



THE CEDAR COVE NEWS

Volume 2 Issue 1
January/February 2010

INSIDE THIS ISSUE

Page 1-So Glad We Are Here!
-Wisconsin Winter

Page 2-Park Models For Rent
-New Suggestion Box
-PLEASE SLOW DOWN!
-Ladies Lunch

Page 3-Cheryl's & Terri's Corner
-SpacePort America

Page 4-Classified Ads
-Pics Of The Month
-Thought For The Month
-Clubhouse Schedule

Page 5-Reminders
-Special Thanks

Page 6-Welcome Snow Birds
-Eating Healthy

A Bi-Monthly Publication For
Residents, Guests & Friends
Of Cedar Cove RV Park



Sure Glad We Are Here!

With the bitterly cold temperatures and higher than normal amount of snow and ice around the country, we have been hearing "Sure Glad We Are Here" a lot lately! Whether your families are left at home in Kansas, Minnesota, Nebraska, Wisconsin or Michigan, I'm sure you are hearing that it's just plain miserable at home! I try not to share with my family how nice it has been here lately because for some reason they just don't appreciate hearing about our abundant sunshine and warm afternoons!

When we count our blessings, having the opportunity to live here in beautiful New Mexico (AND in Cedar Cove!) should be at the top of our list!

Wisconsin Winter by Judy Brenholt

*Wisconsin is having a winter this year full of ice and snow
Not to mention temperatures of 21 below.*

*The fuel truck visits frequently to keep the furnace going
And we wake up each morning wondering if it's freezing or snowing.
Now don't feel too sorry for me as there's something you should know.
I've seen all this on my TV cause
I'M IN NEW MEXICO!*

Thank You Judy!

*Happy New Year
From Your Cedar Cove
Staff
Welcome To 2010!*

Park Model For Rent

We have furnished both our Blue & White Cottage and Cedar Cabin Park Models and have made them available for **RENT**.



These are a both a great place for your family or friends to stay when coming in to visit or for a nice "get away". We will

be renting them short term, weekly or monthly. Please stop by the office for additional information if interested or call us at 575-744-4472.

NEW SUGGESTION BOX!

We have placed a suggestion box in the clubhouse for your ideas and suggestions! If you were impressed by something you saw at another park or just have an idea for a new fun activity or a way we can make your stay even better, please feel free to jot it down and place it in our box! Thank you!

4 Wheelers Are Rollin!

The 4 Wheelers are heading out on a regular basis now, so if you have an ATV or other 4 Wheel Drive and interested in joining in on the fun, come on up and check with us at the office! Our Cedar Cove 4 Wheeler's enjoy the many trips and trails nearby, and everyone is welcome!

PLEASE PICK UP YOUR DOGGIES DOO!

Just a friendly reminder about your doggies
Doggie Doo!

Please take the time to stop and pick up your doggies doo. It's not only a requirement in Cedar Cove, it's just plain common courtesy to pick up after your pet so that your neighbors don't step in it!

Thanks!!

PLEASE SLOW DOWN!

We have noticed recently that some of our residents and guests are forgetting about our **10 MPH SPEED LIMIT** within the boundaries of our park. Having received numerous comments and complaints about this, we would like to take this opportunity to ask each of you to be mindful of your speed and help us keep our park safe for everyone!

As a wise man once said
"Only You Can Prevent Speed Bumps!"

LADIES LUNCH

The monthly "Ladies Lunch" was January 13th and what a wonderful turn out! Starting last November, you began taking turns selecting the restaurant. Fran Costigan selected November's, Bev Jenson selected December's, and Betty Ninefeldt selected January! Doris Osborn was honored at the December lunch as the monthly "Ladies Lunch" was her original idea. When asked to select the restaurant for February, Doris immediately knew she wanted Bellaluca! A great choice Doris. So, keeping with your 2nd Wednesday in the month schedule, please join the ladies on February 10 at the clubhouse at 11 AM to travel together to Bellaluca!

Newsletter Goes Bi-Monthly

Starting in 2010, we will be publishing our newsletter on a bi-monthly basis.
Thank you to all our loyal readers!

What Is SpacePort America?

In the 1990's, a group of individuals named the "Southwest Space Taskforce", following the history of New Mexico space engineering, wanted to take the NM Space Industry to the next level by building a commercial space facility. They earmarked a 27-square mile state owned location 30 miles south of Elephant Butte. The group took the idea to Economic Development Secretary Rick Homans who sent the idea to Gov. Richardson. The Governor then led the effort to finance the Spaceport and spear-headed the effort to land four major aerospace companies-including Virgin Galactic. According to Spaceportamerica.com, Virgin Galactic will be the major tenant at the SpacePort much like American Airlines is the major airport tenant at DFW airport in Dallas.

However, other companies like Rocket Racing League, UP Aerospace, Lockheed Martin, Armadillo Aerospace/Rocket Racing League, LTD and the X Prize Cup will share space at the facility. The SpacePort Authority projects many other space travel and support businesses will relocate to the area surrounding the facility.

Two independent studies suggest a huge impact in the job market in our area. The NM State University study projected 2,300 jobs by year 5 of the Spaceport's operations and another study, by Fultron Corp., projects 3,500 jobs by the year 2020 with an annual impact of one billion dollars!

The initial price for a trip into space through this program is \$200,000. Already there have been 45,000 people from more than 120 countries who have registered to participate in this unprecedented tourism space program.

Cedar Cove is well prepared and excited to provide the needed accommodations for this project, both long and short term for the construction industry personnel, employees as well as the visitors to the area!

Cheryl's Corner

Happy Holidays to all. It's been a wonderful experience for Rick and I to share in the local festivities this year. Last year we decorated our boat for the Floating Lights Parade and entered the competition. Unfortunately, the weather didn't cooperate. We had wind gusts up to 50 miles per hour. All of the beautiful luminarias were blown out, the wind was frigid, and the boats had to remain docked at the marina. The good news was that our boat took third place in the competition.

This year we decided against decorating the boat. Instead we attended the beach walk and sampled all of the food and drink that was offered. For those of you who were unable to attend, the event was spectacular. The luminarias stayed lit, there were 24 bonfires, and the water was calm so the boats were able to sail. The boats that entered were decorated beautifully and the reflection of the lights on the water was amazing. Santa Claus was there and was handing out treats to the children and some adults, I won't mention any names but her initials are Cheryl. All in all, it was a really great experience and I hope to attend next year.

According to reports, there were 4,600 people in attendance this year. All proceeds are donated to the Make a Wish Foundation, so, "good job" to the participants from our area.

Terri's Corner

A List for Santa

Well here it is The New Year

My list was short and not too hard for Santa Clause this year

I asked for some basics, I'm not sure he complied

If I had these little things, I know I could get by

I'll start with the smaller thing, like teeth & eyes & ears

The ones I have all need repair, I've used them all these years

A new body would be wonderful, the one I have is giving

And just one very small request, please make this bod be living

My memory bank has shorted out & probably blown a fuse

I can't remember when I got it, if it was new or used.

And in the brain department I just need a little kit.

Mine came marked disassembled and I can't make the pieces

fit

I hope this list was not too long and I hope that he can see

That if I got these few small parts, I'D BE A BRAND NEW ME!

HAPPY NEW YEAR TO ALL!

Classified Ads

NEEDED: The Cedar Cove exercise group needs a DVD/VHS player

FOR SALE: 6 foot Motorcycle Ramp \$30. See Wayne Mayberry at site #39

FOR SALE: Nice electric golf cart, light blue and white \$1500. Please see Joe Yates at site 19, or inquire at the office

FOR SALE: Cheryl and Rick are selling their 5th Wheel. It's a very nice 24.6 foot, 2003 Nomad Scout with a super slide. New tires, and in excellent condition. Please call Rick for details at 505-306-5171.

FOR SALE: Don't forget our 2 Park Models are for sale or lease. Steve is asking \$40,000 for the Cedar model, and \$35,000 for the blue cottage. We are also making the blue model available for short or long term rent.

FOR SALE: 2 Brand new Swivel/Rocker easy Chairs. Brown & Gold color. \$100.00 ea. 303-257-8296.

Cedar Cove Clubhouse Schedule

To avoid scheduling conflicts and help everyone to remember the day of their favorite activity, here is the schedule for the fun at the Cedar Cove Clubhouse

Sundays: Rock Painting All Day

Mondays: Jewelry Wire Wrapping (Starting Feb 8)

Tuesdays: Stitch & Bitch 9AM

Wednesdays: China Painting All Day

Thursdays: Rock Painting All Day

Saturdays: Donuts & Coffee 9 AM-11AM

Freezers/Refrigerators

Recently, we were asked if it was OK to set a freezer or refrigerator outside in a site. It has been determined that this is only permitted if the appliance can be placed in an enclosed area such as a storage shed or under a 5th Wheel with a proper (non-tarp) front enclosure.

January/February Thought Of The Month

Just a thought, but what do we really gain by lowering ourselves to the level of behaving badly by gossiping, making up hurtful un-truths and saying hurtful things to and about someone else? ***Nothing***. Like alcoholism or any other addiction, behaving badly, creating "drama" is just that, an addiction. How hard can it be to be to just stop, and allow ourselves to live happily, accepting one another and enjoy life? None of us are perfect, but God did make us equal so being accepting and non-judgmental of one another is just a basic requirement of life. Isn't life too short to waste one moment saying something mean to or about someone else?

Let's try to remember we are all adults, not pre-teens, and we really gain nothing by gossiping, stirring up trouble continually or by hurting one another's feelings.



Palomas Mexico
Soldier Dec 5, 2009



Snow In Cedar Cove Dec 2009



"Mornin Maam!"



*Hmmm, Bob on his knees?
Do you think we need a*



Oh my,,,What a lovely gift!



[A Few Notes & Friendly Park Reminders](#)

Don't forget to join us for donuts, coffee and friendship on Saturdays at 9AM! Your donations are gladly accepted and appreciated!

[WATER HOSES](#)

Please don't forget that leaving your water dripping at night during the winter to prevent freezing is prohibited here at Cedar Cove. Unhooking your water hose or wrapping it with heat tape and insulation is recommended for those cold nights. Please see our office personnel for assistance if needed.

[Heater In Shower House](#)

When using the heater's in our shower house, please do not forget to turn the heater off when you leave!!

Thank You!

[Gifts Of Love](#)

Every once in a while, we are fortunate enough for our lives to cross paths with someone who has a wonderful, huge giving heart. We have several very kind and giving individuals in Cedar Cove, but recently this one in particular stands out above the rest. This special individual prefers to quietly remain unknown, just following their heart. So, we will respect their wish, and share our thanks accordingly. We will refer to this person as our own "Santa Clause".

**Recently, our Cedar Cove coffee pot finally died. I guess we can not complain, it had given us many years of service and we all know what a work out we give our coffee pots! Thanks to our resident "Santa Clause", we were given a new replacement coffee pot, saving our petty cash for more important things like Thanksgiving & Christmas Dinners, Pot Luck Stews, Ice Cream Socials, Coffee & more!

**Our new exercise session is a great "healthy" idea, however it would not be possible without a good TV to watch our video's on. Again out of simple kindness, our resident "Santa" stepped in and donated a very nice TV to us!

What better gifts can be given than those given out of simple unselfish love? *There will surely be a special place in heaven for "Santa" and others like him.*

[Thank you Lil!!](#)

Thanks also go out to Lil Woolery for her gracious help and donation of the ingredients for the waffles we made for everyone at the clubhouse recently! Thanks Lil!

[Thanks Again Helpers!](#)

Once again as always, a few of our kind Cedar Cove Ladies stepped up to the plate and helped with the cleanup after the Holiday Get-Togethers! We thank each of you, you know who you are! We couldn't do it without your help!

[Heartfelt Thanks](#)

Thank you to everyone who made contributions to the collection that Lil Woolery took for Bob and Rita Millikin. It was a very difficult time for them while Rita recovered enough for their trip home. Our thoughts and prayers are with them as they work their way through this. Sadly, with the help of their daughter, Bob and Rita returned home where Rita will continue with her physical therapy. Bob recently called to report they arrived home safely and are already looking forward to returning to Cedar Cove when Rita is better.



[Thanks To Linda & Dick, Our Horseshoe Champs!](#)

Recently, we celebrated the opening of our new picnic and horseshoe area and thanks to all the help from Linda and Dick, it was a great success! Bringing along their horseshoe buddies, Linda and Dick provided us with great entertainment and pointers on how to play. Inside, everyone enjoyed wonderful "Yankee Chile", Green Chili Stew and desserts to die for! Despite the cold spell, everyone enjoyed themselves, inside and out!

[Thanks To Rick & Cheryl](#)

Thanks to Rick and Cheryl for cooking up the chili and stew for our horseshoe event! Once again, Rick has proven himself to be a Master Chef, and Cheryl holds her own right there with him! As we all know, preparing food for a crowd that size takes a lot of time and hard work. We all benefited by Rick & Cheryl's efforts and dedication to Cedar Cove. Thanks again guys!



[Thank You Donors!](#)

As always, we want to say "Thank You Thank You" to all our generous Saturday donut donors! As with every other business in this tight economic times, Cedar Cove really appreciates your donations. It continues to make the Saturday donuts and coffee possible! Thank you and bless your hearts!

[Special Thank You From Bob & Rita Milliken](#)

“To all our Cedar Cove Friends, thank you for your generosity and thoughtfulness. Thanks for what you did, thanks for being you.”

Happy Birthdays!!

Sharon Burke January 5

Peggy Franks January 30

Michael Kiss January 4

Sheila Spitler December 12

Hank Rader January 3

Marvin Anderson December 31

Paul “Poor Paul” Hopkins Feb 8

Glen Parks Feb 12

Lil Woolery Feb 22

Martha Sprayberry Feb 23

Frank Ninefeldt Feb 23

We are sorry if we missed your special day! Please be sure to come by and fill out our “Getting To Know You Better” form at the office!

[Snowbirds Returning To Us This Month!](#)

Jerry Parr, Site 66

Terry Dieters & Don Rogers, Site 49

Dotie & Ray Henry, Site 58

Ron & Sharon Stave, Site 63

[And A Very Special Welcome To Our New Snowbirds!](#)

Lloyd & Billie Simpson, Site 22

Judy & Bernie Coburn, Site 71

Mr & Mrs Litten, Site 96

Mr & Mrs Hill, Site 94

Mr & Mrs Jackson, Site 95

Mr & Mrs Lawrence, Site 98

Mr & Mrs. Kaltenberger, Site 50

Mr & Mrs Brychta, Site 88

Mr. & Mrs Beck, Site 84

Mr. & Mrs. Perkins, Site 93

Dana Kahny, Cabin Park Model

**Thank You To All Our
Snowbirds For
Flying In To Stay with Us!**



[Eating Well Helps You Age Well](#)

Eating well is vital for everyone at all ages. Whatever your age, your daily food choices can make an important difference in your health and in how you look and feel.

Eating a well-planned, balanced mix of foods every day has many health benefits. For instance, eating well may reduce the risk of heart disease, stroke, type 2 diabetes, bone loss, some kinds of cancer, and anemia. If you already have one or more of these chronic diseases, eating well and being physically active may help you better manage them. Healthy eating may also help you reduce high blood pressure, lower high cholesterol, and manage diabetes.

Eating well gives you the nutrients needed to keep your muscles, bones, organs and other parts of your body healthy throughout your life. These nutrients include vitamins, minerals, protein, carbohydrates, fats and water.

Eating well helps keep up your energy level too. By consuming enough calories (a way to measure the energy you get from food) you give your body the fuel it needs throughout the day. The number of calories needed depends on how old you are, whether you are a man or woman, and how active you are.

Your food choices also affect your digestion. For instance, too little fiber or fluid may cause constipation. Eating more whole-grain foods, fruits and vegetables or drinking more water may help with constipation.

To eat healthier, you can begin by taking small steps, making one change at a time. For instance, you might buy whole-grain bread, leaner meats, or more fruits and vegetables when you shop. These changes may be easier than you think. They're possible even if you need help with shopping or cooking or if you have a limited budget. If you have a specific medical condition, be sure to check with your doctor or dietitian about foods you should include or avoid.

Whatever your age, you can start making a positive lifestyle changes today. Eating well can help you stay healthy and independent, and look and feel good in the years to come.

(Thanks to the “Sunshine Seniors Newspaper” for this article)