



WELCOME TO OUR
NEW HOMEOWNERS

Welcome New Homeowners

Wakefield Development and the Bedford at Falls River Community would like to extend a warm welcome to all of our new homeowners. Each month, we are thrilled to see all of the new faces around the neighborhood. It's families like you that make Bedford a truly wonderful place to live!



Here is what John and Jennifer Spencer, and their four children, Jack, Ellie, Luke & Abby, had to say about the Bedford at Falls River way of life:

“ The one thing we appreciate most about Bedford is the genuine warmth we feel from our neighbors. We have felt a sense of belonging, of community, here from the beginning. We have enjoyed the formal and informal social gatherings and the events centered around common interests. There seems to be a foundation forming for lasting friendships. ”

PLACE
STAMP
HERE


4390 Falls River Avenue
Raleigh, NC 27614

THE Bedford EVENING POST

JULY/AUGUST 2006

BEDFORD AT FALLS RIVER



COMMUNITY NEWSLETTER

VOL. 3, ISSUE 4



BEDFORD, THE COOL PLACE FOR SUMMER!

The hot, lazy days of summer are here! Staying cool isn't always easy, but Bedford residents have many options for beating the heat as July and August progress.

The Recreation Center offers two pools – a competition sized pool for the serious swimmers and another pool loaded with tumble buckets, misters and raindrop umbrellas. And, kids of all ages love Mt. Gushmore, the 110-foot long, 15-foot high mountainous waterslide. Come on in, the water's fine!

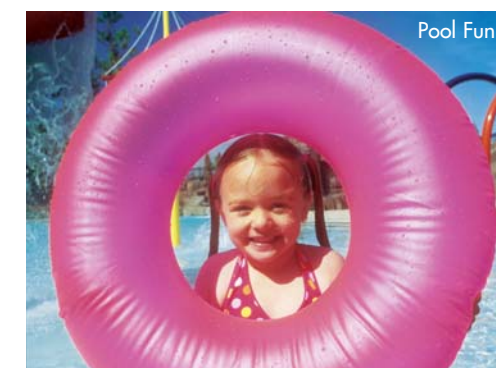
If you'd rather not get wet, you can slip off your shoes and walk barefoot through the numerous greenways. There are over 205 acres of parks, greenways and open spaces at Bedford. There are also plenty of resting places and gathering areas along the way. Bedford's lakes and fountain features are also tranquil places to meet up with a neighbor to share a pitcher of lemonade or some southern sweet tea. Refreshing!

You can stop by the Bedford Farmers Market for fresh summer produce. North Carolina homegrown tomatoes peak in flavor and aroma in July. Eight different varieties will be available to taste and purchase July 15th and 16th during the Conventional and Heirloom Tomato Tasting event presented at the Bedford Farmers Market by Brinkley Farms. Find your favorite variety and slice a cold one onto fresh white bread. A little salt and pepper and you have a cool summertime snack!

The Bedford Farmers Market will close July 30th, but not until they have treated you to their Sum-Sum-Summertime Ice Cream Specials. Summer is a great time for ice cream, especially when it's homemade! You can get free samples of Vollmer Farms "Almost Famous" Homemade Ice Cream in strawberry, vanilla and chocolate flavors. Visit them July 29th and 30th for a delicious, cool treat!

Air Conditioning Appreciation Days runs July 3rd through August 15th, so with that in mind it will certainly be cool in the Clubhouse. Join us for one or more of the many events taking place all summer long. Meet other residents at Books at Night, learn to play bridge, share a game of poker or taste a variety of wines. There's something for everyone!

You don't have to sweat the hot, lazy days of summer when there are so many ways to be cool in Bedford.



BEDFORD SHARKS FINISH SEASON

Bedford's own swim team, the Sharks, finished yet another season in style! Congratulations to all Bedford Shark team members. A big thank you goes out for representing the Bedford community with class. They couldn't have done it without the assistance of Liesl Towner, all of the parents who volunteered their time or our generous sponsors. A list of sponsors is

available on the Bedford website. Be sure to let them know we appreciate their help.



INSIDE THIS ISSUE:

- 2 Letter from John Myers
Casino Night A Huge Success
Adult Happy Hour In Full Swing
- 3 Calendar Of Events
Buffett Bash is Coming
And For The Kids....
Recipe of the Month



LETTER FROM JOHN

Dear Bedford Residents,

The sun continues to shine on the Triangle. Jobs are being created, homes are being built in record numbers and even the office market has made a comeback. The U.S. Census Bureau recently released data that showed that from July 2004 - July 2005 the City of Raleigh ranked 6th nationally in population growth adding almost 14,000 residents. The same census data showed that Rolesville, Wake Forest, Holly Springs and Fuquay-Varina were the fastest-growing municipalities.

The new residents are coming from all over the country, taking advantage of employment, education, weather and medical opportunities, just to name a few local attributes. Not to be left out of the mix is our cost of housing. While the major North Carolina markets have seen housing appreciation of 3%-5% annually over the past 5 years, the national average has seen housing jump an average of 8%-10% annually over that same time period. In a relative sense, we have become an affordable housing market from a national perspective. All of this speaks to the likelihood of continued growth and prosperity for the region's real estate industry.

The challenge will be to grow in a manner that preserves and enhances the very things that have made the Triangle such a great place to call home. This will take honest and open-minded dialogue with all of the stake-holders at the table to help generate ideas and solutions that address current issues and anticipate future needs. The benefits of a vibrant, healthy and growing economy are felt throughout the Triangle. As we all benefit, so should we all share in the cost of expanding and upgrading infrastructure and services. The proposed Wake County school bond is a good example of sharing the burden for new and improved facilities, rather than imposing heavy impact fees on new home buyers. The recent dialogue on public-private partnerships is another example of how we can all work together to create timely and cost-effective solutions.

In the meantime, have a great summer and enjoy the sunshine.

Sincerely,

John Myers
President, Wakefield Development Company



COMMUNITY NEWS

CASINO NIGHT A HUGE SUCCESS



There were no losers at Bedford's Second Annual Count Your Chips for Charity! Everyone had a wonderful time, with all proceeds benefiting the Make-A-Wish Foundation. In addition to the Bedford residents that made the event a success, we would like to thank the following sponsors who contributed to the evening:

TABLE SPONSORS:

- Auction Donations
- Bonefish Grill
- Champs Restaurant
- Decorative Artist - Jeanne Godin
- Design Distinctions
- F&M Entertainment
- Firefly Shoes
- 518 West Italian Café
- Jason Long - Caldwell Banker
- Jezebell's Seafood
- Natalie Kring - Hair Stylist
- Pump It Up
- Scout and Molly's
- Starbucks
- Sullivan's Steak House
- Tanas Hair Design and Day Spa
- Tanas Physical Therapy
- The Little Gym
- The Mixing Bowl
- The Wine Merchant
- Wakefield Development
- Wake Forest Golf Club
- Z-Pizza

ADULT HAPPY HOUR IN FULL SWING

Happy Hours / Summertime Adult Socials have been adjusted to better fit the schedules of Bedford residents. Join your neighbors at the Clubhouse from 7 - 10 pm on the 2nd and 4th Friday of July and August. Bring your favorite drink and we'll provide the snacks and entertainment as you unwind from a hectic week. This is the perfect time to meet and mingle or just relax in a rocker on the porch as you watch the sunset!



BACK BY POPULAR DEMAND

Kids Night Out, geared towards children kindergarten through fifth grade, is a wonderful time for kids to socialize and to give Mom and Dad an evening alone. With that in mind, Kids Night Out will move to the second Friday of the month starting in October. Watch your weekly updates for notification of sign-up for this very popular event. Then, drop the kids off at the Clubhouse for pizza, games, crafts and videos while you enjoy a Friday night out.

Ladies, we have heard your pleas, too! Ladies Night Out has exciting new programming scheduled and will be moved to the fourth Friday of each month starting September 22nd. Make plans now to treat yourself to an evening of relaxation and conversation. It's time for YOU to get pampered!



MARK YOUR CALENDAR

July 1, Saturday

Bedford July 4th Parade and Ice Cream Social
10:00am - Noon



July 4, Tuesday

Fourth of July Clubhouse Closed

July 6, Thursday

Red Hats - Bunco & Bites
5:30pm - 8:30pm

July 7, Friday

Men's Night Out (Bi-Monthly)
8:00pm - 11:00pm

July 10, Monday

Baby & Me (Weekly)
10:00am - Noon
Yoga (Weekly)
6:30pm - 7:30pm

July 11, Tuesday

3 Day Chess Camp Begins
3:00pm - 4:00pm

July 12, Wednesday

Book Club (Bi-Monthly)
10:00am - Noon
My Clubhouse Teen Night (Monthly)
7:00pm - 10:00pm

July 13, Thursday

Over 50s (Bi-Monthly)
5:30pm - 7:30pm
Ladies Night Out (Monthly)
8:00pm - 11:00pm

July 14, Friday

Summertime Adult Social (Bi-Monthly)
7:00pm - 10:00pm

July 17, Monday

Water Aerobics (3x a Week)
8:30am - 9:30am
Bridge Partners (Weekly)
7:45pm - 9:45pm

July 18, Tuesday

Mah-Jongg (Weekly)
12:30pm - 4:30pm
Books At Night (Monthly)
7:15pm - 8:15pm

July 19, Wednesday

Kids Night Out (Monthly)
5:30pm - 9:00pm

July 20, Thursday

Bridge Club (Weekly)
9:30am - Noon

July 27, Thursday

Wine Club (Monthly)
7:00pm - 10:00pm



August 4, Friday

Kids & Crop Scrapbooking
10:00am - 12:00pm

August 6, Saturday

Power Yoga (Weekly)
8:00am - 9:00am

August 8, Tuesday

Books At Night (Monthly)
7:15pm - 8:15pm

August 10, Thursday

Ladies' Night Out (Monthly)
8:00pm - 11:00pm

August 11, Friday

Summertime Social
7:00pm - 10:00pm

August 12, Saturday

Bedford Clock Tower Event
6:00pm - 10:00pm

August 15, Tuesday

Mah Jongg (Weekly)
12:30pm - 4:00pm

August 18, Friday

Men's Night Out
8:00pm - 11:00pm

August 21, Monday

Baby and Me (Weekly)
10:00am - Noon

August 24, Thursday

"Over 50" Social
5:30pm - 7:30pm

August 25, Friday

Summertime Social
7:00pm - 10:00pm

August 28, Monday

Spanish Class (Weekly)
3:30pm - 5:00pm

August 31, Thursday

Bridge Club (Weekly)
9:30am - Noon

Buffet Bash Is Coming

It will soon be time for changes in latitudes and changes in attitudes as we head into another season here at Bedford. We'll be saying good-bye to summer at the 1st Annual Bedford Buffett Bash on September 16th to mark the closing of the pool. Dig out your Hawaiian shirts, don your parrot head and plan to share a few cheeseburgers in paradise with adult friends and neighbors. Watch the weekly e-mail newsletter and online Bedford website for details.

And For The Kids...

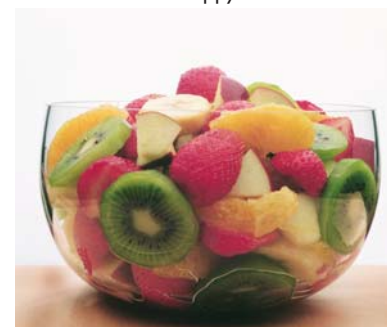
Sunday, September 17th is the official closing of the pool. Plans are being made now for a fun-filled day for kids of all ages. There will be contests, games and prizes, so don't put away your swim suit too soon! More details will be coming your way.



RECIPE OF THE MONTH

POPPYSEED FRUIT SALAD

Poppyseed Fruit Salad



- 1/3 cup KRAFT Creamy Poppyseed Dressing
- 1/3 cup strawberry low-fat yogurt
- 2 cups halved strawberries
- 2 cups seedless green grapes
- 2 medium kiwi, peeled, sliced
- 1 small cantaloupe, sliced
- 1 small honeydew melon, sliced
- 1 medium star fruit, sliced

Mix dressing and yogurt until well blended. Arranged fruit decoratively on platter or in bowl. Serve with the dressing mixture. Total prep time is 15 minutes. Makes 12 servings, 2/3 cup each. Recipe courtesy of kraftfoods.com