



# Hawk Ridge Putterings

Volume 11, Issue 8

August 2012



## FLYNN'S CORNER

The months keep rolling by and there never seems like there is a shortage of things to do at HHR! I am rolling out a new Ballroom Dancing Class and we are also going to continue with our Sunday Pot Lucks....with a bit of a twist.

It was good to see so many of you at the presentation by Pulte Homes. The community is clearly excited about the prospect of new homes being built and I know we all look forward to welcoming new residents!

Keep praying for a break in the heat and some much needed rain!

*See you at the clubhouse,  
Renee*

## Upcoming Events

### August 15

Demolition Ball  
1 pm

### August 17

Charlie Mann  
7 pm  
Sizzlin' Summer  
Serenade Dance

### August 26

Sunday Pot Luck  
6 pm

### September 3

Labor Day  
Golf Event  
4 pm



## Resident Spotlight

This is the amazing story of a brave young man who asked for combat duty after recovering from very serious wounds. This is also the story of war and the men who won that war. The pilots & crews of the B-29s were young men in their late teens and early 20s.

Roger Sandstedt served as Fire Control Gunner on the 58<sup>th</sup> Bomb Wing B-29 Bomber "Lady Be Good". While stationed in India, the B-29s bombed Japanese targets in Southeast Asia, China, Formosa, & Kyushu, Japan. On a Singapore Mission, Roger was hit by three explosive bullets from a Japanese fighter. It took nine hours to get his damaged B-29 home and then Roger had an hour ride to the hospital. After 55 days in the hospital, Roger again volunteered for combat duty.

In early May 1945, Roger's Bomber Wing moved to Tinian to take part in the Air Offensive against Japanese Home Islands. They dropped high explosives and fire bombs on Japan. Four times Roger's crew had to make emergency landings on Iwo Jima due to combat damage and fuel problems. Roger flew 23 missions from Tinian. On the two late May 1945 Tokyo Fire Bombing missions, a total of 41 B-29s were lost, each with eleven men on each bomber.

After the war, Roger earned a BS degree in Electrical Engineering from Kansas State University. He obtained employment at Monsanto. Over the years, he rose to the position of a Director of Engineering in the Corporate Engineering Department, where he had over 230 people reporting to him- half of these were graduate engineers. He and his wife Gudrun have one son and four grandchildren. He met Gudrun, who is Swedish, on a European trip. They have lived in HHR for almost three years.

*submitted by: Barb Heater*

## Community Rules Review

### "Outdoor Storage"

#### Part a

Garbage pails, barrels, gardening equipment and supplies, lumber or other miscellaneous items **shall not be stored or left outdoors**. Such items must be kept within the home or garage. Firewood must be neatly stacked at the rear of the yard. Portable grills must be stored behind the home so they are not visible from the front yard.



## Heritage of Hawk Ridge

### Office Hours:

Mon - Fri 9 am - 5 pm

Sat 9 am - 2 pm

Office Number: 636-561-7895      Office Fax: 636-625-6646

[www.hhrlifestyle.org](http://www.hhrlifestyle.org)

# HR Post-It Notes

New Date For

## DEMOLITION BALL

Wednesday, August 15th

2 pm - 3 pm

Bus / Carpools Depart at 1 pm  
from the Clubhouse

Space is limited to the first 12 residents who sign up. This is a bumper car sport that is a lot of fun; but it does get physical.



(see sign up sheet)

Don't Miss Out On The Fun!

Join us at the Pro Shop for a cool beverage

*"Happy Hour!"*

*Monday, August 6*

*Monday, August 20*

4 pm—6:30 pm

\$2 Beer, \$4 Mix Drinks, \$2 Wine

(No outside beverages / wine can be brought  
into the Pro Shop)



Would you like to learn the classic dances of our time? Then join us on Thursdays at 6:30 pm for

## Ballroom Dancing Classes

### Session 1:

Aug 16, Aug 23, Aug 30, Sep 6

### Session 2:

Sep 13, Sep 20, Sep 27, Oct 4

The cost is \$25 per person / per session and each class is limited to 15 couples. A minimum of 10 couples is required for each class. A professional instructor from **Simply Ballroom** will be leading each class.

(see sign up sheet with flyers)

# The Bragging Rights Board

## Sizzlin' Summer Serenade

Friday, August 17th

7 - 10 pm

Music by

**CHARLIE MANN**



WITH GUEST HARRY  
SIMON ON SAX



& OUR OWN  
DENNIS GOWAN ON  
DRUMS

SEE FLYER TO SIGN UP.....  
SEATS ARE GOING FAST!

**WE**

## "AM IN THE PM" POT LUCK SUNDAY

We are going to have another neighborhood gathering to celebrate

**"BREAKFAST"**

for dinner!



SUNDAY, August 26th

6 pm - 9 pm

Share your favorite quiche, bring some bacon or sausage, breakfast breads or muffins, fruit, cereal, whatever.....get creative!

(see sign up flyer)



Please remember that the golf course, sand traps and greens are not to have children or pets playing on them. This holds true both during and after course hours. Help us keep our course in great shape by making sure it is not used for purposes other than what it is intended.

# The Bragging Rights Board



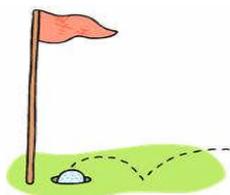
## Lady Hawkes

June 27 our game was Low Net Score Minus the S's (6 & 7). **Donna Bray** won the Red Flight with a score of 16, **Barb McGill** won White with 15, and **Nita Meier** took Blue with 14.

July 11 we played Throw Out Two Worst Holes After Play. Winners were **Elvira Johnson** (Red 16); **Jane Harrison** and **Stephanie Hemple** (tied White 18). The Blue Flight had a three-way tie with scores of 15 for **Jean Bartha**, **Joyce Emrick** and **Ann Zito**. Birdies were scored by **Elvira Johnson** and **Stephanie Hemple**. **Barb McGill** had a chip in.

July 18 our record breaking heat wave continued for the game Low Net. Some of us just stayed home, and others started the game but did not finish. Congratulations to winners **Mary Ellen Klotz** (Red 25), **Norma Allen** (White 27) and **Ann Zito** (Blue 26).

President Mary Ellen Klotz cancelled play July 25 as temperatures were forecasted to reach 106 degrees.



## Labor Day Golf Outing

Monday, September 3, 2012

Calling all **residents** who like to play SCRAMBLE / BEST BALL golf. The event will begin with a 4 pm **shotgun start** and end with a great dinner and prizes! Cost is \$10.00 per person.

See flyer for registration and additional information. Deadline to sign up is Friday August 24th!



## "KEEP THE CUP AT HERITAGE"



### 55 and UP CUP

with Lake St. Louis Golf Club

September 8<sup>th</sup> and 9<sup>th</sup>

The **Sign Up** for the "55 and UP CUP" is at the Golf Pro Shop. Please sign up as soon as possible. The format will be similar to last year with maybe a few changes. The cost is \$15.00 per person and will be collected by the captains (Steve Aubuchon, Linda Bird and Carole Waugh). Any Questions – Don't hesitate to call one of the captains!!



# The Bragging Rights Board



## Hand & Foot Triple Play



Wednesday Evening

Mary Ellen Klotz 271,150

Friday Afternoon

Theresa Mathis 241,390

## Duplicate Bridge

Will meet August 12th and August 26th  
from 2—4:30 pm at the HHR Clubhouse



## *Kathleen's Fitness Corner*

### Benefits of Exercise

Exercise sharpens the mind and tones the body. It makes the heart stronger and the lungs more efficient. It increases endurance and resistance to stress and fatigue. It combats depression and creates a sense of well-being. Exercise helps lower body fat and cholesterol readings. In fact, not exercising is as much a risk factor for heart disease as smoking a pack of cigarettes a day!

In a study of Harvard alumni, researchers found that the human lifespan increases steadily as exercise levels rise from burning 500 calories a week (couch potato) to 3,500 calories per week (physically fit). The exercise needed to burn 3,500 calories is equivalent to walking 3 miles an hour for seven hours a week, bicycling 10 miles an hour for five hours a week, or running nine miles an hour for 2.7 hours a week. As you can see, the more intense the exercise, the less time you need to spend doing it. All of these forms of exercise provide benefit, with aerobic exercise providing the greatest amount of all.

Taken from Pumping Insulin, John Walsh and Ruth Roberts, 2000.

## BRIDGE CLUB NEWS

### Daytime Bridge Results:

7/5/12

High -	Linda Bird	4120
2nd -	Judy Markham	3400
Low -	Jane Eyre	840

7/19/12

High -	Linda Bird	4120
2nd -	Pat Goddard	3700
Low -	Joyce DeWitt	1560

### Evening Bridge Results:

7/10/12

High -	Shirley DeAvilla	4550
2nd -	Carole Waugh	4300
Low -	Joyce DeWitt	670

7/24/12

High -	Linda Bird	4230
2nd -	Barb Metivier	4120
Low -	Sandra Dee	1250

## Ladies Pinochle



### June 27, 2012

Laverne Meyer	4830
June Baumgartner	4520
Jean Bartha	4490
Lady GaGa	3190

### July 11, 2012

Ann Zito	5650
Mary Ann Hunt	5360
June Baumgartner	4730
Jane Erhle	3190

# *Musical Chairs ??*



←

*It started out as a children's game that most adults weren't too keen on playing!*



→

*The adults quickly became child like in their efforts to make it to a chair and stay in the game!*



←

*Carole Waugh and Elvira Johnson proved the "child in us" lives on, eyeing the final seat; with Carole taking the last chair!*