



APRIL 2016 Phase V Newsletter

Clearview Property Management

810-458-6065

Emergency Maintenance

810-410-7827

Email office@clearviewmi.com

Fax 810-458-6067

BOARD OF DIRECTORS

President..... Claude Danielson
Vice President..... Pauline Williamson
Secretary..... Judy Keeling
Treasurer..... Bill Charles
Member at Large. Jerrie Valentine

CLUBHOUSE COMMITTEE

Co-Chairperson... Nancy Meininger
Co-Chairperson... Ellen Worthy
Secretary..... Judy Keeling
Treasurer..... John McGraw
Clubhouse Rental Carol Sidelko
CH Purchasing.... Peggy-Tom Booker
New Res Greeter Jane Severn
Newsletter Editor. Nancy Meininger
Newsltr Graphics. John McGraw
Adver. Director Jack Saunders
News Distribution John McGraw
Deliver Advertiser Diana Landsberg
Coffee Hour..... Peggy-Tom Booker
Sign Painter..... Evelyn Rouse
Light bulb Mgr. Peggy-Tom Booker
Custodian..... Laura Cipponeri
Gardeners..... Sue Latham
..... Carol Sidelko
Librarians Wanda Faughn
..... Pauline Williamson
..... Mary Clark
Pool Manager..... Larry & Sue Latham
Pool Mngr BU..... John Horn

SUMMER WOMEN'S ASSOCIATION

President..... Nancy Meininger
Vice President..... Dot Saunders

MEN'S CLUB

President..... Doug Smith
Vice President..... John McGraw
Rec. Secretary Gary Williams
Treasurer..... John Horn

BENEVOLENT FUND COMMITTEE

Mary Clark, Sally Lobsinger
Kathleen Manuel

Death Notices — 248-446-5054

Newsletter Submissions
Nancy@NancyMeininger.com

248-366-4845

ColonialAcresPhaseV.com

*"The roofs are shining from the rain,
The sparrows twitter as they fly,
And with a windy April grace
The little clouds go by.
Yet the back yards are bare and brown
With only one unchanging tree--
I could not be so sure of Spring
Save that it sings in me."*

- Sara Teasdale

AROUND TOWN—NEARBY THINGS TO DO

4/3 National Theater Live: As You Like It, Shakespeare. Ann Arbor. University Musical Society-- First time in over 30 years! 603 East Liberty Street Ann Arbor, MI 48104. (734) 764-2538

4/8-4/10 Livingston County Home & Garden Show & Taste of Livingston & Livingston Fine Art Association Show. Howell High School Field House. 200 home and garden exhibits on display. Friday 5-8pm. Saturday 9am-6pm, Sunday 11am-4pm.

4/9-4/10 Art Along the Trail, Pioneer Wine Trail, starting from Sandhill Crane Vineyards 4724 Walz Road, Jackson, MI 49201. Seven incredible wineries will have a "new release" wine that will be paired with a dish. Each winery will have a musician, a poet, an artist, a book writer doing a signing, a comedian, or another type of artist. The ticket cost will be \$35.00. (517) 764-0679

4/16 Fourth Annual Chelsea Spring Festival Over 150 vendors, crafters. Enjoy free samples, door prizes, a huge bake sale, a musical performance at 1:00 p.m. Free

4/20-5/1 Artistic Creator's Guild Annual Art Show at the Ford-MacNichol Home. This 1896 Victorian residence offers a unique historical venue for this one of a kind event. Art available

4/30 Michigan Antique Festival, Springfield Oaks County Park Davisburg, 11 miles from Milford. Largest annual festival of its kind, this annual event features hundreds of vintage antique dealers.

Colonial Acres Phase V Board of Directors Meeting

Minutes March 9, 2016

Meeting came to order at 1:00 pm

Board Members present: Claude Danielson, Pauline Williamson, Jerrie Valentine, Bill Charles, and Judy Keeling.
Property Manager: Jim Reuschlein

Minutes from last month were approved by Bill and seconded Pauline. Treasurer's report was also approved by Pauline and seconded by Judy.

Jim Reuschlein report: The snow account names needed to be changed on financial report and it was done. Jim got price on pet stations about \$400.00 ea. when installed with supplies. Motion was made by Pauline not to spend the money, seconded by Bill. Jim checked on pond lights to keep geese off ponds. These lights would not bother humans and they were about \$35.00 more than just lights. Nothing will be done until Jim and Claude go to work shop by DNR April 7th.

We will be doing the Spring inspection soon. Checklists have been mailed, also, are available at ColonialAcresPhaseV.com the deadline is 4/15 to return. The Board is still working on the vinyl siding question. Nothing has been decided. A number of trees need work after the winter weather. Letters for delinquent dues and taxes have been sent out.

Board members comments: Many of the Board Members said that the snow removal was very good. Rob said he would purchase a loud horn for next year's snow removal. There is still bird food around on walls. Keep bird food in a feeder in your own courtyards.

There will be no Senior walking signs put up. Antenna's for TV's should not be higher than 15'. There have been about 15 packages delivered to Clearview with rental information. Thank You!

Paul Trala has done some dryer vents for co-op members and was said to have done a very good job. Paul will put an article in newsletter about dryer vents.

Co-op members comments: People wanted to know what was being done on lots behind the big white house. Would this be built on and or cleaned up. We don't think it will be built on this year. We will ask the owner if they would put a green screen up for our Co-op owners so they don't have to look at the property.

Our Chairperson for the geese Denise wants to thank the board for working on the geese situation with her. There was a print out about putting fences around ponds to keep the geese out. It will be read.

Larry the pool chairperson said Clearwater pools would be out in April hopefully to start the repairs for the pool. It was asked if anyone power washes the vinyl sided co-ops. The gutters are the co-op owner's responsibility. Also the cleaning of the gutters is the owners responsibility.

Adjourned 1:45pm

Judy Keeling, Secretary

Claude Danielson, President

SENIOR POWER LUNCH

What's for lunch? Laughing, talking and dining with neighbors! Join us Tuesday and Thursday at noon. Treat yourself to a **Power Lunch** just \$3.00 for those 60 and above \$5.00 for guests & under 60. Make reservations 24 hours in advance. (Tues. luncheon - call by noon on Mon; Thurs. luncheon-call by noon on Wednesday).

Call 248-446-1397 – Eleanor Schwartz. Please arrive 10 min early.

Colonial Acres Phase V Clubhouse Meeting 3/8/16 9:37am

10 Persons in attendance

Treasurer Report by John McGraw: All is well.

Thanks to John for purchasing the 3 new roaster ovens and LED lights for the clubhouse. A check has been issued to Sue Latham to purchase mulch for the garden.

New Residents Report by Jane Severn 2 new residents welcomed.

Purchasing and Coffee Report by Peggy Booker: Painting party had 20 participants. A discussion ensued about a donation to the clubhouse when a for-profit event is held.

Men's Club Report by Doug Smith – Christmas lights were taken down off the pool deck Tues. Doug wants to remind everybody that the Breakfasts May 14, July 16, Sept 17, are for everybody. They are put on by the Men's Club" for the enjoyment of all members.

Newsletter Advertising Report by John McGraw: 1 new ad again.

Medical Closet Report: working well

Sewing Group Report: Fabric for the clubhouse chair seats is now being installed by our busy sewing bees and volunteers. Deanne Carter said they are completing 4 seats a day.

Upcoming events under discussion:

Early June is targeted for two anticipated events--A fashion show and pot luck luncheon and another community-wide courtyard garage sale, date to be determined. A residents craft show is also under discussion. The ladies lunch bunch will resume in June. On the docket are more cruises on Kent Lake. Watch for updates.

St. Patrick's Day Dinner Report: 80 tickets have been sold. Leprechauns are busy with final arrangements. Smiths are shopping.

Librarians: Please no more catalogs. Books that are not being used and the small cabinets on floor will be disposed of.

Meeting adjourned at 10:33 am

Why Volunteer?

Because you can make a difference. Every person counts. By volunteering you are making an investment in our community and the people who live in it.

Volunteering gives you the opportunity to give back, to support the things you enjoy and assure that they will also benefit others.

Volunteering will teach you a lot. You'll find you possess talents you may not have realized you have.

Working on committees teaches you team cooperation. It shows you how government is supposed to work. It shows you how cooperatively we can achieve a common goal.

Working independently lets you express yourself for the benefit of others and gain personal fulfillment. There are plenty of opportunities for you to work independently. Let us know you want to help.

Volunteering provides physical and mental rewards. When you focus on others instead of yourself you interrupt the usual tension producing patterns. The joy and fulfillment you feel by accomplishing the volunteer task you have chosen makes you healthier by lifting your mood and emotions, stimulating endorphins that strengthen the immune system.

Raise your hand to give a hand and get a hand for helping! Volunteer today!

VOLUNTEER OF THE MONTH—Evelyn Rouse

Cocking her head, squinting her eye, you can always tell when Evelyn is making a creative decision. Our mentor in color coordination has stepped forward again to bring us that splash

of WOW when needed. Thank you Evelyn—for giving our new clubhouse chairs your signature touch with the new red seats to match the bold Italian stripes you chose for the chair backs!

Volunteers are not paid – not because they are worthless, but because they are priceless.

AFTERNOON READING ADVENTURES

Reviews by Jessica Hesselgrave of Salem South Lyon Library

The Photographer's Wife by Suzanne Joinson

In 1920s Jerusalem, eleven-year-old Prudence watches as her architect father launches a plan to redesign the desert Holy City with English parks. He employs a British pilot, William Harrington, to take the aerial photographs he needs, and Harrington meets, and falls for Eleanora, the English wife of a famous Jerusalem photographer. Palestine at the time is a harmonious mix of British colonials, Armenian, Greek, Arab and Jewish officials rubbing elbows, but trouble is beginning to simmer. When Harrington learns that Eleanora's husband is part of an underground group with plans to remove the British from Jerusalem, a dangerous game begins.

Rosemary: The Hidden Kennedy Daughter by Kate Clifford Larson

The eldest daughter born to Joe and Rose Kennedy, Rosemary was beautiful and adored by her younger siblings. She was also intellectually disabled – a secret fiercely guarded by her powerful and glamorous family. As her siblings grew and flourished, Rosemary was left behind, and her family made desperate arrangements to keep her out of the spotlight. As her behavior became more erratic, more stringent actions were required to control her, and at the age of twenty three she was lobotomized and institutionalized. Larson delves into the dark secrets of America's royal family and brings Rosemary, and her legacy, to light.

DOT'S RECIPE BOX

By Dot Saunders—239-352-6495

Bacon Wrapped Water Chestnuts Appetizer

8 strips of bacon
2 cans (8 oz. ea.) whole water chestnuts drained
3/4 c. Ketchup
1 jar 2 1/2 oz. strained peach baby food
1/4 c. Sugar
Dash of salt.

Cut bacon strips in half lengthwise then in half width wise. Wrap each bacon piece around a chestnut secure with a tooth pick. Place in a ungreased 9x 13 dish. Bake uncovered for 25 minutes turning once drain if necessary. In a small bowl combine the remaining ingredients. Drizzle over water chestnuts. Bake 25 - 35 minutes longer or until crisp.

Potomac Court Clubhouse

Colonial Acres Phase 1 – 4 & 11 Mile

April 4, **Potomac Court Clubhouse Meeting**, Monday 9am
April 15, **Euchre Pot Luck**, Friday 6pm Dinner, 7pm Cards
April 16, **Bingo**, Saturday 7pm
April 21, **Pasta Dinner**, Thursday 5pm
April 29, **Euchre Pot Luck**, Friday 6pm Dinner, 7pm Cards

Clearview Property Management has moved only the street address has changed all else is the same

Clearview Property Management Services LLC
P.O. Box 788 100 S. Bridge Street
Linden, MI 48451Linden, MI 48451
Office: **810-458-6065**
Emergency Maintenance: **810-410-7827**
email Office office@clearviewmi.com
email Billing & Selling stacy@clearviewmi.com
email Jim jr@clearviewmi.com
Fax 810-458-6067
Website www.clearviewmi.com

Get Outside & Ride--Discover a New Path to Adventure!

By Bill Semion

Time to get out. Time to explore, open your senses, and enjoy another Michigan spring.

And, there are plenty of opportunities near, and a bit farther, to do so.

First, own a bike? You should. Bicycling is one of the best exercises you can do. The more you exercise your joints and muscles, the longer you'll be able to get around, and the younger you'll feel, guaranteed. You'll see me and Denise on our bikes every spring and summer, enjoying the trails around South Lyon and elsewhere.

And, you don't need fancy schmancy ones like we have. Resale shops in town have lots to choose from. What used to be just bicycles when we were young are now called "city bikes," or "cruiser bikes." They're heavier than our road bikes, but they're less expensive, too. I have two bikes, one for pavement travel, and a mountain bike I keep for off-road use and travel.

Here are a few choices to ride that will get you out of the house, enjoying what appears to be an early spring in the offing.

If you haven't been on a bike lately, it's obviously good to start slowly, and build your endurance before taking on a longer trip. Once you get your bike legs, consider also getting some dedicated bicycling gear, particularly pants, which are made without seams that can irritate. And, a helmet is also a must these days.

Try the 12-mile-long Huron Valley Rail Trail. Many Phase V residents already use the trail to walk. It starts right in town, and if you take it north, heads along the former Grand Trunk Railroad bed through Lyon and Milford Townships before turning east to end in Wixom. Take it west up the big trash hill along I-96, and you'll eventually connect with another

25 miles of trails that will take you into Kensington Metropark to the north, or Island Lake State Recreation Area to the south along the Huron River. Just get to the I-96 bridge and take your pick.

Choose north, and you can either go eight miles around Kent Lake, complete with a couple of—depending on how fit you are—challenging hills, or continue north to follow the trail into Milford.

Now put your bikes into the car and go southeast a bit to Lower Huron Metropark. Every spring will find us transporting our bikes here and hopping on a trail that winds some 16 miles along the lower Huron River, where we follow it at least to Willow Metropark's visitor center, and back. It's a great ride.

Now that you're planning on riding, here's something to set as your goal in September: ride the annual Tour-De-Troit, this year Sept. 17. It's described as a leisurely 30-mile ride with police stopping traffic for you, sag locations in case you're too tired to continue, and even three "pit stops" with mechanics available to fix any problem. The main ride will start at 9 a.m. We've wanted to ride the Tour but have always been out of town. If we're here, we'll be there.

Want to ride with us on the local trails this summer? Just give us a call and join us if we're here. We'll be happy to have you, and start a Phase V Spoke-Benders club, if you like. Remember, you've earned your retirement. Now, it's time to have fun. But, you have to remain fit to have that fun, and this is one of the best ways to do so. Bike on, brothers and sisters!

"Nothing compares to the simple pleasure of riding a bike."

~ John F. Kennedy

Detectives Wanted...

By Denise Semion

Red-winged blackbirds, spring peepers and skunk cabbage are among the birds, frogs and flowers that herald spring's arrival. The familiar honk of Canada geese can be heard, too, as these birds begin their spring activities.

Canada geese typically start searching for nesting sites in March. They build nests in a variety of areas near shrubs, under trees, and, of course, just about anywhere near a pond or water source. Our ponds and trimmed grass provide excellent habitat for geese, whose numbers seem to be increasing here in recent years.

Your eyes and ears are needed to help identify where any Canada geese are nesting at Colonial Acres Phase V this spring. The Board of Directors for Phase V has agreed to participate in the Canada geese nest destruction program coordinated by the U.S. Department of Agriculture (USDA) and Michigan Department of Natural Resources (MDNR). The nest destruction program gives Phase V a permit to destroy nests and eggs, which will encourage the geese to leave our ponds. According to the MDNR, this is the most effective method to control geese. With an exploding population of these birds, any land in the tri-county area in Southeast Michigan is automatically approved for nest destruction. Jim Reuschlein, of Clearview Management, will attend the required training conducted by the USDA this month, and he, along with a few

volunteers, will conduct the nest destruction activities according to the requirements of the permit and the training.

Please take a look around the grounds and let me know if you see any nesting activity. I will then call Jim with the nest locations. Please do not approach the geese, or the nests, as the volunteers will do the work.

Besides reporting any nests, please do not feed the geese or other waterfowl. Do not place birdseed or other food on the ground, as it encourages geese, chipmunks, squirrels and other critters to common areas and courtyards. Although you might enjoy watching a cute chipmunk eating his lunch on a ledge where you left food for him, your neighbors may not appreciate that same chipmunk visiting their courtyard. Chippies burrow under walkways, pavers and even into wooden walls.

If you do have a birdfeeder, take care to look at the ingredients of your birdseed. When shopping, look for a seed blend with a higher proportion of better seeds such as sunflower or millet. Avoid fillers like milo and cracked corn. Milo typically falls to the ground, and cracked corn is meant for waterfowl. While these ingredients add to the quantity of seed, they take away from the quality.

Please feel free to contact me at 734-658-8755 or dsemion@gmail.com to report any nests or other geese activity. Thank you.

You Have to Ask For It...

There are senior discounts available in all of these places—you do have to ask for them because they are not given automatically: . Wendy's, get a 10 percent discount if you are at least 55, Applebee's, Boston Market, Denny's, Outback, people 60 and over, eat for 10 percent less, Clarion, Comfort Inn, Econo Lodge and Motel 6 for people 60 and over, 10 percent less. At Best Western if you are at least 55, get 10 percent

off, while Marriott's discount is 15 percent off for those 62 or older.

Hyatt's rate can go down up to 50 percent if you're at least 62, and Quality Inn cuts up to 30 percent off for people 60 and older.

At Kohl's Dept. Stores Weds if you're at least 60 you get 15 percent off. On Tues. Marshall's, TJ Maxx and Ross give you 10% off.

For shoes, go for Clarks—age 62 gets 10% off.

Say Hello To...By Jane Severn, New Resident Greeter

77-1 Steve and Chris Cencer 25748 Lexington Dr. 248-278-6048

Phone Number change

81-4 Rose Haggerty 61958 Ticonderoga **248-826-9579**

Did You Know...

Lifestyle physical activity, such as taking the stairs, gardening and walking instead of driving, is as effective as structured gym workouts in **improving fitness** (Journal of the American Medical Association).

Set Short Term Goals. Instead of dreaming of athletic excellence right away, aim for small achievements such as increasing every other workout by one to two minutes (until you reach at least 30 minutes total). Or aim to increase your flexibility so you can reach your toes more comfortably by your next birthday. Once you reach one short-term fitness goal, then set another one, such as adding two more reps (at the same weight) or five more pounds to each exercise in your strength-training program. Of course, make sure your doctor agrees that the kind and amount of exercise you do is right for you. *Per United Health Care Health & Wellness.*

Drink up. How much fluid you should drink depends upon the type and intensity of the exercise you are doing, as well as such

variables as your individual metabolic rate, body mass, size, and the environmental conditions. As a rule, drink 4 to 12 ounces of fluid for every 20 minutes of exercise. Drink before and after exercise as well. Don't wait until you're thirsty to start drinking. Thirst is a sign that your body has already been without fluids for a while.

Up the intensity. As your body gets used to a particular exercise, your strength and endurance will increase. To stay challenged and to progress toward your goals, gradually increase the intensity of your workout. If you are a beginner who usually walks for 20 minutes three times a week, consider increasing the duration or frequency of your walks or walk faster and swing your arms. For strength training, add one or two pounds every few weeks, increase your repetitions or sets, or reduce or eliminate the rest period between sets. In general, you should lift a weight until you cannot complete any more repetitions using proper form

KIM'S CORNER

SOLD

62402 Raleigh Ct. 97-1..... \$85,000

25748 Lexington Dr..... 77-1..... \$84,900

PENDING

61957 Ticonderoga 80-4..... \$64,900

25715 Adams Court..... 86-2..... \$68,900

61957 Ticonderoga 80-3..... \$79,900

62290 Arlington Cir. 119-6..... \$89,900

62320 Arlington Cir. 105-3..... \$99,900

ACTIVE

61960 Arlington Cir..... 116-1\$75,900

25721 Adams Court 85-5.....\$76,900

62178 Ticonderoga 83-2\$77,500

25832 Lexington Dr. 87-5\$78,000

25748 Lexington Dr. 77-4\$79,900

62351 Arlington Cir..... 111-4\$79,900

25916 Lexington Dr. 96-2\$84,000

25127 Jefferson Ct..... 67-6\$84,900

62180 Arlington Cir..... 118-2\$85,000

62361 Arlington Cir..... 110-5\$92,900

Our thoughts and prayer go out to the family and friends of those who have passed away recently.



Ronald McDowell...99-1

Dan Sears.....107-3

Norm McLean.....101-5

THE COOK WAS IN THE KITCHEN WHIPPING UP A FEAST!!!



Cooking dinner for over 90 hungry seniors is no Blarney! However, Diane Smith and several local Leprechauns were up to the task and created an annual St. Paddy's Day dinner was delicious to the last bite!!

Generous donors filled the pot at the end of this rainbow with gifts that brought many smiles—a big screen TV was among the gifts.

Thanks go out to Doug & Diane Smith for the shopping, and to John McGraw for providing the magic new roasters.

Most of all thanks to the volunteers who helped set up, decorate and clean up to put the club house back in order and to every one for being so generous with their time to make this another great occasion at the club house.

Dryer Vent Recommendations

By Paul Trala

At the last few Colonial acres Board of Directors meetings, the issue of dryer vents has been a topic of discussion.

First and foremost, the dryer vents do not belong to Colonial Acres. This will be a cost of the unit owner.

We have posted the current national code pertaining to the dryer vents. (Which is the same code as the City of South Lyon) at the clubhouse for you to review.

CODE STATES AS FOLLOWS:

ALLOW 8' RISE OR VERTICAL PIPE WITH 2 ELBOWS, THEN 25' OF HORIZONTAL TO THE OUTSIDE VENT HOOD.

Your current vents are approximately this amount of footage now. But are made up of 2 foot sections and a seam at each end and along the length of the 2 foot pipe with

standard duct tape which was acceptable materials at the time your condo was built.

As with anything, materials have been upgraded. Currently you can purchase a 25 foot and 8 foot sections of corrugated aluminum pipe with one piece elbows. The tape has been upgraded to UL listed high temperature tape. By going with this style of vent, you will have approximately 3-5 joints.

There has also been a discussion of other companies coming in to clean the existing vents. This is not recommended due to the age of the pipe tape and fittings.

It is more cost effective to remove the vent system and install the new style of vent system. The price of the new vent is not that much more than having it cleaned.

Maintenance does have prices upon request or any other licensed contractor can do it also.

	<u>April Birthdays</u>
5	Larry Campbell
5	Dorothy Sheckell
5	Dave Wright
6	Nancy Moore
7	Dennis Brown
7	Odeal Hoobler
8	Bill Allie
9	Barbara Maison
9	Doreen Moore
9	Gary Williams
9	Linda Womack
10	Frank Hassell
11	Dennis Kew
12	Beverly Aquiline
12	Joan Lyle
13	Marilyn Gray
13	Evelyn Rouse
16	Marilyn Butcher
16	Caren Earehart
18	Laurie Kanar
19	Kathy Smith
19	Charlene Elliott
20	Judy Crist
20	Sue Williamson
21	Dolores Thompson
21	Carol Hoskins
23	Claude Danielson
24	Mark Zager
26	Ken Berry
27	Louella Brown
27	Josie Starbowski
28	Doris Baker
28	Cathy Novak
29	Sally Blight
29	Don Ladd
	<u>April Anniversaries</u>
4	Larry & Sue Latham
14	Samuel & Irene Rivera
17	Robert & Barbara Sena
23	Bob & Mary Ann Merritt
14	Donald & Kathy Smith
27	Glenn & Carla Black
27	Gary & Linda Leslie

HISTORY IN YOUR BACKYARD

Brighton Town Hall-202 West Main

U.S. National Register of Historic Places



Following the coming of the railroad in 1871, the west side of town (west of Ore Creek) boomed with merchants and residents. Friction developed between the "Eastsiders" and the "Westsiders."

In 1877 the residents petitioned for a building suitable for a village hall, a lockup and firefighting equipment. A location suitable to both sides was needed. The city bought the property which was a burnout for \$350.

James Collett's bid of \$1950 was accepted to build the new Town Hall and construction began. February, 1880, was probably the first time the building was used.

To relieve the conflict of the "East" and "Westsiders", a fire bell was installed in the Hyne elevator when one was placed in belfry of the Town Hall. Cisterns to supply water for firefighting were located on both sides of town.

The first floor of the town hall accommodated the hand pumper and other firefighting equipment that the volunteer "Brighton Hook and Ladder Company #1" had acquired. Two large doors opened outward on the front of the building with a smaller entry next to it. The lockup was in the back. The second floor was used by the council as meeting rooms and for elections and by the Justices of the Peace or six man juries. For many years the entire front of the second floor held political orators seeking local, county and state positions and was used for special events such as Memorial Day services (begun by the Grand Army of the Republic after the Civil War, 1884. In 1927, a small space was set aside for a library upstairs. The Town Hall was incorporated into a new municipal building in 1981 and the city then began renting the first floor to a book seller.

This article was edited from a compilation by Marieanna Bair from Wm. Pless "Michigan Memorabili"

How to Feel Younger than Springtime in Your Twilight Years

Excerpted from *Everyday Health* by Madeline R. Vann, MPH

"By the time we're in our early 80s, we may be less than half as strong as we were when we were younger," says Sheldon S. Zinberg, MD, 79, founder of Nifty After Fifty: The Fitness Center for Your Classic Years, based in Garden Grove, California. This is significant because maintaining good fitness is one of the best ways to counter the effects of aging on our bodies and minds. In fact, a study from Taiwan found that as little as 15 minutes of exercise a day may increase your life span by as much as three years. If even tiny amounts of physical activity can increase your longevity, why not incorporate more into your life and boost your chances of aging healthily?

You don't have to run a marathon to reap the benefits of exercise — every little bit counts. In one study involving more than 1,700 adults who were followed for six years, people over 65 who exercised for 15 minutes three times a week reduced their risk for dementia by one-third.

Another study, published in *Neurology*, was even more promising: Researchers found that walking about 72 blocks a week halted brain shrinkage and cut the risk for developing cognitive decline and dementia by 50 percent. One of the greatest threats to senior health is falling. Falls are the leading cause of injury death and the most common cause of nonfatal injuries and hospital trauma admissions among adults 65 or older, according to the Centers for Disease Control and Prevention. One in three seniors falls every year, resulting in more than 2 million injuries and nearly 20,000 deaths. That's why it's so important to be able to maintain your balance, Dr. Zinberg says.

One way to do this is to practice tai chi. Tai chi involves a series of gentle stretches and poses that flow from one to the next. The idea is to help you focus on your movement and breathing.

Like tai chi, yoga is an exercise involving a series of poses, stretches, controlled breathing and meditation. It's meant to increase your flexibility and strength. Several studies have suggested Silver Yoga for senior health helps reduce body fat, systolic blood pressure and sleep disturbances among older people, while also improving their balance, endurance and overall fitness. Additionally yoga aids healthy aging by easing constipation, a common age related complaint, and other symptoms of irritable bowel syndrome.

Jogging or running may protect against memory loss after an illness according to a study from the University of Colorado.

A Canadian study confirms what rheumatologists have been telling older adults with osteoarthritis of the hip—swimming reduces pain and boosts mobility. With every stroke you are strengthening your core—hip, back and abdominal muscles as you move through the water.

As you age, you're more likely to experience swelling in the legs calves and feet. This is known as peripheral edema. To reduce swelling, lay on your side and swirl your top leg in the air. Also do calf raises by standing on the floor and raising up on the balls of your feet. By doing this you are increasing blood circulation and helping fluids move more easily through your body

Colonial Acres Phase V – Resident Directory Changes

A new Phase V phone book will be published this summer.
If you would like to change name, phone number or cell phone number.

Contact: John McGraw, 248-437-4909
email: johnjmcgraw@att.net
or use my drop box next to my front door at 25636 Lexington Dr. Unit 5. (73-5)



APRIL FOOL'S DAY APRIL 1st

Y	L	L	I	S	B	P	E	L	Z	O	O	B	M	A	B
E	B	E	W	I	L	D	E	R	C	A	P	E	R	W	Q
E	A	S	H	E	N	A	N	I	G	A	N	S	B	U	P
F	R	E	S	I	R	P	R	U	S	G	U	O	D	R	E
A	E	T	U	P	S	L	B	S	E	K	O	J	E	E	E
R	D	T	O	N	D	U	P	E	H	U	F	P	T	K	L
C	U	S	I	M	S	C	L	M	F	D	O	R	Y	A	A
E	L	E	G	I	F	D	P	E	N	S	I	Y	U	Y	Y
A	E	J	N	I	D	O	I	U	T	C	T	G	E	K	L
E	D	E	R	U	P	H	O	E	K	I	H	K	C	I	K
F	S	S	F	R	C	F	R	L	V	T	R	A	R	V	A
S	T	E	A	S	B	O	D	E	E	A	N	P	M	X	O
E	B	N	I	M	V	A	L	R	L	R	A	D	F	S	H
Y	K	M	U	S	E	Y	P	A	O	B	Y	O	R	J	R
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Corn beef dinner **By Diane Scheuer Smith**

This year's corn beef dinner was a great success though we started working on it late. I want to thank all those who volunteer their time to make events like this possible. We can always use extra help even if you can only fold silverware in napkins. Next year we will start selling tickets earlier and have a cutoff date about a week before the event. I want to

apologize to those who wanted tickets at the door. Tickets cannot be sold at the door for events for one or two reasons. Either we are sold out (130) or we have shopped for the number of tickets sold and may not have enough food for additional guests. Again, thank you to all and we can't wait for the next fun event.

Letter from the American Legion of South Lyon

The American Legion of South Lyon Post 338 would like to thank all the members in Phase V for saving the pop-top-tabs (Tabs for Tots) from all aluminum beer and soda cans, and putting them into the container at the clubhouse. Those tabs are being used to supply gifts to the children of children's hospital, or to help with the medicine the children need for everyday use. Please keep those tabs coming. It takes a lot of tabs to make a pound, and we need a hundred pounds before we can cash them in at the aluminum company.

If you didn't already know, when you return the cans to the store, you can get your dime back with or without the tab. Please keep saving those tabs, and put them in a container at the clubhouse in the kitchen area. Or you can call me at: 248-486-3055 and I'll be happy to pick them up from you. My name is Ron Vorndam and I play cards at the Phase V clubhouse on Monday, Wednesday, and Thursday's. Give me a call and I'll save you a trip to the clubhouse.

Thank You!

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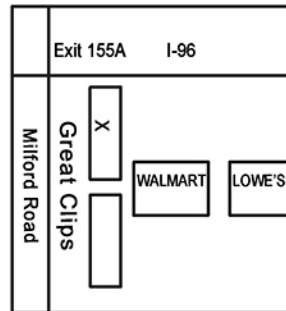
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