



Country Club Estates Newsletter

CCEHA MISSION STATEMENT

Country Club Estates Homeowners Association provides value to homeowners by Ensuring conformance to covenants, restrictions and bylaws; promoting neighborhood improvements, safety and social activities; and advocating on behalf of its members to the developer, municipality and other political entities.

November & December
2004

Deming, New Mexico

Country Club Estates
Association Officers

President's Column –

President—Sharon Galbraith

Vice-President—Carol Krum

Secretary—Marie Miller

Treasurer—Shirley Wheeler

Director—Janet Secor

Director—Dale Vance

Director—Barbara Reedy

**Newsletter Editor
Shirley Wheeler**

Getting to Know You

One of the really great concepts of a senior community is the camaraderie that comes from being at similar stages in life. Most of us are retired. Most of us have enjoyed some travels, are now at a stage with new or renewed hobbies, and have time to pursue new dreams. We have worked hard to reach this stage.

This year we have lost some members of our community and others have had significant health problems. We can't stop any of this, but we can make our lives and the lives of our neighbors richer by caring and watching out for one another. I would hate to think that any of my neighbors had lacked medical care or a kind word because someone would not step out of his/her comfort zone to offer help. There are so many small things we can do: a phone call, a ride to the doctor, pick up a prescription, or offer a spare bed if family is in town during a medical emergency.



President
Sharon Galbraith

The key to caring is getting to know each other. With that thought in mind I am suggesting a "Getting to Know You" program. This simply consists of contacting two other CCE neighbors and having them over for coffee and dessert, going out to eat together, or just stopping over for a cup of tea, your choice. Keep it easy and simple. To give everyone the same opportunity, find your name on the attached address list, count down 5 names and 10 names and those are the people to contact. Even if you already know them, you will be on someone else's list and you will probably get to know some folks better. If you haven't heard from the person 5 names and 10 names before yours within about three weeks, then you call them. They could be out of town or they could be sick and need a kind word. (Of course if you are at the end of the list, the next names will be at the top of the list.) This is not an exercise in inviting yourself anywhere; it is an exercise in getting to know your neighbor.

We often hear of seniors who have fallen or taken ill and no one knew it. The more people we know and care about in the community, the less likely that is to happen.

"Every religion emphasizes human improvement, love, respect for others, sharing other people's suffering. On these lines every religion had more or less the same viewpoint and the same goal." The Dalai Lama. Whether you see this idea as congruent with the preceding quote or part of the Golden Rule, our community is bound to be richer for it. I hope you will jot down some notes and share your experiences with us for the next newsletter.

If you would like to have a copy of CCEHA's reference book stop by the clubhouse or drop a note to Marie Miller at the association address, 3209 Wedge Rd., or check for it on the website, www.zianet.com/cceha

THIS COULD SAVE SOMEBODY'S LIFE

STROKE?

This might be a lifesaver if we can remember the three questions! Is it a Stroke? Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say any bystander can recognize a stroke by asking three simple questions:

- *Ask the individual to smile.**
- * Ask him or her to raise both arms.**
- * Ask the person to speak a simple sentence.**

If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.

After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Assoc.

Annual meeting last February. Widespread use of this test could result in prompt diag-

HOW TO SURVIVE A HEART ATTACK WHEN ALONE

Since many people are alone when they suffer a heart attack, this article seemed in order. Without help, the person whose heart stops beating properly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let up until help arrives, or until the heart is to begin beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

Tell as many other people as possible about this, it could save their lives!

COUNTRY CLUB ESTATES ACTIVITIES COMMITTEE
NOVEMBER 2004

REGULAR WEEKLY EVENTS

Coffee and Donuts every Saturday at 9:00 AM

**NEEDED: Volunteers to pick-up donuts and make coffee. You will be reimbursed.
PLEASE sign-up on the Events Calendar**

Men's Breakfast Every Wednesday @ 7:45 AM

Meet at the Cactus Café at 218 W. Cedar Street

Women's Breakfast at Irma's canceled with Thanksgiving

Women's Exercise Group meets every Monday, Wednesday and Friday evening @
6:30 PM at Clubhouse

REGULAR MONTHLY EVENTS AT CLUBHOUSE

Board Meeting November 4th @ **1:00PM**(NOTE TIME CHANGE)

Activity Committee Meeting: Tuesday, November 9th @ **7:00 PM**

Cards & Games: Saturday November 6th @ **6:30 PM**

Wednesday, November 10thLadies Luncheon "Adobe Spring Café" @ 1617 Silver Heights Blvd., Silver City. We will be carpooling. Please state if you can drive on sign-up sheet. We will be leaving clubhouse at 10:30 sharp

Wednesday, November 17th @ 9:30 AM....Creations & Conversations! Bring a project-share info or just come to visit.

Readers Group --- November 1st @ **9:30 AM**, Animal Dreams by Barbara Kingsolver
Contact Janet Secor @ 544-0092 for information

SPECIAL EVENTS IN NOVEMBER

November 20th, Saturday, 9:00AM SPECIAL THANKSGIVING COFFEE
(Same time as regular Saturday coffee)

Lecture Series – November 11th @ 7:00PM Jim & Mary Jane Brady – Master Gardener's will lecture on "Desert Landscaping". Bring your questions to the lecture.

UPCOMING EVENTS

December 11th – CCE Christmas Party @ Membres Country Club...Flyer will be delivered.



Country Club Estates
Annual Holiday Party

Saturday, December 11

Happy Hour 5 p.m. -- Dinner 6 p.m.
Rio Mimbres Country Club

Following dinner, we will draw for some great door prizes!
Dance and listen to music from a DJ from 7 to 11 p.m.

Cost is \$7.50 per person.

Bring a non-perishable item, and we will give it to our two charities.



MENU

SIRLOIN TIPS IN WINE SAUCE OVER NOODLES
VEGETABLES
SALAD AND ROLLS

CHICKEN CARIBBEAN W/WILD RICE
(boneless chicken breast coated with
panko bread crumbs-served with
coconut-mustard-pineapple sauce)
VEGETABLES
SALAD AND ROLLS

SALMON STEAK W/WILD RICE
VEGETABLES
SALAD AND ROLLS

ALL WITH DESSERT

FLYERS WILL BE DELIVERED IN PERSON ON NOVEMBER 22

IMPORTANT NOTICE TO OWNERS OF 2 LOTS —

On January 1, 2005, ballots for election of 3 Board positions will be mailed to all Country Club Estates lot and home owners in good standing (annual dues up to date) as determined by the Board of Directors.

At or prior to that time, owners of 2 adjacent (double) lots that are used or intended to be used for one dwelling unit have the option to be assessed annual dues as if they owned only one lot or pay annual dues on each lot. Opting to be assessed as if owning one lot means the owner would have only one vote in all elections. If this option is not filed, double lot owners would have 2 votes and be assessed annual dues on each lot.

Although, you may have filed this waiver previously, you are encouraged to refile a new waiver. Contact Keith Smith, 544-0123, Barbara Walsh, 544-0274 or Shirley Wheeler, 544-4159 for the waiver form as soon as possible.

NOTICE OF 2005 ELECTION

On January 2005 ballots for election of 3 Board positions will be mailed to all Country Club Estates lot and homeowners in good standing (annual dues up to date) as determined by the Board of Directors. The annual meeting will be on January 22, 2005.

Positions up for election are: Vice-president, Secretary and one Director.

At this time, the nominating committee is seeking candidates for these positions. Contact Keith Smith, 544-0123, Barbara Walsh, 544-0274 or Shirley Wheeler, 544-4159 if you are willing to vie for any of these positions.

MERRY CHRISTMAS BREAKFAST AT CLUBHOUSE ON SATURDAY DEC. 25TH 8:00 TO 11:00 AM. MARK YOUR CALENDAR



CCEHA'S HALLOWEEN PARTY AT CLUBHOUSE OCTOBER 30TH SEE BACK PAGE FOR MORE SCARY PEOPLE.

Country Club Estates
Homeowners

November and December 04

Shirley Wheeler
Newsletter Editor
2605 Water Hazard Dr.

TO—

**COUNTRY CLUB ESTATES VISION STATEMENT—
CCE IS A LANDMARK RETIREMENT COMMUNITY KNOWN FOR ITS WELL DEFINED SOUTH-
WESTERN STYLE, BEING A GREAT INVESTMENT, AND BEING A COMMUNITY WHERE
NEIGHBORS CARE.**



**Welsh Cooking Class —Ruth Maxey told us about Wales
and demonstrated how to make Welsh Tea Cakes**

**HOLLOWEEN PARTY AT CCEHA CLUBHOUSE
OCTOBER 20, 2004
CAN YOU NAME THESE SCARY PEOPLE????**



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