



**SIMONSON PROPERTIES**

**2455 ~ 12<sup>th</sup> Street SE St Cloud MN 56304**

**320-252-8385**

## **SUMMER SUN, & WATER FUN SAFETY TIPS**

Soon school will be out, pools will open, and families will be heading outside to enjoy their favorite summer activities. As you prepare for that vacation camping trip, head up to the lake, or relax in the backyard with family & friends, the American Red Cross encourages you to keep safety in mind.

### **Coping with the Heat**

Dress appropriately (light-weight, light colored clothing and a hat) for the weather. Drink plenty of water even if you do not feel thirsty. Avoid alcohol & caffeine. Eat small meals more often. Slow down and avoid strenuous activity during the middle of the day when the temps are high. Save the strenuous activities for the cooler early morning hours. Take regular breaks and allow your body to cool off. When the temperature and/or humidity rises to extremes, stay indoors in the air-conditioning if possible. If you experience any of the symptoms of heat-related illness such as heat cramps, heat exhaustion or heat stroke, stop what you are doing, find a cool place and seek immediate medical care.

### **Water Safety**

Learn to Swim. Swim with a buddy in supervised areas. At the pool or public beach read and heed all rules & posted signs. Always supervise children and don't rely on floatation devices/toys to replace your supervision. These items can slip away, lose air, or blow a child into dangerous waters. Know the depth of the water before you dive. Don't mix alcohol and swimming as alcohol impairs judgement, balance and coordination, as well as, inhibiting the body's ability to stay warm. Be aware of weather conditions and come out of the water at the first indication of bad weather.

### **Boating Safety**

Tell someone where you are going, who is with you and the expected time of return. Check your boat, equipment, engine & fuel supply. Be weather wise - keep a portable radio with you and check the weather reports. Everyone on the water should wear a Coast Guard approved personal floatation device. Remember to take along sunscreen, extra sunglasses, a small tool kit and a well stocked first aid kit. Seal supplies in plastic to protect them from the water. Don't use excessive speed or employ sharp turns and tricky maneuvers that will compromise the safety of your passengers as well as your own. Always have another competent adult in the boat to watch for trouble if you are towing a skier. If conditions such as lightening flashes, sudden drops in air temperature, wind shifts or choppy water occur, be wise and return to shore. Summer is 3 months long and (by practicing these safety tips) should be filled with lots of fun.

# Happy Birthday!

## MAY

**Bryant R. 5/01, Doug M. 5/02,  
Stephen K. 5/07, Elroy E. 5/08,  
Scott K 5/09, Tim K. 5/11,  
Brandon H. 5/12, Carolyn S. 5/14,  
Gerald B. 5/15, Joe H. 5/18,  
Dick L 5/21, Tricia P. 5/23,  
Glenn C. 5/25, Chris H. 5/25,  
& Richard H. 5/29.**

## JUNE

**Mark K. 6/01,  
James M. 6/02,  
Milt J. 6/04,  
Fran K. 6/05,  
Matthew S. 6/07,  
Denise W. 6/08, Darrel B. 6/12,  
Kelli D. 6/14, Pete L. 6/16,  
Dave F. 6/18, Don L. 6/24,  
John D. 6/25, Jeremy R. 6/27,  
Thomas J. 6/29, & Danny S. 6/29.**



## JULY

**Gerald B. 7/05, Amy D. 7/06,  
William G. 7/11,  
Jane K. 7/15,  
Jerry L. 7/19,  
Dave S. 7/25,  
& Daniel R. 7/31.**



### Have you spotted these Spring/Summer firsts?

- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> 1. Red-winged blackbird | <input type="checkbox"/> 5. Wood tick |
| <input type="checkbox"/> 2. Salamander           | <input type="checkbox"/> 6. Dragonfly |
| <input type="checkbox"/> 3. Butterfly            | <input type="checkbox"/> 7. Dandelion |
| <input type="checkbox"/> 4. Duckling             | <input type="checkbox"/> 8. Mosquito  |

Congratulations to Emily Ruegema, daughter of our former controller, Paul. As a freshman at Cathedral High School in St Cloud, she is one of the pitchers for the school's girls Baseball Team and is doing a terrific job at it.

*Definitely a girl to watch.* Go Emily!



# News from the Yards

These jolly little leprechauns from the Crosslake Simonson Lumber decorated and rode the route again at the annual St Patrick's Day parade. Looks like fun!



The Crosslake gang isn't the only bunch that enjoys celebrating together. Look at how the Design Team celebrated one of their birthdays in March ... Wait!

Who's this??



Scott Kneeland did a little advertising when he was in Mexico on vacation. He persuaded this gentleman to walk up and down the beach proudly wearing his Simonson Lumber cap. I guess you

can never be sure where your next sale might be coming from. Keep the Simonson Lumber name out there, Scott!





## Hiking or camping this summer???

Hiking and camping provides exercise and interest for people of any age. It is a wonderful reasonably inexpensive way to view nature while getting away from the stress and worries of the workplace. It can be a relaxing time to reconnect with family without the distractions of the telephone or television. Your experience will be greatly enhanced, however, if you are prepared – even for the unexpected.

**Plan Ahead.** A little time in advance of your departure can make a big difference in the success of your sojourn into the wilderness.

Make a list of medications you are taking and the medical conditions that you/your family are treating. Discuss your plans with your health care provider and get approval before departing on your vacation.

Plan what equipment you will need for your trip. Include an up-to-date emergency kit. Make certain everything is working correctly before you leave home. And, if you plan to do any strenuous hiking or climbing, get into good physical condition. Learn the skills you will need during your adventure like how to read a compass or administer first aid.



Obtain all the necessary, permits and reservations before leaving home so that you will not be disappointed upon arrival at your destination. If an area is closed, don't go there. Be aware of rules for campfires and guidelines about any wildlife you might encounter.

Leave a copy of you itinerary with a trusted responsible person.

Include details such as make, year & license number of your vehicle, the equipment you will be taking, and when you plan to return home.

Numbers for your destination & family members should also be listed.



Finally, pack emergency signaling devices & a separate “survival pack” for each hiker in case you are unexpectedly forced to spend a night outdoors away from camp. Include in it some nylon rope, a water proof covering, a space blanket, pocket knife, compass, whistle, candle & matches, and water purification tablets. Don't hike or climb alone. Finally, know the location of the nearest phone & ranger/first aid station.

## More News from the Yards

On Friday, April 20<sup>th</sup>, Justin & Mark from our Monticello Yard ran in the 5K Pasta run in St Cloud. Both were proud to finish the race (Justin a few minutes ahead of Mark). Good work fellows!

Not to be out-done, Jane from the Design Team finished the “Earth Day ½ Marathon” in St Cloud on Saturday, April 21<sup>st</sup>. Congratulations!

A narrow mind and  
a wide mouth  
usually go together.

The first sign of maturity  
is the discovery that  
the volume knob  
also turns to the left.

You know you're getting old  
when you don't care where  
your spouse goes  
as long as you don't  
have to go along too.

## The COST of Living by Ann Garborg.

It is said that you can buy most anything if you have the money, but this isn't really true.

You can buy food, but not an appetite; medicine, but not good health; knowledge, but not wisdom; glitter, but not beauty; fun, but not joy; acquaintances, but not friends; servants, but not faithfulness; leisure, but not peace of mind.

### *The Kitchen of Life*

*A young woman was complaining to her father about how difficult her life had become. Her father said nothing, but took her into the kitchen and set three pans of water to boiling. To the first pan he added carrots; to the second pan he added eggs; and finally to the third ground coffee. "What are you doing?" she asked.*

*"Each food," he said, "teaches us something about facing adversity, as represented by the boiling water. The carrot went into the water hard and came out soft and weak. The eggs entered the water fragile but came out hardened. The coffee, however, changed the water to something better."*

*"Which will you be like as you face life?" he asked. Will you give up, become hard, or transform adversity into triumph? As the "chef" of your own life, what will you bring to the table?*



## RESPECT OUR US FLAG

No disrespect should be shown to the flag of the United States of America. It should never be dipped to any person or thing.

1. The flag should never be displayed with the union down.
2. The flag should never touch anything beneath it, such as the ground, floor, or water.
3. The flag should never be carried flat or horizontally, but always aloft & free.
4. The flag should never be used as wearing apparel, bedding or drapery. It is not to be used as decoration. Bunting with the blue above a white middle and red bottom layer may be used to cover a speaker's platform.
5. The flag should never be fastened, displayed, used or stored in such a manner would permit it to be easily torn, soiled or damaged.
6. The flag should never be used as a covering for a ceiling.
7. The flag should never have any mark, letter or insignia placed upon it or attached to it.
8. The flag should never be used as a receptacle for receiving, holding or delivering anything.
9. The flag should never be used for advertising purposes. Advertising signs should not be fastened to a staff or halyard from which the flag is flown.
10. The flag, when it is in such condition that it is no longer a fitting emblem for display, should be destroyed in a dignified manner, preferably by burning.