

THE Bedford EVENING POST

JULY/AUGUST 2005

BEDFORD AT FALLS RIVER

COMMUNITY NEWSLETTER

VOL. 2, ISSUE 4



BEDFORD SUMMER ISSUE!



Mt. Gushmore

Summertime here at Bedford began with a huge splash! Children, adults, residents new and old...all have been enjoying the pool season. At the opening weekend, the huge moon bounce was a hit, and everyone enjoyed snow-cones, popcorn and soft drinks provided by the Recreation Center. The water was a bit cool for some, but most of the kids didn't mind. Also, to the delight of many, the concession stand officially opened and continues to offer yummy items like candy, chips, hot dogs, nachos, ice cream and cold soft drinks!

The new recreation program is also in full swing. Many residents have come out to participate in a few of the tennis socials and clinics. One clinic, offered by the Raleigh Racquet Club, was a big success. Tennis pros from the club came to the courts to give a free clinic to residents of all ages and playing abilities. The group worked on serves, volleys and ground strokes, and after the workout, they were treated to sandwiches and cold drinks. The 3-on-3 Basketball and 4-on-4 Volleyball Leagues have also generated some positive feedback. Adults in Bedford have formed their own teams and will be competing for community bragging rights. Who will earn the distinction as "Best in Bedford?" We will update everyone in the next newsletter! For information about any of the athletic programs, contact the recreation office at 792-0188.

Finally, the Bedford swim program is in the midst of its inaugural season. At the time of writing this newsletter, the Sharks were practicing hard in preparation for their first meet

against Brier Creek. Under the guidance and leadership of Coach Rick Scott, the Sharks will enjoy taking a big bite out of the competition!



TIME TO PACK UP THE BEDFORD-MOBILE!

As we all meet our new neighbors around the Bedford community, we realize the number of residents who are from areas outside of North Carolina. Many of these residents will be using the vacation months of the late summer to do some traveling around the state. Even native Carolinians will be visiting their special summer places. It's a perfect time to remind everyone about the accessibility we have to some great summer locations. So pack up the Bedford-Mobile and let's hit the road!

Eastern Carolina Coast – We start our jour-

ney in the Outer Banks at Ocracoke Island, located at the southernmost tip of the Outer Banks. The Island is part of the Cape Hatteras National Seashore and boasts almost 16 miles of pristine, undeveloped beaches. Ocracoke is an oasis for the family, casual tourist, nature lover, fisherman or recreational boater. In June, it was ranked as North America's second-best beach by beach expert Stephen Leatherman. Traveling southwest from the Outer Banks, we hit Wrightsville Beach in Wilmington. This area is perfect for folks looking for nightlife. After visiting the beachside bars and restaurants, head to the historic

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LETTER FROM JOHN

Dear Bedford Residents,

We are now over 575 homeowners strong and growing!

Summer is in high gear — you can tell just by driving through Bedford. The parks are full of children enjoying the days, neighbors are out walking or jogging and the pool is a great place to be!

Bailey Park is coming along nicely and we're still looking toward September for the official opening. The Estate Collection has a very elegant streetscape shaping up, K. Hovnanian's Carolina Collection has broken ground, along with other areas in early stages of development.

If I had just two words to share with you they would be: **community involvement**. With all the wonderful ideas being shared on events you would like to see, the teamwork as a community will only enhance what is already in place.

Speaking of community involvement, how about those Bedford Sharks? It's great to see the swim team evolving and the community's support.

We hope you're continuing to enjoy the incredible community that Bedford is turning out to be. Have a great summer!

Sincerely,

John Myers,

President, Wakefield Development Company



COMMUNITY NEWS



GAME NIGHT REVIEW

The first Adult "Happy Hour" & Game Night was a huge success, and it continues to be a great night out for many of the Bedford residents. Our first event, held in May, had a Mexican Fiesta theme and a variety of games were played, such as poker, spades, gin, and Catch Phrase. In June, even more people showed up for live music, games and a "Bring Your Own Appetizer" theme. The next Happy Hour/Game Night is scheduled for July 15th. There will be a Hawaiian Theme, so people are asked to wear their best Island duds. ALOHA!

ATTENTION SENIORS!

The Recreation Center is trying to develop a "master list" of all the Seniors in the community. There are great ideas and plans in place for socials, outings and other fun and exciting activities, but we need to know who is out there to participate! If you haven't already, please stop by the Recreation Center and fill out a brief informational sheet. Once this is done, we will provide the fun!

SOCIAL COMMITTEE UPDATE

The Bedford Social Committee had a very successful organizational meeting in June. Residents who attended discussed the importance of community volunteers and brainstormed new ideas for the rest of the year and into 2006. If you have an interest in becoming an active committee member, call the rec office at 792-0188.

BEDFORD-MOBILE (CONTINUED)

downtown area where you will find over 20 nightclubs! Finally, heading south towards the border is Sunset Beach near Calabash, NC. Part of the North Myrtle Beach area, Sunset Beach is extremely relaxing and picturesque — spacious sandy beaches backed by natural dunes, large piers extending into the ocean and great whitecap waves. Calabash proudly assumes the title of "Seafood Capital of the World" and lives up to its name with over thirty seafood restaurants within a one square mile area. The region is also home to outstanding golf courses, including The Thistle, Tiger's Eye Golf Links and River's Edge.

The Western Mountains — Nestled in the beautiful mountains of Western North Carolina, in the lovely town of Asheville, is the Biltmore Estate. The Estate has something for every age and interest, from the grand history of America's Largest Home (250 rooms, 65 fireplaces, an indoor pool, bowling alley, priceless art and antiques), to the most-visited winery in the nation, family-friendly entertainment, special events and outdoor adventures. Add fine dining, unique shopping, acres of gardens and the Summer Concert Series, and there's no reason to go anywhere else. But if you do choose to explore the mountains, head southeast from the Biltmore. Tucked among the Blue Ridge Mountains is a sparkling jewel — Chimney Rock Park and Lake Lure. Chimney Rock Park boasts that it has the "best of the North Carolina Mountains in one place." For the last 100 years, tourists have journeyed to see this 500-million-year-old towering monolith, with its dramatic scenery, exhilarating hiking trails, rare plants, native wildlife and one of North Carolina's highest waterfalls (featured in the movie *The Last of the Mohicans*). Below the park is Lake Lure, where you can explore the beauty in the easy comfort of a guided boat tour, splash in its refreshing waves where they lap against a sandy beach or set out across its shimmering serenity in a canoe or pontoon boat.

Safe travels!



MARK YOUR CALENDAR

July 2, Saturday Red, White & Blue Day At The Pool	July 18, Monday Yoga 6:30pm-7:30pm	August 8, Monday Yoga 6:30pm-7:30pm
July 4, Monday INDEPENDENCE DAY Clubhouse Closed	July 21, Thursday Senior Social 2:00pm-4:00pm	August 9, Tuesday Bunco 7:00pm-9:00pm
July 5, Tuesday Home Swim Meet 5:00pm	July 23, Saturday Open Adult Tennis Social 10:00am-12:00 noon	August 11, Thursday Senior Bridge 10:30am-12:30pm
July 6, Wednesday Social Committee Meeting 7:30pm-8:30pm	July 25, Monday Yoga 6:30pm-7:30pm	August 15, Monday Yoga 6:30pm-7:30pm
July 7, Thursday Senior Bridge 10:30am-12:30pm	July 27, Wednesday Tots And Tea 10:30am-11:30am	August 19, Friday Kids' Night Out 6:00pm-9:30pm
Kids' Night Out 	July 28, Thursday Gardening Club 7:00pm-8:30pm	August 22, Monday Yoga 6:30pm-7:30pm
July 11, Monday Yoga 6:30pm-7:30pm	July 29, Friday Kids' Night Out 6:00pm-9:30pm	August 24, Wednesday Tots And Tea 10:30am-11:30am
July 12, Tuesday Bunco 7:00pm-9:00pm Home Swim Meet 5:00pm	August 1, Monday Yoga 6:30pm-7:30pm	
July 14, Thursday Senior Bridge 10:30am-12:30pm	August 4, Thursday Senior Bridge 10:30am-12:30pm	August 25, Thursday Senior Social 2:00pm-4:00pm
July 15, Friday Happy Hour With Live Music 6:30pm-11:00pm	August 5, Friday Pacific Night At The Pool 6:00pm-9:00pm WEAR YOUR BEST HAWAIIAN OUTFIT!	August 29, Monday Yoga 6:30pm-7:30pm
	August 1, Monday Happy Hour With Live Music 6:30pm-11:00pm	

Tots & Tea

This simple get-together with Moms & their tots has been a great success! The event takes place once a month, usually on a Wednesday. Tea and coffee is available for the adults, while juice and animal crackers are for the kids. Stories are read and fun is had by all!

Volunteers Needed

The Recreation Center is still looking for volunteers for a variety of events & activities, including Kids' Night Out, Social Committee Events, the Fall 5K Trot, various recreational activities, etc. If you have an interest in volunteer opportunities, please call 792-0188.

Swim Lessons

Just a quick reminder to all residents that swim lessons are offered by the lifeguards as well as by our swim coach, Rick Scott. Anyone interested should visit the lifeguard office to get information and to sign up.



RECIPE OF THE MONTH

SIMPLE SOUTHERN LEMONADE



- 2 cups sugar
- 1 cup hot water
- 2 cups fresh lemon juice
- 1 gallon cold water
- 1 lemon, sliced
- Mint sprigs, for garnish

In a 1 gallon container, place sugar and hot water and stir until sugar dissolves. Add lemon juice and cold water to render 1 gallon. Stir until well mixed. Pour lemonade over glasses of ice, squeeze slice of lemon on top of each and garnish with a sprig of mint.

SWEET TEA



- 1-ounce loose black tea
- 1 quart hot water
- 1 quart room temperature water
- Simple Syrup:
- 5 cups sugar & 3 cups cold water

Infuse loose tea into hot water for 4 to 5 minutes. Strain tea into room temperature water. Sweeten with simple syrup if desired. For simple syrup, in a small non-reactive pot combine 5 cups of sugar and 3 cups of cold water. Slowly bring to a boil and add 6 sliced lemons and a few sprigs of fresh mint. Remove from heat. Allow to cool 10 minutes and strain.



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 people like you that make Bedford a truly wonderful place to live!

Here is what Ken and Nancy Christians had to say about the Bedford at Falls River way of life.

“ The sense of the community is evident in the blending of architectural styles, market areas, landscaping and recreational facilities. The first time we visited Bedford we knew we were home. ”



4390 Falls River Avenue
Raleigh, NC 27614

PLACE
STAMP
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