

Cascade Community Pool News

VOLUME 10, ISSUE 1

DECEMBER 24, 2008

826-2124 www.cascadecommunitypool.com

GO FOR THE GOLD !

**CASCADE
COMMUNITY
POOL
PRESENTS:
Go For the Gold!**



Race competition forms must be turned in by Saturday, January 10th. All competitors will receive a trophy.

This event will help with the cost of insulation for our pool.

So come on out for some *cotton candy, snow cones, photos, and races.*

JANUARY SWIM LESSONS

*Morning
Afternoon
Evening*

*Begin on Tuesday,
January 6th
Session Cost \$28
Pay early to receive
\$3 discount!*

PARENTS

YOU COULD USE A NIGHT OUT!

There will be a New Years Eve Party at the pool for children ages 4 to 12, December 31st from 5:30 to 9:00 P.M.

We will be playing games, watching movies, dancing, enjoying water activities, and more!

BRING: Swimsuit, Towel, and Dry Clothes.

COST: \$8 for the party (\$2 off for siblings)

Please be sure your children eat dinner before the party. We will provide snacks and punch during the night's activities.



Our Bingo Sessions are:

Sunday

Doors open at 11:45
Warm ups begin at
12:30 P.M.

Monday & Tuesday

Doors open at 4:30 P.M.
Play begins at 6:00 P.M.

\$\$\$FINANCES\$\$

Income	\$32,717.04
Expenses	36,832.76
LOSS	\$ 4,115.72
Donations	
Joy Reich - Copier	
WCCF - \$5,000	
Rose Malone - \$25	
<i>Pacific Power (\$736.59)</i>	
<i>Avista (\$1,416.25)</i>	

ATTENDANCE

November 2007 - 2,780
November 2008 - 2,920

INSIDE THIS ISSUE:

Member News	2
Shingles & Zostavax	2
Salt Cell Wait	2
Best Attendance	2
Swim Team News	2

WANTED!

E-mail addresses for sending Newsletter!

POOL WILL BE CLOSED

*January 1, 2009
Open January 2nd*

~UPCOMING BINGO EVENTS~



Donna Shurtliff
Pool Member - \$1,000 Winner
Tuesday Session

KID'S DAY

Monday,

January 19th

UPCOMING EVENTS

- *Christmas Vacation Open Swims planned for Monday, December 29th, 1 to 2 P.M. and Saturday, January 3rd, 1 - 3 P.M.*
- *Saturday, January 17th Open Swim 1 - 3 P.M.*
- *Wednesday, January 21st Open Swim 1 - 2 P.M.*
- *Pool Board of Directors Meeting, Thursday, January 15th, 4:00 P.M. in the pool office*
- *January 15th check schedule for race times in Mini Olympics*
- *Mini Olympics, Saturday, January 24*
- *Pool Pot Luck February 11th, 12:30 P.M.*

Member News

Pete & Diana Meier have a clean bill of health after having their 6th month check-up.

Connor Richardson, a former lifeguard at the pool rolled his jeep twice when he hit ice. He was unhurt but the jeep is "Toast," according to **Taylor**, his father.

Carol Jacobs has been fighting leg pain for several weeks. She hopes to determine the cause soon after having many tests.

Joy Reich developed shingles but was diagnosed early so was able to take an antiviral pill which stopped its progress.

Maxine Jackson will have knee replacement surgery on Monday, December 22nd.

SHINGLES & ZOSTAVAX

Shingles is a painful rash that is caused by the same virus that causes chickenpox.



After a person recovers from chickenpox the virus is dormant in the body. So anyone who has had chickenpox may develop shingles.

The shingles most often occur in people 50 years or older. It occurs in 1 out of 2 people after the age of 60. People who have medical conditions that keep the immune system from working properly, like cancer, leukemia, lymphoma and HIV are at greater risk. Also if you are taking medications that suppress the immune system you are at greater risk.

Patients who get shingles will experience pain, itching or tingling of the skin. This is usually followed by a painful rash with blister-like lesions usually on one side of the body and often on the face or trunk. Other symptoms can include fever, headache, chills, and upset stomach.

If you are diagnosed within 72 hours of the outbreak the antiviral pill can be prescribed.

There is a vaccine that can prevent this disease. It is called "Zostavax." Zostavax is approved to reduce the risk of shingles and its associated pain in people 60 years or older.

Like any medicine it can have side effects, such as severe allergic reactions. The risk of a vaccine causing serious harm, or death, is extremely small. Some mild side effects that have been associated with Zostavax are redness, soreness, swelling or itching at the site of the injection and headache.

Talk to your healthcare provider if you think you may be at risk for developing shingles or if you would like more information about Zostavax.

Ibid: "What You Should Know About Shingles and Zostavax," Joshua T. Bishop, Pharm.D. *Healthwise* Winter Issue

SALT CELL WAIT

Thank you for your patience while we wait for a transformer replacement in our salt system.

Our Preference Pools & Spa representative from Roseburg finally made contact with the company in Australia and ordered the transformer on December 16th. It will take about two weeks to arrive.

We are hoping that part is the only one damaged, but we will not know until the new transformer is installed. We do not know what caused the transformer to burn out.

It costs us \$75 to \$90 a week for liquid chlorine where the salt for the month runs about \$15. You can see why we are anxious to get it fixed.

SWIM TEAM NEWS

The team is taking a Christmas break. Practice will resume on Monday, December 29th.

The next swim meet is in Eugene on January 30th.

ATTENDANCE

Nicholas Brown

**Valentine's Day Pot Luck
February 11th, 12:30 P.M.**

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