

CADGEWITH NEWSLETTER

JUNE 2017

CFA

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NEWSLETTER

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COFFEE AND CHAT UPDATE

Coffee and Chat will be held Saturday June 17 at the clubhouse from 8-10am. Please join us for some coffee and donuts and lots of CHAT. It is a very enjoyable time learning what your neighbors are up to and solving all of the world problems Your host are: Don and Marilyn Williams

FROM THE PRESIDENT

WOW what a turnout for the CFA Meeting. We would like to continue with the audience participation in the discussions. We have a few important items to discuss in the future. We would like to discuss Ice Cream Socials, Entertainment and Dinners to name a few.

Management had a projector installed with a 100 inch screen to view bingo and other items. So what do we want to do with this new projector?

I am a big believer that the Board of director's are elected to serve the community. But we need the input from the community to know what you would like done. Please contact a board member if you have an idea or would like something added to the agenda. I will try to have the agenda posted in the mail houses one week before the CFA Meeting each month. At the last meeting I explained the cost of entertainment and it was suggested I explain this to everyone. Entertainment in the most part cost 100.00-150.00 this is even when they say they play for free they still expect these amounts. We had one group that we paid 100.00 and they came back and ask for another 50.00. So we have discontinued entertainment at dinners to hold down the cost. But if you want entertainment we can add the cost to the tickets. This item will be open for discussion at the Junes' CFA meeting.

Potluck was a great success Ray and Don did a great job with the chicken and there was lots of great food.

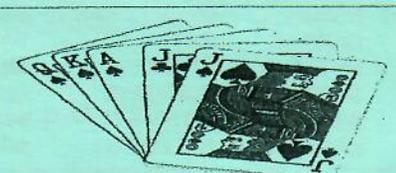
Respectively Dale Ouderkirk

BIBLE STUDY

Bible study will be canceled June 6th. We will meet on Tuesdays for the summer. Fellowship at 10am Study at 10:30 Come and learn how Nehemiah and Ezra led Israel after the captivity in Babylon. We meet at Ken and Bev Keyes at

EUCHRE

Come and join us for a fun evening of euchre. We will meet Friday the 16th of June from 7-9 pm. Bring some munchies



Cadgewith Farms

JUNE 2017



Office Closed

The office will be closed on Monday May 29, 2017 in observance of Memorial Day. The office will be open regular hours on Tuesday.

Pool Opening

The guys have been working hard to get the pool open for the season. We are on schedule for the pool. Watch the front sign for the day we are officially open.

A few things to remember:

Hours 9 am – 7 pm

2 guest per resident

Resident must be present

Everyone must sign in

We hope everyone gets a chance to enjoy

Privacy

We would like to take a moment to thank everyone for their concern regarding their neighbors. However, it is against the law for us to give you information regarding the residents in the community. We are asking that you do not call the office to get information. We must respect our resident and their family so will refrain from giving out personal information.

Permission

Just recently there was an incident where someone was in our community and when questioned they stated, "Glenna said I could", unfortunately for the people involved the person who questioned them was Glenna and she did not give them permission to be on the grounds. As resident of Cadgewith Farms you have the right to ask someone you do not recognize what they are doing here. If they say that they have permission to be there from Glenna then give her a call. She is available by phone anytime. Give her a call to make sure that they really do have permission.

Glenna is available at 517 200 2004

Contact Post Cards

Everyone should have received a contact postcard. We will be working on updating our systems and the Cadgewith Farms Directory. On the postcard you must check either yes/no to be in the directory. If left unchecked we will not put you in the directory.

If you have not returned it please return with your June rent payment. The postcards are due back in our office by June 5 2017 in order to be entered into

Water Interruption

When construction does begin on the wells we will need to shut water off to the whole community in order to switch over our wells. The water should not be off very long, we are not sure on the date and time right now. When we get some updated information, we will let you know.

Please make sure that you are looking at the board to know when this is happening. If you know that your neighbors do not get

7 Tips for Avoiding Elderly Heat Stroke & Exhaustion

Hot weather is dangerous, and seniors are particularly prone to its threat. Elderly heat stroke and heat exhaustion are a real problem. In fact, a recent University of Chicago Medical Center study found that 40% of heat-related fatalities in the U.S. were among people over 65.

There are several reasons for elderly heat vulnerability. People's ability to notice changes in their body temperature decreases with age. Many seniors also have underlying health conditions that make them less able to adapt to heat. Furthermore, many medicines that seniors take can contribute to dehydration. Fortunately, a few simple precautions are all that's needed to keep safe.

Here are some guidelines for keeping safe in hot weather:

1. **Drink Plenty of Liquids**

Dehydration is the root of many heat related health problems. Drink plenty of water or juice, even if you're not thirsty. But remember to avoid alcoholic or caffeinated drinks, as they can actually contribute to dehydration.

2. **Wear Appropriate Clothes**

An old Swedish saying says, "There's no such thing as bad weather, only bad clothes." When it's hot out, wear light-colored, lightweight, loose-fitting clothes and a wide-brimmed hat.

3. **Stay Indoors During Mid-day Hours**

During periods of extreme heat, the best time to run errands or be outdoors is before 10am or after 6pm, when the temperature tends to be cooler.

4. **Take it Easy**

Avoid exercise and strenuous activity, particularly outdoors, when it's very hot out.

5. **Watch the Heat Index**

When there's a lot of moisture in their air (high humidity), the body's ability to cool itself through sweating is impaired. The heat index factors humidity and temperature to approximate how the weather really feels. The current heat index can be found on all popular weather websites, and is also usually announced on local TV and radio weather reports during periods of warm weather.

6. **Seek Air-conditioned Environments**

Seniors whose houses aren't air-conditioned should consider finding an air-conditioned place to spend time during extreme heat. The mall, library or movie theater are all popular options. During heat waves, many cities also set up "cooling centers," air-conditioned public places, for seniors and other vulnerable populations. Seniors without convenient access to any air-conditioned place might consider a cool bath or shower.

7. **Know the Warning Signs of Heat-related Illness**

Dizziness, nausea, headache, rapid heartbeat, chest pain, fainting and breathing problems are all warning signs that help should be sought immediately.

Learn how there's an [elderly death risk linked to higher temperatures](#) and get info on [dealing with elderly dehydration](#).

FROM THE KITCHEN

Thursday June 8th we will be serving Spaghetti and Meat Balls with a Salad and Texas Toast. Table service, coffee and lemonade will be furnished. Cost is 5.00 per person and tickets must be purchased before June 6th. Tickets may be purchased from Carolyn [redacted]

**Dale [redacted]
They will deliver the tickets.**

Saturday June 24th Biscuits and Sausage Gravy with fruit and scrambled eggs will be served at the clubhouse 8-10am \$4.00 at the door

Summer

Find and circle all of the summer words that are hidden in the grid. The remaining letters spell an additional summer item.

J U N E S T S S S S Y K S E U L B M
 U S M E A U Y E O U H I K I N G S A
 S M W E E A N L U B N W A S E Y R E
 U T W I R R S G I C A B L N A R E R
 N S H V M T C C L T E A U D T V L C
 T Y U G I M Y S E A D B I R S S K E
 A G L C I C I R N N S L R R N D N C
 N R E U L F M N A U O S E A R G I I
 O E A E J E R S G H S W E A B N R C
 S E D A L B R E L L O R O S R I P R
 C N A O F L O G T L T B T E E T S E
 H G N I H S I F F A E O A E E A H C
 O R C A M P I N G T W T H B Z O C C
 O A C I N C I P A W A S P S E B A O
 L S F L I E S K M O S Q U I T O E S
 T S U G U A S I L L A B E S A B B O
 G N I N E D R A G S U N S H I N E N

- | | | | |
|----------|-------------|---------------|--------------|
| ANTS | FISHING | JULY | SUNBURN |
| AUGUST | FLIES | JUNE | SUNGLASSES |
| BARBECUE | FLOWERS | MOSQUITOES | SUNSCREEN |
| BASEBALL | GARDENING | NO SCHOOL | SUNSHINE |
| BEACH | GOLF | PICNIC | SUNTAN |
| BEEES | GREEN GRASS | ROLLER BLADES | SWEAT |
| BICYCLE | HAT | SANDALS | SWIMMING |
| BLUE SKY | HIKING | SKATEBOARD | U V RAYS |
| BOATING | HOLIDAYS | SOCCER | WASPS |
| BREEZE | HOT | SOLSTICE | WATER FIGHTS |
| CAMPING | ICE CREAM | SPRINKLERS | WATERMELON |

BINGO

Bingo will be held on Tuesday June 6th and 20th at 2:00 in the clubhouse.

We furnish papers and hard cards and chips. Please bring your daubers if you play papers. There have been very nice pay outs per game and big coveralls.

An excellent way to have fun with your neighbors.

Residents Only Please

SHUFFLEBOARD UPDATE

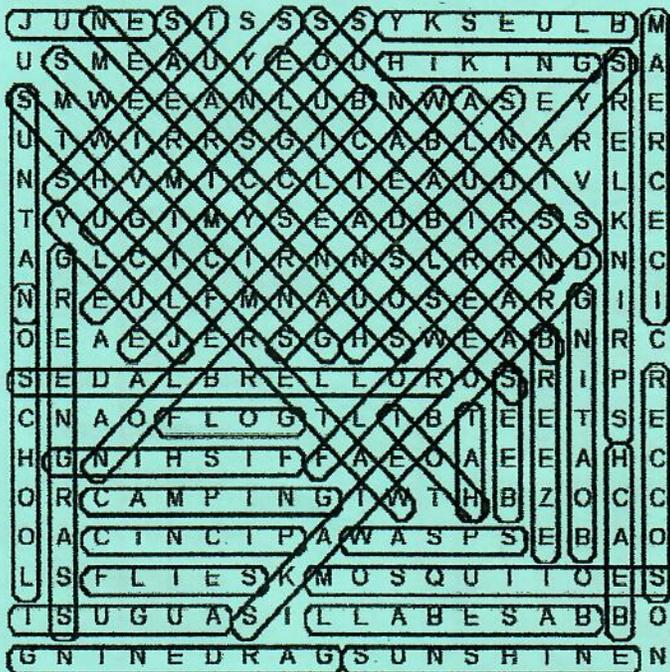
We are off and shuffling Mon, Wed. and Fri. at 1:00pm. On Friday June 9th at 10:00 we will be having our first Shuffleboard carnival. If you have not tried this fun game come try it No Experience Needed. Or just come and watch and enjoy the fun. We will be serving hog dogs, chips and soda afterwards. The cost is \$1.00 per hot dog.

GARAGE SALE

The Annual Garage Sale will be held June 2th 5pm-8pm for Residents and June 3rd 9am-4pm open to everyone. Please place \$2.00 in an envelope with your name and address and drop it off at Cheryl's [redacted] Pam's [redacted] They will add your location to the map. We will hand out the maps at the concession stand at the entrance.

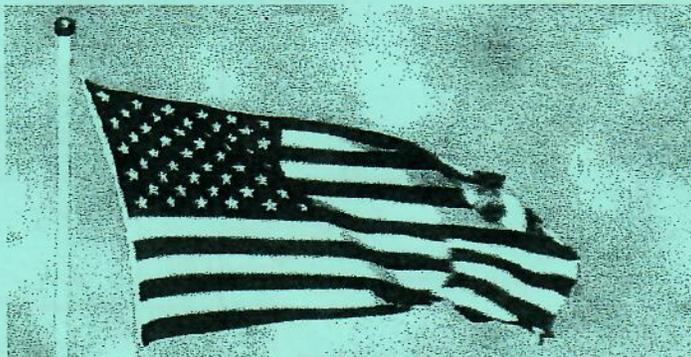
Summer

This is the solution to the puzzle located here.



- | | | | |
|----------|-------------|---------------|--------------|
| ANTS | FISHING | JULY | SUNBURN |
| AUGUST | FLIES | JUNE | SUNGLASSES |
| BARBECUE | FLOWERS | MOSQUITOES | SUNSCREEN |
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The hidden message is: **SUMMER VACATION**



Our thanks to you for all you do
Defending our flag the red, white and blue

As Americans, we know what freedom means
The joy, the peace and the right to dream

Freedom we love but it is not free
The sacrifice is great and you give willingly

Our thoughts and prayers are with you today
As you fight for freedom so far away

May God keep you safe in all that you do
And bring you back home to those who love you

REFLECTION

ECHOES OF PEACE

From 1940-45, France and much of Europe was under the yoke of the Nazi forces. The allied high command had begun to stock England with personnel and material. Hundreds of bombers relentlessly pounded the Normandy coastal area in the spring of 1944.

D-Day, June 6th, was at hand. The liberation of Europe was about to begin. The slaughter at Omaha and the other invasion beaches was stark evidence of the cost of the operation.

The innocuous hedgerows of Normandy became the nemesis of our infantrymen. Meanwhile, French resistance fighters risked their lives to impair the German's ability to halt the surging allied forces. The breakout at Falaise greatly reduced the enemies ability to withstand the onslaught of our forces.

Like a tidal wave, the allied armies moved inexorably through Alsace and Lorraine to the borders of the aggressors. The fateful attempt by Hitler's beleaguered troops in the Ardennes and Alsace was repulsed insuring the inevitable defeat of the Nazi horde despite the terrible losses or our own people. As American and British forces crossed the Rhine River in March of 1945, the ignominious reign of the German "Super Race" was certain.

PEACE WAS AT HAND.

As Berlin fell to the Russian armies, Hitler was dead and the German High Command sued for peace.

NOW:

The beaches at Omaha, Utah, Juno, Sword and Gold are tourist attractions and vital areas to commerce. The fields are still tilled by French farmers producing products for local consumption and export.

The villages and cities destroyed by artillery and bombs have been rebuilt and expanded exhibiting the vigor and will of the citizens who lived there during those trying time.

Still, despite the apparent changes in lifestyle, the people of Europe liberated by the allies still recall, with fondness, the sacrifices of the young men and women of the Nations of the West.

By: Bob Vondale

June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1 CFA Board Mtg. 7pm	2 Men's Breakfast 8am IHOP E.L., Shuffle 1pm Garage Sale Residents only 5-8 pm	3 Garage Sale 9am-4pm Hot Dogs, Chips and Drinks on sale at the Park entrance 10am-2pm
4 Water Shut-Off 9am-Noon Golf @ Prairie Creek 9:30am Shuffle 1 pm	5 Men and Women Breakfast 8am Flap Jacks Bible Study Canceled Bingo 2pm	6 Shuffle 1pm	7 Spagetti Dinner 5:30pm \$5.00 in advance	8 Men's Breakfast 8am IHOP E.L.	9 Men's Breakfast 8am IHOP E.L.	10 Coffee and Chat 8-10 am	
11 Golf @ Prairie Creek 9:30am Shuffle 1 pm	12 Bible Study 10 am	13 Shuffle 1pm	14 Neighborhood Watch picnic 4pm	15 Ladies Breakfast 8:30am Flap Jacks	16 Men's Breakfast 8am IHOP E.L. Shuffle 1pm Carnival shoot 10 Eat at 11:30 Euchre 7-9 pm	17	
18 Golf @ Prairie Creek 9:30am Shuffle 1 pm	19 Bible Study 10 am Bingo 2pm	20 Shuffle 1pm	21	22 Men's Breakfast 8am IHOP E.L. Shuffle 1pm	23 Men's Breakfast 8am IHOP E.L. Shuffle 1pm	24 Biscuits and Gravy Breakfast 8-10am \$4.00 at the door	
25 Golf @ Prairie Creek 9:30am Shuffle 1 pm	26 Bible Study 10 am	27 Shuffle 1pm	28	29 Men's Breakfast 8am IHOP E.L. Shuffle 1pm	30		