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Bedford is the perfect place to begin our retirement. We were initially attracted by the variety of homes and how well the community is maintained. We also like the convenient North Raleigh location. Bedford has organized activities for people of all ages. We are especially enjoying the social ballroom dancing classes and the activities of the Over 55 group. We also use the "marathon" of sidewalk walks for our daily walks, and we appreciate the beautiful green spaces in Bedford.

Here is what Jerry and Mary Maxwell had to say about the Bedford at Falls River way of life:



Welcome New Homeowners
Wakefield Development Company 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 yours that make Bedford a truly wonderful place to live!

WELCOME TO OUR
NEW HOMEOWNERS



PLACE
STAMP
HERE



THE Bedford EVENING POST

MAY/JUNE 2007

BEDFORD AT FALLS RIVER

COMMUNITY NEWSLETTER

VOL. 4, ISSUE 3



SUMMERTIME, AND THE LIVING IS EASY!

As this classic song from a Broadway hit, *Porgy and Bess*, reminds us, summertime is a time to rest, rejuvenate and reward yourself for all the hard work you've been doing. We all need time to relax and just "play." The wonderful thing about summer is the change of pace. At last, things begin to slow down. It's warm, and we take a little more time over coffee in the sun. For children, this is an important time for them to change pace, to live at their own speed, to follow their imaginations. It's the time when we



Relax

can relax, reminisce, reflect and play.

Bedford residents don't have to leave town to relax and enjoy summer. The beautiful tree-lined streets offer a whole new perspective when taking a quiet stroll at sunrise. The pool, which opens May 12th, allows residents to relax and lounge as they soak up the sun and enjoy refreshing ice-cold lemonade. Or, maybe you would prefer to bring a book to the clubhouse deck and rock away a summer afternoon.

The many parks located around the neighborhood are great for reminding us how to play. Stop by and observe the children using their imaginations. Take a whirl on the merry-go-round. Then, head over to the Farmers

Market to pick up some fresh fruits and vegetables, and put your own imagination to work on something scrumptious.

Round out your relaxing summer days with a stop by one of the lakes or fountains. Have a seat and watch the sun set as you listen to the gentle flow of the water. As you venture back home, stop by the clubhouse for a friendly game of bridge, a glass of wine or to enjoy the company of your neighbors at the Adult Friday Night Social.

Summer allows us to shift gears and slow down. And, in keeping with the spirit of the season, we can count the blessings and add up the joys of summertime in Bedford.

BEDFORD SHARKS SWIM TEAM



Bedford Sharks

The Bedford Sharks are up and swimming. Once again, we have a strong team that promises to represent our community well.

Your support for both home and away swim meets is greatly appreciated. Please take note of the following meet schedule:

- June 12 - Wendell - Home
- June 19 - Raleigh Racket - Home
- June 26 - Heddingham - Away
- July 3 - Crabtree - Away
- July 10 - Banbury - Home
- July 17 - TCC at Brentwood - Away

During home swim meets, the pool will be closed to other swimmers, but please stop by to cheer on the kids! Directions for the away meets can be found on the Swim Team forum. Go Sharks!

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LETTER FROM JOHN

Dear Bedford Residents,

Pool season is off to a great start, and the neighborhood is ready for summer!

We've just finished the first quarter of the year, and sales in Bedford continue to be strong. We still have approximately 310 homes left to sell in the community, including the 1st American Builders' townhomes that will begin construction sometime in the latter part of 2007 on the village green, across from the commercial area.

With the number of homeowners now calling Bedford "home," this fall it is time to begin the transition of the homeowner's association board. We are currently looking to fill two spots on the board to help with the transition. If you are interested in being nominated for one of these two spots, please send your name, address, phone number, email address and summary of qualifications to the attention of Matt Phillips, PPM at 6739 Falls of Neuse Road, Raleigh, N.C. 27615. When the spots have been filled, we will notify all homeowners via U.S. mail.

The Vollmer Farm, in conjunction with the Department of Agriculture, kicked off the CSA program (Community Supported Agriculture) in April. It has been a huge success! They were able to surpass their initial goal of 50 and sign up approximately 78 families for the program. If you would like to participate in the program, please contact John Vollmer at The Vollmer Farm by calling 919-496-3076.

Again, thank you for the incredible testimonials that we continue to see and for the pride you show in your community every day.

Sincerely,

John Myers
President, Wakefield Development Company



COMMUNITY NEWS

CASINO NIGHT FOR MAKE-A-WISH TRIPLES DONATION!

The 3rd Annual Bedford Casino Night on March 23rd brought in some real high rollers! Residents were able to roll the dice and take in a Vegas-style Elvis performance between their silent auction bidding. When all was said and done, the Bedford Community was able to triple its donation to the Make-A-Wish Foundation over previous years!



Casino

It wouldn't have been possible without the generosity of residents and surrounding businesses. A special thank you to the Bedford Business Networking Group for their hard work in obtaining sponsorships and silent auction donations. Please take note of the following businesses that contributed to the evening, and be sure to thank them with your patronage:

Andy Belotti & Associates
California Pizza Kitchen
Homewood Nursery
Ace Hardware – Falls River
Dawn Eagan – Creative Memories
Jim Salisbury – NC Farm Bureau
Everything Nice by Kelli
Fantastic Sam's
Sharon Cooper – Silpada Jewelry
Pam Satcher – Tastefully Simple
Bella Italia
Three Oaks Photographers
Laura Costa – Pampered Chef
Heritage Golf Club – Wake Forest
Stylin' Dude
Chris Scot Hair Studio
Lily Mae's Jewelry and Accessories
Dancing Wicks
Factory Icehouse

Quote of the Month: It is no small a thing to have enjoyed the sun, to have lived light in the spring, to have loved, to have thought, to have done.

–Matthew Arnold

Classic Coverings
Zeb Starnes Photography
Design Distinctions
Tone Up for Women
Steve Quinney – Simply the Best
Blake McMurray – Southern Living at Home
Radiant Beauty Make-Up Artistry
Catering Works
Blue Fin's
Milton's Pizza
Oh' Mulligans
Wake Forest Country Club
Desiree Clonch – Sprint/Nextel
Tanas
Lisa Dubner
Brenda Dobrick – Ameriprise Financial
Sallie Fischer – Fast Frames

BEDFORD FARMERS MARKET



Farmers Market

The Bedford Farmers Market re-opened April 29th with a beautiful array of fruits, vegetables, and homemade goods. Their hours will be 10:00am-5:00pm

Saturdays and Sundays throughout the summer. All Moms were invited to stop by the Farmers Market on Sunday, May 13th to enjoy a serving of free ice cream as a special Mother's Day treat and thank-you from Farmer John!

BEDFORD BULLS SOFTBALL TEAM

The Bedford Red Bulls would love to have your support. Head out to the Millbrook Exchange ball field #1 on the following dates to cheer them on:

Wednesday, May 9th-6:30 pm
Monday, May 14th-6:30 pm
Monday, May 21st-6:30 pm
Wednesday, May 23rd-7:30 pm
Monday, June 4th-8:30 pm
Wednesday, June 6th-8:30 pm
Monday, June 11th-7:30 pm
Wednesday, June 13th-6:30 pm

POOL OPENING PARTY

The Pool Opening Party will be held Monday, May 28th from 11:00am – 3:00pm at the Bedford Pool. Live entertainment, games, prizes, contests and special treats will round out the event. Be sure to be there!



MARK YOUR CALENDAR

May 1, Tuesday Over 55s Bingo 6:30pm - 9pm	May 11, Friday Adult Friday Night Social 7pm - 11pm	May 28, Monday Pool Opening Party 11am - 3pm	June 4, Monday Yoga 6:30pm - 7:30pm	June 19, Tuesday Water Aerobics 8:30am - 9:30am	June 29, Friday Water Aerobics 8:30am - 9:30am
	May 12, Saturday Pool Opens for Summer!		June 6, Wednesday Seniorcise 8:30am - 9:30am	June 21, Thursday Bridge Tournament 7pm - 10pm	June 30, Saturday Power Yoga 8am - 9am
May 2, Wednesday Summer Camp Sign-Up 7pm - 8pm	May 14, Monday Yoga 6:30pm - 7:30pm		June 7, Thursday Bridge Club 9:30am - 12pm	June 22, Friday Summer Adult Social 7pm - 11pm	
May 3, Thursday Bedford Business Networking Group 6:30pm - 8:30pm	May 15, Tuesday Mah Jongg 12:30pm - 4pm	May 29, Tuesday Water Aerobics 8:30am - 9:30am	June 8, Friday Congratulations Graduates!	June 23, Saturday Power Yoga 8am - 9am	
May 4, Friday Seniorcise 8:30am - 9:30am	May 17, Thursday Bridge Tournament 7pm - 10pm	May 30, Wednesday Seniorcise 8:30am - 9:30am	June 11, Monday Baby & Me 10:30am - 12pm	June 24, Sunday Bedford Supper Club 6pm - 8pm	
May 5, Saturday Power Yoga 8am - 9am	May 18, Friday Kids' Night Out "Catch a Wave" 5:30pm - 9pm	May 31, Thursday Bridge Club 9:30am - 12pm	June 12, Tuesday Mah Jongg 12:30pm - 4pm	June 25, Monday Water Aerobics 8:30am - 9:30am	
May 7, Monday Baby & Me 10:30am - 12pm	May 21, Monday Bridge Club 7:45pm - 10pm	June 1, Friday Adult Poker Night 7pm - 10pm	June 13, Wednesday Water Aerobics 8:30am - 9:30am	June 28, Thursday Wine Club 7pm - 9pm	
May 9, Wednesday Seniorcise 8:30am - 9:30am	May 24, Thursday Wine Club 7pm - 9pm	June 2, Saturday Concert on the Green 6pm - 10pm	June 14, Thursday Over 55s Social 5:30pm - 10pm		June Concert on the Green Another great Concert on the Green will be held at the Clock Tower on June 16th from 6:00 to 9:00pm. Bring your lawn chairs, blankets, and coolers. Additional fun and surprises will be offered. Watch your e-mail for details, and plan to enjoy the evening with neighbors and friends.
May 10, Thursday Over 55s Social 5:30pm - 10pm	May 25, Friday Seniorcise 8:30am - 9:30am		June 15, Friday Seniorcise 8:30am - 9:30am	June 18, Monday Bridge Club 7:45pm - 10pm	July 4th Parade and Ice Cream Social The 3rd Annual Fourth of July Parade and Ice Cream Social will take place on Wednesday, July 4th. Design your "Parade Floats" and plan to participate in this wonderful Bedford Tradition. You may decorate your bike, wagon, golf cart or any other non-motorized means of transport - including feet. We will gather at the clubhouse parking lot at 9:45am. The parade will begin at 10:00am and will be followed with an Ice Cream Social at the clubhouse and poolside entertainment that afternoon.



RECIPE OF THE MONTH

CUCUMBER PINEAPPLE SALAD (SERVES 8)



Pineapple Salad

1 small pineapple
4 large cucumbers (about 1 1/4 pounds)
1 red onion
1/4 cup chopped fresh mint
2 tbsp. extra-virgin olive oil
coarse salt and freshly ground black pepper

Slice pineapple into bite-size pieces and drop them into a wide salad bowl. Cut off the ends of the cucumbers and toss them out. Slice the cucumbers into 1/4-inch-thick rounds and add to the pineapple. Slice the onion into thin half-moons and add to the salad. Add the mint, drizzle on the oil and season with salt and pepper. Toss. Serve right away or cover and refrigerate for a few hours.