

Correll Commons Little Nickel:

Need Sewing!

Do you have a special sewing project or regular ironing that you need help with or just don't want to do?

Call Lori Dillon and she can help you out!

Lori: 360-223-0134

JULY Coffee Hour

A huge Thank You to:

- Jan & Bill
- Arleen
- Sharon

For volunteering to bring the wonderful treats for July's Coffee Hour.

Important
Contact
Information

Condominium
Association President
Fred Heffley
360-303-0727

Activity Coordinator
& Newsletter Editor
Sharon Swanson
360-820-1400

On-site Care
Coordinator
WORC Rentals
Cathryn Carpenter
360-296-3382

Ferndale Library
360-384-3647

Senior Center
360-384-6244

WTA Bus Service
360-676-RIDE

Ferndale Yellow Cab
360-383-8294

The Hair Salon

Camille is available on Wednesdays only from 9:30—3:00 so call now to make your appointment.

Hair Salon
5680 Correll Drive,
Unit #101
(360)305-4751



(Ron and Carley Tolotti thought up the sign to honor the labor and getting the pile whittled down.)

Foot Care

Crissy Tieman RN, is a certified foot and nail care specialist and she offers in-home nail care to any one that is in need of a trim or callus care.

Call 360-393-7384 to set up an in-home appointment.

Note from the President

Oh my the sun is telling it's summer now! Love it! Hope everyone had fun at the 4th of July BQ and the latest potluck. Love to see everyone having a good time getting to know their neighbors. We had an outstanding turnout. Someone mentioned name tags for the events. What do you think? Six years ago, I never thought in a million years that our group would be so big that we would need name badges, but it looks like we might need them! What a wonderful problem to have.



The next event is the "Garage de Garage". If you were here last year you will remember the parade of neighbors making their way to designated garages where we indulged in beverages, appetizers, salads, and desserts! It was so much fun! We will bring chairs around, along with

extra beverages and people. If you don't feel like you can walk the entire route hitch a ride.

The "Garage de Garage" begins at the Gathering Place. So far, we have 4 garages lined up. The locations will not be a secret this year. We need one more garage, especially a bungalow garage. If you want to participate call me or Tawney at 961-3293. If you need help, we can line up someone to help you.

The original idea is to NOT clean out the garage space, we will have games and prizes. Personally, this is my favorite event! Come join the fun! "GARAGE de GARAGE". **AUGUST 16th.** Beginning at the Gathering Place at 5:00pm

Fred Heffley

Condominium Association President

AUGUST Upcoming Events at a Glance

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Coffee Hour 10 – 11 Game Night 6 – 8 pm	2	3 Flicks in the Park [dusk]	4 Farmers Market 9-3
5	6	7	8 Coffee Hour 10 – 11 Game Night 6 – 8 pm CH	9	10	11 Farmers Market 9-3 Civil War Re-enactment 10am – 5pm Custer Daze 10am – 11pm
12 Civil War Re- enactment 10am - 5pm	13 Northwest Washington Fair Opens! - Lynden 13 th to 18 th 8am – 10pm	14	15 Coffee Hour 10 – 11 Game Night 6 – 8 pm	16 Garage de Garage 5pm Gathering Place (replaces the end of month Potluck)	17	18 Farmers Market 9 – 3
19	20	21	22 Coffee Hour 10 – 11 Game Night 6 – 8 pm	23	24 Ferndale Street Festival	25 Farmers Market 9 – 3 Ferndale Street Festival 10am – 11pm
26	27	28	29	30	31	
FSC = Ferndale Senior Center, CPCH = Correll Park Club House, GP= Gathering Place ***Otherwise the event is at the Correll Commons Club House***						

Correll Commons Events & Announcements:

Garage de Garage

If you were here last year you will remember the parade of neighbors making their way to designated garages where we indulged in beverages, appetizers, salads, and desserts! It was so much fun! This year we will take chairs around along with extra beverages and people. If you don't feel like you can walk the entire route, just hitch a ride.

Join the fun!



"GARAGE de GARAGE".
August 16th. Beginning at the Gathering Place at 5:00pm.

Hanson's 50th Wedding Anniversary



**Don & Diana Hanson
Celebrate 50 years!**

The family of Don and Diana Hanson would like to invite you to join them in celebrating their 50th Wedding Anniversary at an open house from 2–4 pm on **Sunday, August 5th** at Cornerstone Community Church. The Church is located on the corner of Mt. View Rd and Olson Rd in Ferndale. They were married on July 14th, 1962 in Ferndale.

Winners!

FLOWER POT COMPOTITION

1st Place - **Linda Kasper** - whatever the HOA decided to give

Honorable Mention - **Harry Bowan** - Gift certificate from Active Lifestyle 3 hours cleaning

Dog Duty

Remember to pick up your dog poop when strolling the neighborhood!
~ thank you

Book Club

We are taking a summer break! Watch the September newsletter for information on our Correll Commons Book Club.



Tea Time at the Commons

The Commons gave Ovarian Cancer research a boost on Monday as tea was served in the Clubhouse; 32 guests collectively donated \$339.00 to help provide funds for future research.

Margaret, Sylvia and Malcolm’s Daughter in Law, has been battling Ovarian Cancer for about five years. Research is important and dependent on cash donations from caring individuals. Research gives hope and encouragement to the women who have been diagnosed with this disorder and does extend their lives.

Special thanks for their contributions go to: Catherine Carpenter, Sharon Swanson, Lynn Williams, Tawney Hefley, Joann Brackinreed, and Diana and Don Hansen who made cash donations but were unable to attend afternoon tea. Diana kindly supplied us with enough china to complete our place settings;

and Doreen Hawks filled in with tea pots and pretty napkins. The fund raiser was a true community effort.

Mary Christensen and Jackie Edin helped set up tables for the event ~ their help was invaluable. Additionally the tea would not have been such a success without the very capable help and support of Daphne Grady.

All in all the tea was a fun event. Daphne and I enjoyed sharing English tradition with our neighbors, while at the same time raising money for the most worthy cause of helping women to overcome this dreadful disorder.

Proceeds from this event have been forwarded to the Marsha Rivken Center for Ovarian Cancer research at Swedish Hospital in Seattle.

Many thanks to all who participated in our success.

~ Sylvia and Malcolm East

Ferndale Community Corner & Announcements:

Ferndale Street Festival

This year's MUSIC is top of the line with a mix of Whatcom County's most talented bands. From Blue Grass to Country, Classic/Southern Rock to Alternative Rock, this is the year to come for the music and stay for the fun. The Festival doesn't end there. With an entire block dedicated to the family and kids with their own Live Stage acts, a car show, various food out-

lets, vendors of all trades and a wine & beer tent. So rain or shine, it's all happening on Main Street where we shut it all down from traffic and have ourselves a fantastic time!

WHEN: Friday, August 24th to Saturday, August 25th, 10 AM—11:30 PM

Carol's Cakes and Sharon Swanson will have their own booths on Saturday. Come by and say hello!

Civil War Re-enactment

WHEN: Sat, August 11, 10am – Sun, August 12, 5pm

WHERE: Hovander Homestead Park

The Washington Civil War Association presents the Battle at Hovander Farm. At the “camp” there is a living history fair where visitors can ask questions about the civil war and life in the camps. There is also a scripted battle complete with canons, horses, artillery and authentic civil war attire. This two day event takes place August 11—12th at Hovander Homestead Park.

Interested in becoming a member? For more information go to: www.wcwa.net

Ferndale Flicks in the Park

The Goonies will be shown on Friday August 3rd.

The movies will be shown in Historic Pioneer Park. Movies will start after sunset with food vendors and entertainment starting at dusk.

Remember to bring your blankets or chairs. Seating will be stadium style with blankets in the front and lawn chairs in the back.

IT'S FREE!

Hovander Park

Hovander Park Tours are held Thursday through Sunday from 12pm to 4:30pm. Please call 360-384-3444 for more information.

Health and Wellness:

Note to People With Arthritis and Diabetes: *Move It or Lose It*

Keep moving! That's the mantra people with diabetes and arthritis hear ad nauseum from their healthcare team. And it makes sense: Studies show that exercise plays a key role in managing both conditions. Lower blood sugar and lower risk of complications for people with diabetes. Less joint pain and more mobility for those with arthritis. Obviously, obstacles to staying fit can hinder folks with these illnesses. Stiffness. Obesity. Pain. Lack of interest. High blood pressure. Difficulty finding something fun or safe. To name just a few.

But what if you are afflicted with both conditions?

Turns out, there are a lot of people in that predicament. Folks diagnosed with diabetes are nearly twice as likely to have arthritis, and the inactivity caused by arthritis gets in the way of successfully managing both diseases, according to a study just out from the Centers for Disease Control and Prevention. Bummer.

The study is a big deal because it's one of the first large-scale investigations of its kind to delve into the relationship between the two disorders, physical activity, and health outcomes.

So how, then, to find the right fit and incorporate essential activity into your every day life? And what won't aggravate your arthritis?

Think activities that don't stress joints. Swimming. Walking. Aqua Exercises. Stretching. Yoga. Golf. Tai Chi. To find out about physical activity programs suitable for people with arthritis in your area, visit the Arthritis Foundation.

Here's a tidbit that might seem counterintuitive gleaned from reports on the CDC research. Some people with arthritis don't exercise because it hurts them. Fair enough. But what if they knew this: Gentle exercise will actually reduce pain and prevent the disease from progressing. The whole "no pain, no gain" ethos.

So what safe, enjoyable activities can put a spring in your step and help manage these diseases?

Just curious: *Did line dancing or lawn bowling make the list?*

Pumpkin Cake Roll with Cream Cheese Filling

Ingredients:

3 Eggs
1 cup Sugar
2/3 cup Pumpkin
1 teaspoon Lemon juice
3/4 cup All-purpose flour
1 teaspoon Baking powder
2 teaspoons Cinnamon
1 teaspoon Ginger
1/2 teaspoon Nutmeg
1/2 teaspoon Salt

Filling:

8 ounces Cream cheese -- softened
4 tablespoons Butter -- or margarine
1 cup Powdered sugar
1/2 teaspoon Vanilla

Preparation:

In large bowl, combine eggs and sugar, beating with an electric mixer until thick and light yellow in color. Add pumpkin and lemon juice, mixing until blended.

In separate bowl, combine flour, baking powder, spices and salt. Add to egg mixture, mixing well. Spread batter into greased and waxed-paper lined 10-by-15-inch jelly-roll pan.

Bake at 350 ° for 15 minutes. Remove from oven. Cool for 15 minutes. Place cake on clean tea towel sprinkled liberally with powdered sugar. Cool 10 minutes longer. From 10- inch side, roll cake up in towel. Set aside.

While cake is cooling in towel, prepare filling. Beat together cream cheese and butter; stir in powdered sugar and vanilla and blend until smooth. Unroll cake. Evenly spread filling over cake. Roll up cake (without the towel). Wrap in plastic wrap. Cover and chill at least 1 hour. Slice before serving. Keep leftover slices refrigerated. This pumpkin roll freezes well.



Guess who this is?

Come into the Correll Common's office with your guess or (secretly) tell Sharon at Coffee Hour. You will be in the running for a fabulous monthly prize!

*July winner: Barb Siemion
July picture: JACKIE EDIN*