

RIDGESIDE COMMUNITY CLUB

MINUTES MAY 4, 2007

The Ridgeside Community Club met on Friday, May 4, 2007, at the home of Shelley Meredith, 13 Ridgeside Road. Co-president, Katy Ingvalson, called the meeting to order at 10:30. Twenty-four people were present.

In the absence of Sandra Standefer, Katy gave the devotional, "Living in the Present," emphasizing the importance of good physical and mental health.

The Minutes for the meeting of February 2 were read and unanimously approved. The last name for Dolores Guiberson will be added to the minutes for May 4.

Treasurer's Report: Sandra Longer reported a balance of \$850.86. She reported that one resident had sent a check for \$75 to make up for dues that she had not paid for several years.

Corresponding Secretary's Report: Doris Schonhoff reported that she had sent a sympathy card to Ben Routon upon the death of his wife, Millie.

President's Report: Katy asked that attendees sign the sheet of duties for Community Club meetings for 2007-08. She announced that Lori Spice has agreed to serve as president for next year. It will be very helpful for Lori and the other officers if people will sign the sheet of duties before they leave the meeting on May 4.

Gail Adkins will update the directory. Jill Flaughter and Katy Ingvalson will help her. All changes for the Directory must be submitted by May 25.

The date for the next town meeting is July 28. On May 8 a town forum will be held at 7 p.m. Residents will be able to express their ideas for improving the quality of life in the community. Eleanor Cooper will serve as moderator for the discussion. Katy strongly urged people to attend the forum.

Katy announced that Sparkle Day was a huge success. Kelly Maxwell was the person responsible for coordinating this effort.

The cook-out at the pool will be held on May 28.

Katy thanked Shelley for hosting the meeting and the food committee for preparing the delicious lunch: Doris Schonhoff, Mary Barker, Linly Mason, and Mary Barker.

Katy reported that Janie Thomas had delivered a Welcome Basket to Lemott Johnson and his wife who purchased Mary Sutton's house at 201 Hilldale.

Katy introduced the speakers for the program, Kit Ramsay who teaches at the downtown YMCA and her colleagues, Misty Mann and Beth Murphy. To begin the program Kit announced that someone would receive a door prize. Lil Szczukowski won a set of 2-lb weights. The presenters pointed out the importance of healthy diets and exercise for maintaining good health. Diet should include foods rich in calcium and Vitamin D, as well as fruit and vegetables that contain Vitamin A, C, and E. Super foods rich in vitamins are blackberries, strawberries, cranberries, raspberries, and blueberries. V-8 Fusion is a good source of vitamins. YMCA offers many options for exercise, although one does not have to join the YMCA. Exercise should include resistance training and cardiovascular training. One should exercise five times a week for thirty minutes. Walking and swimming are good exercises. A lively discussion followed the presentation. Kit distributed a packet of information about the programs offered at the YMCA.

Katy thanked Kit, Misty, and Beth for the interesting program. She announced that Cathy Bailey would present a workshop on May 22 regarding daily living aids for seniors.

The meeting closed with a hearty thanks to Katy Ingvalson for her two-year service as president of the Community Club.

Submitted,

Mary Barker, Secretary