

INSIDE SUNSHINE

APRIL 2019

WOMEN'S CLUB ACTIVITIES

The Women's Club is planning to host the following activities during the 2019/2020 season. There is a need for volunteers to chair and work on several of them. So please consider volunteering and contact me at the number below.

<u>Date</u>	<u>Day</u>	<u>Event</u>
10-30-19	Wed	Octoberfest
11-11-19	Mon	Veteran's Day Tribute
11-17-19	Sun	Golf Event
11-28-19	Thu	Thanksgiving Dinner
12-07-19	Sat	Bake Sale & Craft Sale
12-07-19	Sat	Golf Cart Parade
12-11-19	Wed	Dance (D. J. Doug & His Lovely Lady)
12-24-19	Tue	Scruffy Santa & White Elephant
12-25-19	Wed	Christmas Dinner
01-01-20	Wed	New Year's Day Brunch
01-13-20	Mon	New Home Owner's Party & Dance (Terry Porter Rowe)
02-02-20	Sun	Superbowl Party
02-13-19	Fri	Valentine Day Dance (The Classics Band)
02-22-20	Sat	Remember When
03-07-20	Sat	Sunshine Video & Show (to be named later)
03-13-20	Fri	Shrimp Boil

Vickie Jones, Activity Director
956-230-0739
vickieljones51@gmail.com

SUNSHINE HEROS

As another winter season comes to a close, I just want to give you all a reminder about the SUNSHINE HEROS wall. In case you did not know, we are in the planning stages for an honor wall. The display will honor Veterans, Police Officers, Firefighters and First Responders and is going to be placed in Retzlaff Hall.

Remember as we travel home to be safe and when you get there find your favorite picture of you or your spouse in uniform to be placed in the book that is going to be placed with the display wall. The applications are available from Valerie in the SEPO office. When you complete your application return it to Valerie along with your picture. If you do not have a picture or

prefer a current picture be sure to check the box on the form that you will need a picture taken. I will be contacting you upon my return in the fall to take a current picture for this book.

I want to have this SUNSHINE HEROS display to represent all of the people who served.

Jim Tennant
4161 N Missouri
(616) 866-9960
Email jimbuck1050@yahoo.com

WOODWORKERS' CLUB REPORT

Work at the SEPO woodshop has been intense over the last three weeks as many prepare to head back north with their handmade projects to give to family members. Projects included the usual bowls, lazy Susan, and cutting boards but an absolutely beautiful rocking horse, fancy rolling pins, and kids games joined the list, too. Use of the woodshop will slow down even more in April, leaving the woodshop to the full-time residents who will take great care of the facility and equipment for the next 6 months. Wishing everyone safe travels as they head home and a wonderful summer in the RGV for the full-time residents. See everyone next winter!

Suzie Sawyer, President



Sunshine Neighborhood Watch – CERT Team (Est. 2008)
SCCE - Harlingen's premier NW & CERT Team.



Lights On -- Lock Up and Look Out for each other!

Lenore J. Combs, Coordinator 956 245 1276 LJCombs44@gmail.com
Officer Alicia Garcia, NW HPD District Representative

Fair winds and following seas to those traveling and to those staying behind - be prepared to have a fun summer here.

There is a brief description of NW on the SCCE Web www.sunshinecountryclub.com
Thanks to Beth.

The Front Gate Code is officially changed – it does not affect your clickers.
Go to the *Residents only* section of our website for further info.

Red Envelope with Health history -- New and improved Medical info sheet
Copies have already been dispersed. I have plenty and encourage you to complete yours.

The premise is when the EMTs arrive and things are in a stir, - you have this RED ENVELOPE on your fridge at the ready with a brief, current health history (example: meds, surgeries, medical conditions such as Diabetes etc.) FREE compliments from SEPO and NW-CERT.

The separate little red square (2x2) is a sticky label for your door so when EMS comes to you, they see it and know to look on the fridge.

SCCE Emergency Contact Information form – please update this and return to SEPO Office.

Who's Your Buddy? Suggestion – have a good friend or two – handy - in case of.... For when you anticipate calling 911 because you will be stuck on the phone. Your Buddy can call other volunteers, help gather papers, go to the Front Gate – turn on revolving red light on our Frontage Road on Texas Avenue to signal the emergency location. Great help!



By the way, if you need the AED – make sure you also call 911



Who has called 911, who is doing compressions etc. etc. etc.??



Stop The Bleed Bags – Sunshine has 3 of these special RED BAGS with First Aid stuff especially focused for STOP THE BLEED as a result from serious accidents, excessive bleeding from medicines etc.

Also contains PPE - Personal Protection Equipment – goggles, gloves etc. and special gauze with a hemolytic agent which helps clotting. There is extensive info on the web site about this.

Locations: One is in the **Office**, one at the **Work Shop** area where their equipment (big golf course machines etc. are stored) and at the **Woodshop**. If you need this bag – you must also call 911 since they have more extensive equipment and the victim will need it.

Next NW – CERT meeting = Mon 15 April 3pm in Retz Hall. Disaster Preparedness.

Kathy Wunderlich will take us on a Utility Ride – see the transformers, pads, Utility valves etc. (see how they work and why clearing them of stuff to make access is important. Golf Cart ride.

Also we will touch on *Emergency Awareness Training* – this is not part of an Emergency First Aid plan at Sunshine, however, we welcome the presence of awareness training as it instills confidence in the use of the AED and even First Aid. Give it some thought and please come.

Best Practice for getting ready to head home – securing your home, consideration of hurricanes, Bad Guys, etc. (Easter is in April). Typically we exchange ideas....
Hurricane season – June – November – Are You Ready?

Operation ID – Officer Alicia Garcia HPD

Contact Lenore 956 245 1276 so we can make arrangements with you. First, complete your **Personal Inventory List** then we can set up the engraving process & give you the Operation ID decal. Additional Personal Inventory Lists are available in the Library next to the NW display.

CPR, AED, Choking & Stop The Bleed class - You are invited: Wednesday, 3 April, 12 til 4pm.
Certified Instructor - John Combs CPR Card \$40.00 student supplies, handouts etc.
There is a sign- up sheet in the Library.

SEPO COMMUNICATIONS

I know there's been lots of buying and selling of homes during March. So I'm hoping all of the new folks can quickly become familiar with all of the avenues available to keep aware of the Happenings here at Sunshine.

I will continue to send out SEPO E-News e-mails throughout the summer. Send your information to sepoenews@gmail.com.

I will also continue to work on/spruce up the Web site (www.sunshinecountryclub.com) over the summer. Send any input you might have to sunshinecountryclubweb@gmail.com.

Beth Parrish

FROM THE EDITOR

I want to thank Linda Abernethy for the years that she was the Sunshine Newsletter Editor. She did a wonderful job getting the news to all of us in a timely and professional manner. Thank you much.

I know it's not the norm to produce an April Newsletter. I'm glad I was able to accomodate those of you who needed to get some information to all one last time this spring. I hope I captured everyone's e-mails and didn't miss anyone.

Safe travels to all heading away from Sunshine this summer. See you in the fall.

Beth Parrish

Sunshine Country Club Newsletter Editor

E-Mail: seponewsletter@gmail.com

314-960-6710