your Own Neighbors is easy to do. Just give Stacey 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 Stacey’s number (451-2633) to your friend. In the latter case, please make sure they mention your name early in their conversation with Stacey.

Some apartment managers will raise your rent and give you nothing extra in return. Not L&M Management, Inc. LMI, on the other hand, will make Country Club Manor a better place to call “home” while not touching the rent!

Here is a recap of projects for this summer:

- Install an extensive security system throughout both buildings and common areas. *As of July 30, seven cameras were brought online with five more eventually planned. This is a state-of-the-art system with 24/7 coverage of the two buildings and pool/party room areas.*
- Install a big-screen TV in the party room, equipped with cable. *This was completed as planned. See “New Amenities” elsewhere in this newsletter.*
- Re-pour the concrete “approach slabs” to the UG garage entrances. *This is scheduled to begin on August 9.*
- Sand, prime, and paint all the balcony railings. *This is taking longer than we thought and is about 50% complete.*
- Replace all rotted wood members at the base of the balconies and recover with attractive

maintenance-free siding. *You may have noticed the contractor hard at work.*

- Install a new east-west security fence along the north property line to insulate us from the “family” complex to the north. *As reported last month, the City restricts the height of such a fence to only four feet (which we do not think would do much to restrain foot traffic or enhance the safety of children darting out into vehicular traffic). However, on July 20, Lee Bakewell was able to obtain a variance from the West St. Paul Board of Adjustments. Details of exact placement are being worked out with the owner of Westview Park Apartments, Mr. Jim Tilsen. Hopefully, construction will begin soon.*
- Install twin flag poles at the entrance off Oakdale. *As you may have noticed, the new flags have been in for some time now. Don’t they look nice?*
- Illuminate our new flag poles.
- Redecorate/Refurnish the Party Room. *Construction on a new ceiling began on July 26. Please bear with us during all this construction. There will be times when the Party Room will be*

*closed during hazardous periods of this face lift.*

- Install a “computer corner” in the party room where anyone can get access to the internet via “broadband.” *This has been completed although its installation coincided with the Party Room face lift so is not always available right now.*
- Install “Wi-Fi” so that anyone with their own computer can tap into the broadband cable that CCM is already paying for. *This may require that your computer be situated within range of the “hot spots” that will be provided.*
- Redecorate and refurnish the lobby/landings of each building. *Custom furniture ordered a few weeks ago has not yet arrived.*

Please bear with us while we make Country Club Manor the place to make your home. We hope to give new meaning to our slogan, “When it’s time for something better . . .”

### **NEW AMENITIES**

**NEW PARTY ROOM TELEVISION:** You may already have noticed our new 50” plasma TV (wired for High Definition or “HDTV”). Although expensive, it has the advantage of having

a very bright screen (necessary due to the bright natural lighting from the skylights during daylight hours in the party room). The other advantage of plasma is that the brightness does not decrease when viewed from even shallow angles.

The party room will continue to be open from 8 a.m. – 10 p.m. each day (subject to construction). Anyone is welcome to come in at any time, pick up the remote control (kept below the TV on top of the wainscoting), sit down and enjoy his or her favorite program. In most cases, it will be “first come, first served.” However, on “Viking” days, for example, the TV will be tuned to the “Vikings Channel” . . . even if the Packers are playing some other team at the same time (as per #110, Kathy Erickson’s suggestion).

**BROADBAND COMPUTER NOW AVAILABLE IN THE PARTY ROOM:**

If you have ever wanted to “surf” the internet or “do email,” you can now do so without buying your own computer. Feel free to come into the party room and use the computer at any time you wish, again “first come, first served.” There will be no charge for its use, or access to the internet. You can even obtain your own email account by logging onto Yahoo, Hotmail, or any

one of many other free email accounts. Why do you need email after all these years? Maybe you have some children who could email you recent pictures of the grandkids!

After the Party Room has been remodeled, we will see about having some basic computer classes for those CCM residents who have always been curious about computers but not so much so that they wanted to spend money on it. For now, whenever Internet Explorer is brought up on the screen, the computer will display the current television schedule. Feel free to scroll through the channels to see what’s currently on TV including synopsis’s of movies with stars’ names, etc.

**GUEST APARTMENT NOW AVAILABLE**

Family coming to visit? We are now offering unit #123 (a one bedroom) as a guest apartment. Family and friends of Country Club Manor residents can overnight in their own private apartment for \$50 per night. The unit is fully furnished with linens and kitchen utensils. Please see Stacey if you would like to reserve the apartment.

**PRODIGAL CLUB**

We would like to extend a special welcome to Dan Buckley (#216) who

joined our little community on July 1. Dan had left us some two years ago and most recently returned from a tour of Europe. Upon his return, he needed a place to stay and so where did he come first? Back to Country Club Manor, of course! Welcome back Dan!

The following people, who had left for one reason or another, eventually returned to join us once again:

Dan Buckley	#216
Donald & Eleanor Waldhauser	#129
SueAnn Gabrielson	#106
Shirley Pond	#201
Hugh & Percy Cosgrove	#104

Shouldn't this be a reason for a party?

**UG PARKING WILL BE  
HAMPERED IN AUGUST**

Plans are being finalized to pour new concrete slabs at the underground parking entryways for each building. As you know, the existing slabs are busted up quite badly. Since cars drive slowly in that area, we didn't think it mattered that much. But Stacey pointed out many residents exit the buildings on foot via the garage doors rather than negotiate our entryway stairs.

In any event, ingress and egress will be hampered (but not entirely precluded) during the construction period. Here are the details: Barring weather

impediments, ingress and egress will be difficult or impossible during certain times of the day for both buildings from Aug 9 to Aug 23. Workmen will jackhammer up half of each driveway during the first week and pour new concrete in that half. During the 2<sup>nd</sup> week, they will jackhammer up the other half of each UG entryway and pour new concrete there.

If you attempt to enter or leave the UG parking area, therefore, you may have to wait for the Bobcat/jackhammer machine (or later, the cement mixer truck) to move aside to let you pass. This will inconvenience both you and the workmen. Hence, if it isn't too inconvenient, it might be best to either park outside or to stock up on groceries, etc. just before August 9. After the workmen leave each day, it shouldn't be a problem to get in and out by driving on just the left or right half of the driveways. Remember, sometimes "things have to get worse before they get better."

**SPECIAL INVITATION FOR VIP  
TOUR**

Lee and Mary Bakewell recently were invited to tour the new facilities for the Dakota Area Resources and Transportation for Seniors center at 1645 Marthaler La. (off Wentworth east of

Robert, next to the old K-Mart site). Later, it was suggested that a similar invitation be extended to residents of Country Club Manor. Therefore, two dates have been set for any interested CCM resident to receive the “VIP” tour. You are welcome to visit their new facilities on August 12, or September 9 starting at 3 p.m. and ending by 4 p.m. Refreshments will be served. Please let Stacey know if you would like to attend and she will make reservations for you. If you don’t drive—or prefer not to—a DARTS bus (funny thing about that) will pick you up.

**CCM AUGUST BIRTHDAYS**

Marge Bowers	#115
Earl Brejle	#131
Kermit Otto	#135
Susan Warlof	#117
Kathy Damico	#302
Hank Schreur	#116
Lois Sobon	#302
Bob & Madge Pedersen	#222
Bob Dwyer	#326

**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.

**GROCERY CARTS:** If you bring home a grocery cart from a neighborhood store, please return it to them. Do not leave it in the Country Club Manor garage. Thank you!

**THANK YOU!**

Thanks to everyone for your cooperation while we work on the balconies, railings, landscaping, party room (ceilings, walls, carpeting, & furniture), lobbies, new fence, and new concrete approaches (see below) and other summer projects. Sorry for any inconvenience.

**WELCOME NEW RESIDENTS:**

- #216 Dan Buckley
- #212 Gordon & Marilyn Plorin

## NEW "HIDDEN" PARK AND TENNIS COURTS REVEALED

Repeat from last month: Many of our residents already know about the nice "hidden" City Park just west of our buildings. It is so well concealed and, not abutting a busy street, is so little known that it's like our own private park. However, it's fenced in and locked. The good news is that the fence is there to decrease traffic passing through CCM, not to keep our residents out! You may already have a key to the gate that leads to "Southview Park." If you were given a key to the sliding door leading from the pool room to the patio, that key also fits the gate. If you want a key and weren't given one when you moved in, just ask Stacey and she will get you one. Be sure to lock the gate after passing through (in either direction). Now it's time to go out and enjoy that game of tennis or "walk in the park!"

## SOMETHING FUN TO DO

- **Saturday Morning Coffee and Donuts:** Every Saturday morning we have coffee and donuts in the party 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! We have changed the day to the last Monday of the month due to low turnout. Time will be 5:30 PM in the party room. This month's potluck will be held on August 30<sup>th</sup>. Kathy and Kevin are (again) your gracious hosts. Another great way to meet your neighbors and taste some great food at the same time. Hope to see you there.
- **PIANO TUNED:** The piano (in the party room) was recently tuned. Come on down and give it a try (after the face lift)!



- **Bridge Club:** Every

Tuesday at 7:00 PM to 9:30 PM in the party 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 party room. Please call Jim Long at 455-4893 for further information.

## **AUGUST BRAIN TEASER**

With thieves I consort,  
With the vilest, in short,  
I'm quite at my ease in depravity;  
Yet all divines use me,  
And savants can't lose me,  
For I am the center of gravity.

Who or what am I?

## **A MESSAGE FROM MARY BAKEWELL**

Thanks to everyone that attended the picnic on the 8<sup>th</sup>. I think everyone had a great time and all the food was just great. I really enjoyed meeting so many of you. Just give me time and I will learn your names. I would like to thank Stacey and Sarel for helping with the cooking and to Sarel's son and daughters for helping with the clean up. Thanks, that was beyond the call of duty.

Unfortunately, John Javner has told us he thinks "it's time to move on." After all, he's been doing maintenance at CCM for 10 years! He turned in his resignation last week.

As you can see the work continues and I again thank you for your patience. I hope that everything is done by the end of this month.

Even with all the work going on in the building, George and Roberta are still keeping the building clean. Thanks for all your hard work - it is appreciated. If you see them in the hall, be sure to thank them for the great job they are doing.

I enjoyed the Pot Luck and, of course, the food was great. We are going to change the Pot Luck's to the last Monday of the month. So this month it will be held on the 30<sup>th</sup>. Remember we celebrate birthdays and anniversaries also. Hope to see you there.

I continue to enjoy our grandson. He is getting bigger and bigger every day. He is five months old already and he cut his first tooth. He is almost rolling over and is starting to get up on his knees, so I am sure crawling is not far behind. I do believe having grand children is better than having your own children. It is so nice to be able to send him home when I get tired. He does enjoy the pool, so I am sure he will be swimming like a fish by the time he is five. I am looking forward to spending more time with him when our daughter goes back to work.

Till next month...

Have a great month and God Bless,  
Mary

## LISA'S WORLD

It was very nice to meet many of you at the Country Club Manor July picnic. What a beautiful evening it was and so many yummy dishes of food to share. Thanks Stacey and Saurel for cooking and thanks to Mary and Lee for providing so many of the goodies for the picnic.

The summer sure is going by fast. We had our daughter's graduation party in early July and it went very well. We lucked out with nice weather. Glad it's behind us and we can relax a little bit for the rest of the summer.

Have a great month!

Lisa

## ON-CALL AUGUST, 2004

July 30<sup>th</sup> - August 5<sup>th</sup>

Julie & Joe #128

August 6<sup>th</sup> - 12<sup>th</sup>

George & Roberta #114

August 13<sup>th</sup> - 19<sup>th</sup>

Tim Mills #301

August 20<sup>th</sup> - 26<sup>th</sup>

Stacey #109

August 27<sup>th</sup> - September 3<sup>rd</sup>

Julie & Joe #128

## TRIGLYCERIDES: WAYS TO LOWER BLOOD FATS

Triglycerides, along with cholesterol, are the major sources of fat circulating in your blood. Both are needed - cholesterol for building strong cells, triglycerides for energy - but when either remains at high levels for long periods of time, trouble results.

In the case of cholesterol, that trouble is clogged arteries. In the case of triglycerides, however, the trouble is not well-defined. In practical terms, high triglycerides are often associated with low levels of HDL cholesterol (the good cholesterol) and indicate a problem that's causing you to carry fat particles in the blood that do cause vascular disease. So they should be looked at as a danger signal.

Normal triglyceride levels can run from 40 to 250 milligrams per deciliter, a fairly broad range. Generally, levels of 250 mg/dl to 500 mg/dl are considered borderline elevated while levels over 500 are considered high. The safest bet is to keep your triglyceride levels below 150.

Keep in mind that triglycerides can be controlled in many of the same ways as cholesterol. To improve one is to improve the other. If your doctor has warned you to lower your triglyceride

levels, fine - these tips will help you. If he's told you to lower your LDL cholesterol (the bad stuff), fine - these tips can't hurt. It's one of those rare situations where you just can't lose either way, as long as you follow the tips.

### **CUT THE FAT.**

Diet is the best way to reduce triglycerides. Reducing fat intake to less than 30 percent of daily calories is a good start. Shooting for 20% would be an ideal range. And keep saturated fats at less than 10 percent.

### **GO IN STAGES.**

One way to reduce fats to that low 20 percent level is to proceed in stages. Reduce your fat intake to 30 percent of calories for one month. Then return to your doctor to see if there's been an improvement in your triglyceride level. If so, he'll probably congratulate you and ask you to stay on this diet. If not, reduce your fat intake to 25 percent for one month and see what happens.

### **CUT THE CANDY.**

Simple carbohydrates - candy, sugar, and other sweets, are a major contributor to high triglyceride levels. Doctors recommend forgetting about sweets.

### **TRIM DOWN.**

Weight loss is very important. The amount of weight that needs to be lost depends on your ideal body weight, but

you don't need to lose all your excess weight to see a change in triglycerides.

Just 10 pounds can bring about a reduction in people who are 20 to 30 percent overweight. Though you don't have to reach your perfect weight to bring down triglycerides, you should try to maintain a weight that's not more than 5 or 10 percent about the ideal.

### **AVOID ALCOHOL.**

Alcohol intake is the biggest aggravator of high triglyceride levels going. Avoid even small doses of alcohol.

### **FIX IT WITH FISH.**

It's been pretty well documented that fish oil has its most marked effect on triglycerides. Several studies have demonstrated the triglyceride-lowering abilities of omega-3 fatty acids, the type found in fish oil. Though most studies use fish oil capsules to ensure accuracy, you can get an equivalent amount by eating fish regularly, or by combining a high-fish diet with occasional use of capsules

<b>.CCM AEROBICS</b>
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CCM residents continue to enjoy the regular aquatics program held on Saturday mornings at 10 and 11 a.m. There is no charge. Come on down and visit your neighbor while losing a pound or two! All are welcome. Our instructor, Jared Fuller, reports there is room for quite a few more in his

“classes.” So if you’ve been thinking you would like to join the fun, just stop by. It’s not necessary to “sign up” first. Jared Fuller demonstrates leg lifts

**ANSWER TO BRAIN TEASER**

The letter V